

Mountain Skills Semester Personal Experience Questionnaire

This form can be emailed to info@yamnuska.com or mailed to **Yamnuska Mountain Adventures 202, 56 Lincoln Park, Canmore, Alberta, T1W 3E9, Canada.**

Please take the time to read and provide us with as much information as possible.

Name:..... **Semester Date:**.....

Latest school / college / university / training programs you have attended: 	Outdoor or related courses you have taken or certificates you hold: (skiing, 1st aid, avalanche...)
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What are your special interests / hobbies / pastimes? 	What are you goals for the future?
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How do you see yourself benefiting from the Mountain Skills Semester?

After the Mountain Skills Semester do you plan on applying for further training?

☐ No ☐ Yes – (If yes who would you apply to):

☐ Thompson Rivers University - ☐ Other (Name):

General: List any hiking, backcountry or mountaineering trips (overnight or multiday) that you have participated in:

HIKING TRIPS / BACK-COUNTRY TRIPS / MOUNTAINEERING TRIPS						
	DATE	LOCATION	ROUTE	LENGTH	DURATION	ROLE
1						
2						
3						
4						
5						

ROCK & ICE CLIMBING: Have you been rock or ice climbing before: ☐No ☐Yes (☐Single Pitch - ☐Multi Pitch)

If yes list any significant rock or ice climbing routes you have completed:

ROCK CLIMBING & ICE CLIMBING						
	DATE	LOCATION	ROUTE	LENGTH	DIFFICULTY	ROLE
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

SKIING: All of the skiing on the Mountain Skills Semester is in the Back Country, for which **you will require an intermediate level of ski ability**. This means you should be able to link parallel turns down intermediate runs at a ski hill.

ALPINE SKIING, SNOWBOARDING, TELEMAR SKIING			
# of Years:	# of Days:	How would you rate your skiing / boarding ability?	Do you have any experience of back country skiing? ☐ No ☐ Yes – (If yes please describe):

Type of equipment you intend to ski on: ☐ Alpine Touring - ☐Telemark - ☐ Splitboard - ☐ Don't know yet

OTHER: Please list any other experience, or information that you think maybe relevant:

Additional Information