



Fiosrachadh airson sgoiltean agus pàrantan

Information for schools and parents

Spòrs Gàidhlig
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An Aghaidh Mhòr
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Spòrs Gàidhlig – Mu ar deidhinn

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Chaidh **Spòrs Gàidhlig** a chur air dòigh le Comunn na Gàidhlig ann an 2015 le prìomh amas a bhith tabhann chur-seachadan, chothroman agus phrògraman uile tro mheadhan na Gàidhlig. 'S ann le Comunn na Gàidhlig a tha **Spòrs Gàidhlig** ach tha e ag obair mar chompanaidh fa-leth. Tha sinn stèidhichte aig an Ionad Nàiseanta airson Trèanadh – Loidse a’ Ghlinne Mhòir, faisg air an Aghaidh Mhòr.

Bidh sinn ag obair le sgoiltean agus pàrantan gus cothroman spòrsail a thabhann air òigridh aig aois sgoile. Tha sgioba-obrach againn air eòlach agus easgaidh. Tha goireasan, uidheamachd agus meanbh-bhus againn.

Bidh sinn a' cur fàilte air òigridh a tha fileanta ann an Gàidhlig, ga h-ionnsachadh no orrasan a tha ùr don chànan.

Gheibhear inntrigeadh don Ghàidhlig tro Spòrs Gàidhlig a bhios a’ tachairt ann an suidheachadh spòrsail agus taiceil.

'S iad ar prionnsabalan:

1. Fàs a thoirt air a' Ghàidhlig air feadh Alba
2. Taic a thoirt don òigridh gus misneachd agus sgilean ùra a leasachadh
3. Co-obrachadh le buidhnean eile
4. Dileab phriseil fhàgail

Spòrs Gàidhlig – About Us

Airson òigridh - For youth

Spòrs Gàidhlig is a social enterprise working throughout Scotland which creates opportunities for young people to use and learn about Gaelic in a fun, positive and supportive setting. We offer outdoor activities, residential camps, educational programmes and events. We are based at the National Outdoor Centre – Glenmore Lodge, near Aviemore.

We can provide a range of outdoor activities, educational programmes and bespoke events. Our residential camps are popular and provide young people with the opportunity to engage in activities and meet new friends.

We cater for young people who speak Gaelic, those who are learning and those who have no current knowledge of the language.

A light introduction to the language is possible which allows participants to engage and learn in a supportive and fun environment.

Our core principles are:

1. Foster and grow the Gaelic Language in Scotland
2. Support young people to gain confidence and new skills
3. Work with others to allow them to use Gaelic
4. Leave a positive legacy

Cànan

Tha Spòrs Gàidhlig dà-chànanach agus 's urrainn dhuinn cur-seachadan a dhèanamh ann an Gàidhlig no Beurla. Tha sinn ag amas air cur-seachadan agus prògraman a chruthachadh gus am faigh òigridh cothroman tron **Ghàidhlig**. Tha Gàidhlig agus Beurla aig an luchd-obrach againn. Tha sinn sùbailte agus thig sinn thugaibh – cothroman air feadh Alba.

'S e ar n-amas a bhith brosnachadh agus a' cumail taic riuthsan aig a bheil a' Ghàidhlig agus cothroman a thoirt do dhaoine a tha ùr don chànan.

Sgoiltean far nach eil a' Ghàidhlig - Chan eil a' Ghàidhlig anns a' mhòr-chuid de sgoiltean, ged a tha leudachadh ann. 'S urrainn dhuinn cur-seachadan agus prògraman a thabhann a tha toirt inntigeachd don chànan. Mus tachair iad, 's urrainn dhuinn goireasan cànan a thoirt dhuibh a bhios feumail agus freagarrach. Tha cuid de chuspairean gu math freagarrach airson blasad Gàidhlig, leithid eachdraidh na h-Alba, cruinn-eòlas, cànan, fearainn, ainmean-àite agus geo-eòlas. Tha Mapland Alba a' toirt deagh eisimpleir air cothroman inntigridh a bharrachd air cothroman ionnsachaidh eile.

