



GET OUTSIDE WITH THE NMC - Mentoring Sessions

The NMC cannot offer professional training; however its members are prepared to mentoring you and assist where required. There is no cost and you do not have to be a club member to attend.

The essential requirements that we ask of you to come along are that you can:

- Safely put on your own harness
- Safely tie in to the rope
- Ideally, you will also be able to safely belay a lead climber

On the day, please bring your own harness and climbing shoes. We encourage the wearing of helmets, so bring one along with you if possible and any other climbing equipment you use (chalk bag, belay device, HMS karabiner, nut key, etc.)

Personal Details

Title			
Full Name			
Address			
Postcode			
Contact Number			
email			
Birth Date*		U18 Form completed?	Yes / No

* Under 18s: Please confirm that the Under 18 policy & in loco parentis forms have been read and signed. These contact details will only be used for NMC/BMC business and will never be supplied to any other party. Please tick here if you do not wish to be subscribed to the NMC's regular email newsletter

Your Climbing Experience

Can you safely and responsibly:		
Essential**	Tie into a harness	Yes / No
	Belay and lower a top-roped climber	Yes / No
	Climb indoors on a top rope	Yes / No
Briefly outline your Climbing Experience:		

** Essential skills: if you are not competent in these essential safety skills we strongly recommend that you undertake basic climbing instruction before participating in club activities.

NMC/BMC Participation Statement

The NMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

I confirm that I have read and understood the participation statement, and am fully aware of the activities involved and the risks entailed.

Signed:

Date:

(Parent or Guardian to sign if applicant is under-18)

**Hopefully by attending and meeting our members you'll get a feel for our club
and inspired to join!**

The 4 Progression to Rock meets in 2014 are: 2nd April Corby's Crag, Wed 7th Bowden Doors, 4th June Kyloe Out, 2nd July Simonside Hills. Contact a volunteer at membership@thenmc.org.uk for more information or if you have any questions.