



Trainee Membership Application Form

Lomond Mountain Rescue Team welcomes applicants for Trainee Membership from all walks of life and all backgrounds.

We need applicants, at the very least, to be very experienced hill walkers confident in both summer and full winter conditions - with a good number of years' mountaineering experience under their belts. Your application form should reflect this, giving a clear picture of your general experience and also including some representative examples. Ask yourself, *'Am I confident in my own abilities, in poor weather, on steep terrain in the middle of a typical Scottish winter night?'* If the answer is no, then you should probably reconsider. In your trainee year you will learn specialist rescue-related skills, but you must bring the mountaineering skills yourself.

We want to emphasize at the outset to prospective trainees the high level of commitment to the Team that you will be making. Team membership is a significant undertaking that will eat into days you would normally spend walking, climbing, or with your family. The Team typically meets for over forty different events annually (e.g. training, fund raising and safety cover), even before we consider rescues which often come at inconvenient times of day or night. In practice, this means that you will have some kind of Team-related commitment almost every week.

When we consider your application form, this is what we will be looking for:

Essential Criteria

You must meet all these criteria to be considered for trainee team membership

- Experienced summer hillwalker in a full range of weather conditions, including journeys on rough, pathless terrain
- Experienced winter hillwalker in a full range of weather and snow conditions, including journeys requiring safe use of ice axe and crampons in a variety of snow conditions.
- Strong navigation skills (comparable to Summer Mountain Leader standard)
- Able to work well in a team context
- Committed to team training attendance (80% minimum attendance in trainee year – we train 1 Sunday and 2 Thursday evenings a month)
- Settled in or very close to our operational area, with own transport

Desirable Criteria

We do not expect all applicants to have these skills, but they strengthen your application if you have them

- Other outdoor experience (rock climbing, mountaineering, etc)
- Outdoor-related qualifications (e.g. summer/winter ML)
- Relevant professional qualifications (e.g. healthcare professional)

Our recruitment process typically starts in the late summer. The Committee reviews all application forms received, and invites suitable candidates to a selection day. The format will likely start with an introductory welcome at our Post in Drymen, and then spending time on the hill with current team personnel and other prospective members. General hill craft, navigation and team work all play a part in the selection process.

For our selected trainees, the training year begins in January. During your trainee year your attendance, performance as a group member, and skill development will be continually assessed. If you successfully pass your training year you will be invited to become a Full Team Member of Lomond MRT, and join our callout list.

PERSONAL INFORMATION

Name	
Address	
Postcode	

DoB	
Occupation	
e-mail	
Mobile	

Describe briefly your current **occupation** and your availability to make regular training.

Describe briefly your **mountain experience** over the past 5 years.

Please state your **reasons for seeking membership** of the Lomond Mountain Rescue Team.

EXPERIENCE

In which of these activities are you involved? Please outline your experience in the following activities where applicable, including some representative examples, and any grade where appropriate:

Summer Hillwalking	Years & Level
Winter Mountaineering	Years & Level
Rock Climbing	Years & Level

Other Relevant Outdoor Activities	Years & Level

FORMAL TRAINING/QUALIFICATIONS (if held)

	Yes/No	Date Awarded/Revalidated
First Aid Certificate (name it) [*]		
Summer Mountain Leader Award		
Winter Mountain Leader Award		
Other qualifications (e.g. MTA qualifications – name them)		

[] If you do not hold a current certificate then you will need to complete one before starting as a trainee team member.*

CONTRIBUTION TO THE TEAM

All members make particular contributions to the work of the team through training, leadership, administration, etc. Describe briefly the role you would expect to play within the team as well as any special skills/experiences you would bring.

SPONSORSHIP/REFERENCE (optional)

If applicable, give the name of an authoritative person (e.g., existing team member) who endorses your application.

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DECLARATION

I hereby declare that the information given in this form is correct, and that participation in Mountain Rescue activities is not contrary to medical or other advice. I am fit enough to take part in a full day's mountaineering activity, and I know of no other reason which would preclude me from such activities.

Signed		Date	
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Please complete in full and send to the Secretary at - **secretary@lomondmrt.org.uk**
You should receive an initial response within about a week.