Luchd-ionnsachaidh - Bheir sinn taic do luchd-ionnsachaidh, aig gach ìre, bun-sgoil agus àrd-sgoil a bharrachd air inbhich, tro chur-seachadan agus prògraman freagarrach. Dh'fhaodadh seo a bhith stèidhichte air cùrsan mar GLPS no Go Gaelic no air siostam eile.

Fileantaich - 'S urrainn dhuinn a h-uile cail a thabhann tron Ghàidhlig. Tha sinn eòlach air obair le sgoiltean far a bheil a' Ghàidhlig mar mheadhan ionnsachaidh.

Ma tha sibh a' dèanamh chùrsaichean leithid GLPS no Go Gaelic no dòigh mar phàirt de 1+2, faodaidh sinn prògram a dhealbhadh a bhios a' freagairt air feumalachdan nan sgoilearan agus na sgoile.

Language

Spòrs Gàidhlig is fully bilingual and able to deliver in Gaelic or English. We are an outdoor activities and educational programme provider dedicated to providing opportunities for young people to engage with and use **Gaelic**. We are fully bilingual and experienced in working with schools and youth groups. We can tailor your experience to your needs.

Our aim is to support and develop young people with Gaelic and introduce those new to the language.

Schools with no Gaelic - the majority of schools do not offer Gaelic as a subject or a medium through which to learn. We can offer activities and programmes which introduce the language to the total beginner. Before you come, we can help you introduce the language through our dedicated educational resources. Introducing Gaelic works well with topics such as Scottish history, geography, languages, landscape and land use, place-names and geology. An example might be the use of Mapland Scotland which not only introduces the language but also provides many other opportunities for learning.

Gaelic learners - We can help support your learners by offering our activities at a level appropriate to learners of Gaelic. Our activities and programmes can be tailored to meet the needs of primary and secondary learning.

Gaelic speakers - We can offer all of our activities through the medium of Gaelic. We are experienced in working with schools where Gaelic is used as the main language including primary and secondary education.

We will tailor our language use to your needs. You might be doing Go Gaelic or GLPS as part of 1+2 or using other methods. Those new to the language can be introduced in a supportive and fun environment.

Cur-seachadan

Tha farsaingeachd chur-seachadan againn a bhios a’ toirt dùbhlain agus cothroman do chom-pàirtichean. Tha iad cuideachd spòrsail! Bidh sinn a’ leasachadh sgilean ùra leithid misneachd, co-obrachadh, conaltradh agus eile tro na cur-seachadan againn. Tha seo uile a’ tachairt ann an suidheachadh sàbhailte agus togarach tron Ghàidhlig no aig ìre fhreagarrach.

Sgitheadh – Pacaid; oideachadh, tiogaidean agus uidheamachd

Claiseachd – math airson buidhnean, spòrsail agus dàna

Coiseachd agus cuairtean – Air feadh Alba anns gach àrainn

Rothaireachd slèibhe – tursan no aig ionadan

Meanbh chuirtean – tursan aon oidhche ann an leabaidh crochte no tenta

Sreap agus abseileadh – air creagan agus a-staigh

Sligheadaireachd – farpaiseach agus le ionnsachadh

Sgeama Seòlaidh – ionnsaich sgilean bunaitean airson mapaichean

Tiubadh – air aibhnichean air tiub!

Dùbhlain sgioba – co-obrachadh, misneachd, conaltradh

Mapland Alba – Ionnsaich mu Alba leis a’ mhapa as motha san t-saoghal

Activities

Our activities provide the opportunity to experience new challenges which develop self-confidence, physical ability and teamwork as well as being lots of fun and taking place in stunning environments. Of course, Gaelic can be used throughout or at a level appropriate for participants. We can provide equipment for all activities.

