

Expedition Skills Module Course Booking Form

Course Details

Course: _____

Date: _____ Price: _____

Contact Details

Name: _____

Address: _____

Postcode: _____

Home Telephone: _____

Daytime Telephone: _____

Mobile Telephone: _____

Email: _____

ESM registration number: _____

Date of Birth: _____

Do you have any health conditions of which we need to be aware? Please give details.

Please provide name, address and telephone number of someone we can contact in event of illness or accident.

Meeting place:

Stirling train station

C-N-Do office



Course	2018 Dates	Price
Expedition Skills Module	April 14-15	£135
	Nov17-18	£135
Groups of 4-6 people on dates to suit		£120pp

Re-assessments and practise expeditions available by arrangement.

Course Base:

Courses are 2 days duration and run from our base in Stirling with the overnight camp at a location appropriate to the scheme. Transport from Stirling to practise locations and back is included. Courses involve one night camping and are of a training plus continuous assessment nature

Alternative Dates:

Additional dates for groups of 4 or more are available by arrangement.

How to book:

Post using the enclosed booking form

Online using our secure server

Telephone (have credit or debit card details ready)

Full payment is required at the time of booking. Please ensure you are familiar with our booking conditions / cancellation policy before making your booking.

Payment Methods:

Cheque, postal order or bank draft to C-N-Do Scotland Ltd

Visa / MasterCard credit cards

Visa Debit cards

Cash

Invoicing Organisations:

We can invoice your organisation for the course cost. You will need to provide evidence of the organisation's willingness to pay (e.g. **purchase order** or letter signed by an authorised person) and payment must be received before the course.

Prices:

All prices include VAT at 20%. If this changes the prices may change.



EXPEDITION SKILLS MODULE

2018 Courses

Approved by



Printed on recycled paper

PTO

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EXPEDITION SKILLS MODULE

The Expedition Skills Module (ESM) is a nationally accredited award developed by MTUK (Mountain Training UK) and operated by the MTS, MTE, MTNI and MTW as part of a National Framework of awards for those leading and instructing in hill walking, climbing and mountaineering. The ESM is aimed at those who have already successfully completed a leader award. The minimum age for entry into the scheme is 17.

All MTUK awards are designed for those with a personal commitment to the activity and are centred on the belief that personal experience and understanding of the inherent risks of lowland walking is the best way to maximise safety and good judgement.

The Expedition Skills Module is an optional module available to walking leaders. It's an opportunity to increase skills and be trained / assessed to lead groups on multi day camping expeditions. The flexibility of the module makes it useful for Lowland Leaders, Hill and Moorland Leaders and Mountain Leaders in terrain and conditions within the scope of the respective leadership award. Where there are participants present from differing levels of previous award within the one course, it will be operated in terrain applicable to the lowest award.

The Expedition Skills Module is ideal for those involved with the DofE, youth groups, and having to be responsible to others in an overnight setting. Skills covered apply to expeditions using commercial campsites as well as wild camping.

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STAGES OF THE SCHEME:

- Must be registered for the module on the Candidate Management System (CMS) of www.mountain-training.org
- Must have passed a walking leader assessment (Lowland, Hill and Moorland or Mountain Leader)
- Must have logged an absolute minimum of 10 personal overnight camps; ideally in a variety of contexts.
- Must have assisted with at least two group camps (these can be included in the 10 personal camps)
- Must have a valid 16 hours first aid certificate, relevant to the context of a walking leader.

The Expedition Skills Module is a combined training and assessment course, typically lasting 2 days with at least one overnight camp. This means that at the end of the course, your attendance will be recorded as either:

- Completed (you have shown an appropriate level of competence and have sufficient experience), **or**
- Not yet completed (you are not yet proficient in certain aspects of the syllabus or lack experience). You will be given an action plan to help you work towards completion.

The course covers, to a greater or lesser extent:-

- Equipment
- Food and cooking
- Planning and leadership
- Training and supervising expedition groups

Courses have a staff ratio of no greater than 1:6, and courses will have a minimum number of 4 participants.

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Payment Details:

- UK cheque / postal order / Sterling bank draft
Payable to "C-N-Do Scotland Ltd"
- Debit card: Maestro (Switch) or Visa Debit
- Credit / charge card: MasterCard or Visa
- Invoice to be sent to organisation – please include official purchase order with booking form or address for invoicing

Credit / Debit card information:

Card Number: _____

Expiry Date: _____ Start Date: _____

Card Security Code: _____ (last 3 digits on reverse)

Issue Number (if there is one): _____

Amount enclosed: £ _____

Cardholder's name and / or address (**that the card is registered at**) if different from contact details:

Remember:

It is your responsibility to ensure that you have met all the requirements of the Expedition Skills Module scheme. Failure to do so could result in exclusion from the course.

I confirm that I meet the requirements of the Expedition Skills Module scheme in full and that I have read and agree to the booking conditions.

Signature _____

Date _____

Please send completed form to:
C-N-Do Scotland, 33 Stirling Enterprise Park, Stirling, FK7 RP
Telephone: +44 (0) 1786 445 703
Email: admin@cndoscotland.com