



# THE MOUNTAINEERING COUNCIL OF SCOTLAND

www.mcofs.org.uk

The Old Granary  
West Mill Street  
Perth PH1 5QP  
Tel: 01738 493 942  
Fax: 01738 442 095

## SAFETY & GOOD PRACTICE SEMINAR

For Scottish Student Mountaineering, Climbing and Hillwalking Clubs  
14<sup>th</sup> & 15<sup>th</sup> November 2009 - Glenmore Lodge, Aviemore

### SEMINAR BOOKING FORM

Please complete both sides of this form and send it with your cheque (payable to MCofS) to:-  
**Roger Wild PO Box 7046 FORT WILLIAM PH33 6AB**

BLOCK CAPITALS PLEASE

First Name ..... Surname.....

Address.....

.....

..... Post Code.....

Tel No (s).....

Email.....

Age (minimum 18 years)..... Male:-  Female:-

Name of university and club.....

Position within club/university (e.g. Captain, President, ordinary member etc:-

.....

**Medical information** Please declare any medical conditions, allergies or significant disabilities which you have including any treatment you are receiving:-

.....

Special dietary requirements.....

.....

Name and telephone number of a person to be contacted in case of emergency.....

.....

#### Seminar Fee

The cost per person is £35 (this includes lunches but does NOT include any other food or accommodation). Please complete the food and accommodation details overleaf and then return this form with your cheque.

Please be aware of the MCofS Participation Statement:-

**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 am physically fit for the activities that will be undertaken during the seminar.**

Signed..... Date.....

Print Name.....

## ACCOMMODATION & FOOD

Please indicate your preferences by ticking the appropriate boxes:-

**Camping**      Cost £5 per person per night

Camping in Glenmore Lodge grounds (including the use of Glenmore Lodge showers and toilets)

**Bed & Breakfast**      Cost £21 per person per night

B&B Friday 13<sup>th</sup> November

B&B Saturday 14<sup>th</sup> November

**Self-catering chalet**

Total cost for the 4 person chalet is £120 for two nights (£30 per person for two nights)

Total cost for the 6 person chalet is £165 for two nights (£27.50 per person for two nights)

Bookings for self-catering chalets can only be accepted on a **block-booking basis** i.e. you need to arrange your own group, collect the money and one person pays the total on behalf of the group. Bookings have to be for two nights. Extra numbers squeezing into chalets will not be acceptable.

4 person self-catering chalet Fri 13<sup>th</sup> & Sat 14<sup>th</sup> November

6 person self-catering chalet Fri 13<sup>th</sup> & Sat 14<sup>th</sup> November

**Food**

**Friday evening**

Standard bar meals available from 5pm until 8.45pm (pay on the night)

**Breakfasts**

You provide your own (unless staying B&B)

**Lunches**

Provided by the seminar (included in the £35 seminar fee)

**Saturday evening meal**

Either provide your own or take advantage of the **Student Special** three-course meal costing £6

I will provide my own evening meal on Saturday

I would like to take the **£6 Student Special** on Saturday

Payment details	
Seminar Fee <b>£35.00</b>	<b>35.00</b>
Camping on Friday 13 <sup>th</sup> November <b>£5.00</b>	
Camping on Saturday 14 <sup>th</sup> November <b>£5.00</b>	
Bed & Breakfast on Friday 13 <sup>th</sup> November <b>£21.00</b>	
Bed & Breakfast on Saturday 14 <sup>th</sup> November <b>£21.00</b>	
If you wish to share your room with a specific seminar delegate, please provide the name here:	
<b>Four person</b> self-catering chalet on Fri 13 <sup>th</sup> & Sat 14 <sup>th</sup> November <b>£120 for 2 nights</b> – please either include £119 or write here the name of whoever is paying for your chalet:-	
<b>Six person</b> self-catering chalet on Fri 16 <sup>th</sup> & Sat 17 <sup>th</sup> November <b>£165 for 2 nights</b> – please either include £192 or write here the name of whoever is paying for your chalet:-	
Student Special - evening meal on Saturday <b>£6.00</b>	
<b>Total payable    £</b>	

Please complete both sides of this form and send it with your cheque **payable to MCofS** to:-  
Roger Wild    PO Box 7046    FORT WILLIAM    PH33 6AB