Skiing – Full package (ski lessons, equipment & lift passes)

Gorge Scrambling & Canyoning – Great for groups, fun and exciting

Walking and Expeditions – We have an amazing landscape, let’s explore!

Mountain Biking – at trail centres or cross-country

Micro Adventures – Supported overnight trips in a tent or hammock

Climbing and Abseiling – Challenging but fun with achievement

Orienteering – great for groups and schools, competitive or just for fun

National Navigation Award Scheme – Learn how to navigate

Tubing – navigate a river and white water on a floating tube

Team Challenges – Develop new skills and build on current ones

Mapland Alba – Learn about Scotland using the biggest map in the world

Prògraman

Tha na prògraman againn ag amas air roinntean leasachaidh a tha feumail an dà chuid san t-saoghal mhòr agus san sgoil. Tha sinn sùbailte agus cuiridh sinn prògram air dòigh a tha freagairt air feumalachdan na buidhne le prìomhachas air cuspairean leithid co-obrachadh no le amas sònraichte mar chuairt.

Inntrigeadh don Ghàidhlig

Le bhith cleachdadh structaran teagaisg a tha stèidhichte, mar Go-Gaelic, faodaidh sinn prògraman a thabhann a bheireas inntrigeadh don Ghàidhlig. Tha prìomhachas air faclan feumail, abairtean agus cleachdaidhean le beagan fiosrachaidh air air eachdraidh a' chàinain. Tachraidh seo tro chur-seachadan agus gnìomhan a tha spòrsail agus a bheireas stèidh airson barrachd ionnsachaidh. 'S e ar n-amas inntrigeadh spòrsail a thoirt do dh'òigridh.

Misneachd agus dùbhlain pearsanta

Tha prògraman sùbailte againn a bheireas dùbhlain, ach le tagh ma tha an neach a' gabhail riutha, uile ann an suidheachadh taiceil don òigridh. Bidh sinn a' stèidheachadh chur-seachadan gus cothroman ionnsachaidh agus dùbhlain a chruthachadh. Bheir seo cothrom do dhaoine fa-leth agus sgiobaidhean an cuid sgilein a leasachadh agus a thoirt air adhart.

Co-obrachadh agus conaltradh

'S urrainn dhuinn prògraman a chruthachadh a bhios ag amas air sgilean co-obrachaidh a leasachadh. Bidh na cur-seachadan a' toirt tuigse do chom-pàirtichean agus a' leasachadh sgilean conaltraidh a tha freagarrach a thaobh co-obrachadh. Tha conaltradh, tro chòmhradh iomchaidh, aig cridhe nam prògraman seo. Bidh cur-seachadan spòrsail an sàs gu mòr.

Programmes

Our programmes focus on key development areas which are relevant both in school and the wider world. We can be flexible and design a programme around your needs such as developing teamwork skills or with a specific aim such as undertaking a journey.

Introduction to Gaelic

We can offer a fun and engaging introduction to Gaelic using existing language models such as Go-Gaelic. The focus is introducing key words, phrases and structures as well as providing background knowledge on the language. This is done through a flexible programme of activities which are fun and provide a basis for future learning. Our aim is to give young people a positive and interesting introduction to Gaelic using fun activities.

Confidence and personal challenge

Our flexible programme focuses on providing challenge by choice opportunities for young people to develop their confidence in a supportive and appropriately challenging environment. A programme is more likely to use activities such as climbing, gorge scrambling and others to allow participants to challenge themselves, lead their team and strengthen existing skills.

Teamwork and communication

We can provide challenges and activities which focus on providing opportunities for teams of young people to learn new skills appropriate to team working. Communication is key and understanding the various roles within a team as well as how to manage resources. Outdoor activities are also a big part of the experience.

Campaichean

Tha Spòrs Gàidhlig agus Comunn na Gàidhlig air a bhith tabhann champaichean grunnan bhliadhnaichean. Ged nach eil ionad againn dhuinn fhèin fhathast, bidh sinn ag obair le ionadan stèidhichte gus pacaid slàn a thabhann le prògram làidir, àite-fuirich 's biadh. Faodaidh sinn taic a thoirt dhuibh le àite-fuirich a lorg ann an diofar chearnaidhean de dh'Alba.

A bharrachd, tha prògram stèidhichte de champaichean tron bhliadhna;

Campa Sradagan – Campa ioma chur-seachad do chloinn 08-12

John Muir Award camp – Campa nàiseanta airson sgoilearan air a' phrògram Dhuis Iain Muir againn.

Ski camps – Campaichean dhaibhsan a tha airson sgitheadh ionnsachadh no aig a bheil comas sgithidh mar tha.

Activities camps – tron bhliadhna

Journeys – Tursan coiseachd 's rothair tro Alba

Residential Camps

Spòrs Gàidhlig and Comunn na Gàidhlig have been offering residential camps for many years. Although we don't have our own outdoor centre, we work closely with well-established providers to provide the full package including activity programme, accommodation and catering. We can help arrange accommodation for your group and deliver our activity programme at your chosen location.

We also offer established camps throughout the year;

Campa Sradagan - Gaelic camps in July for children 8-12 years old

John Muir Award camp – a national camp for participants on our John Muir Award programme

Ski camps – Ski camps which bring together young people who are learning to ski, or already do so.

Activities camps – We offer activities camps at certain times of year

Journeys – cycling and walking journeys throughout Scotland

Curraicealaim airson Sàr-mhathas & Buileachadh

Tha sinn a' cumail taic ris a' Churraicealaim airson Sar-mhathas agus prionsabalan GIRFEC. Le taic bho luchd-teagaisg, tha sinn air na cur-seachadan againn a cheangal ris a' churraicealaim agus tha sinn comasach air programan a chur air dòigh a bhios ag amas air Eòlasan agus Builean a bharrachd air na Slatan-tomhais.

Tha na cur-seachadan againn co-cheangailte ri earrannan a' churraicealaim agus slatan-tomhais. Bidh cur-seachadan mar Mapland a' cruthachadh chothroman gus cuspairean soisealta, litricheachadh agus àireamhachd a thoirt air adhart. Le cur-seachadan eile, mar chlaiseachd, coiseach no rothaireachd a' suidhe mu choinneimh Slàinte 's Sunnd.

Le bhith leasachadh sgilean, stèidhichte agus ùr, faodar cur ris a' bheàrn bhuileachaidh. Tha sinn tuigsinn nach ann a-mhàin san sgoil a thèid beatha òigridh a leasachadh agus gu bheil misneachd cudromach airson gach neach. Le bhith cleachdadh diofar chur-seachadan, faodaidh sinn fòcas làidir a chur air roinn a tha freagarrach don sgoil agus do na sgoilearan.

Curriculum for Excellence & Attainment

We understand and support the delivery of GIRFEC and the Curriculum for Excellence. Our activities are linked to the curriculum and we are able to design activities and programmes which focus on particular areas within the Experiences & Outcomes and Benchmarks. We can provide evidence of achievement which can be used within the school and with partner agencies.

All of our activities have been analysed and linked to relevant curriculum areas and benchmarks. Activities such as Mapland provide great opportunities to integrate with social subject benchmarks as well as literacy and numeracy. Others, such as expeditions and gorge scrambling, provide opportunities through health & wellbeing.

The attainment challenge can be partly addressed through strengthening current skills and developing new ones. We understand that attainment is affected by many aspects of a young person's life (not just within the school) and that confidence is a key issue. We are flexible and can focus on a school's desired area.

Sàbhailteachd

Tha sàbhailteachd agus cùram mar bhun-phrionnsabal aig Spòrs Gàidhlig. Tha inbhe AALA (Adventurous Activities Licensing Authority) againn, cead L14127 agus buidheann R2469. Tha na h-ùilichean againn (luchd-stiùiridh) air an trèanadh gu profeiseanta airson gach cur-seachad. 'S ann le companidh AIM (Activities Industry Mutual) a tha ar n-àrachas.

Tha siostaman làidir againn a thaobh sàbhailteach le Siostam modh-obrach is clàir cunnartan agus luchd-obrach. Tha lùil-àite againn a bhios a' leigeil leinn obrachadh air feadh Alba. Tha àireamh com-pàirtichean stèidhichte againn airson gach cur-seachad leigeas leinn càileachd a chumail agus bhios ag atharrachadh a-rèir suidheachaidhean air an latha.

Tha na siostaman cùram chloinne againn a tha làidir agus bidh sinn tric a' dèanamh trèanadh air a' chuspair seo. Tha eòlas againn air taic a chumail ri òigridh ann an suidheachaidhean ùra. Tha gach neach-obrach againn a' gabhail ballrachd sa sgeama PVG (Protection of Vulnerable Groups), an sgeama "disclosure" ùr.

Ma bhios feum, faodaidh sinn na siostaman seo a mhìneachadh dhuibh no do bhuidheann leithid ùghdarras ionadail.

Safety & Safeguarding

Safety and wellbeing is at the heart of our activities, our staff and our culture. We are licensed by the Adventure Activities Licensing Authority (licence L14127 and organisation R2469) and our instructors are professionally trained to deliver each activity. We are insured by AIM (Activities Industry Mutual).

We operate a safety management system with our standard operating procedures, risk assessments and staff management procedures guiding everything we do. We also maintain an up to date venue guide that allows us to operate throughout Scotland. Each activity has a defined ratio of instructor/leader to participants and these vary depending on the activity itself, the group and the prevailing conditions.

Our safeguarding procedures are robust and we undertake child protection training on a regular basis. Our pastoral care is excellent and we are experienced in supporting young people in new environments. All of our staff are members of the PVG scheme (Protection of Vulnerable Groups, the new "disclosure" scheme).

Copies of any of the above documents are available by request.

Uidheamachd

Tha an uidheamachd againn ùr agus aig àrd-ìre. Bidh sinn a' cleachadh uidheamachd a bhios a-rèir inbhean nàiseanta airson a' chur-seachad. Tha siostam sgrùdaidh againn far am bi sinn a' measadh uidheamachd gus a bhith cinnteach gu bheil i ann an stàid fhreagarrach.

Le seirbheis Spòrs Gàidhlig, tha uidheamachd mar phàirt de na cur-seachadan agus tha sgithean, deisean-fliuche, uidheam airson spòrs uisge agus sreap againn.

Faic gu h-ìosal airson liosta de dh'uidheam a dh'fheumas com-pàirtichean a thoirt leotha.

Equipment

Our equipment is modern, new and meets all relevant safety standards. We operate a robust equipment management system and maintain our equipment to high standards.

We can provide ski equipment (skis, boots, helmets and some clothing), canyon suits, wetsuits & buoyancy aids, climbing harnesses and helmets, cycle equipment and much more.

Use of our equipment is included as part of our activities and programmes.

Please see below for a list of clothing and equipment to bring with you.

<p>Comhdhail</p> <p>Faodaidh sinn taic a thabhann le comhdhail. Dh'fhaodadh seo a bhith le comhairle, cur air dòigh tiogaidean/busaichean no le bhith cleachdadh a' mheanbh-bhus againn airson ur togail.</p> <p>Tha sinn eòlach air comhdhail poblach agus mar a chleachdas buidhnean e aig prìs reusanta. Cuiridh sinn busaichean air dòigh do bhuidhnean cuideachd.</p> <p>Bidh Spòrs Gàidhlig ag obair air feadh Alba agus faodaidh sinn tighinn thugaibh agus cur-seachadan agus prògraman a lìbhrigeadh san sgìre agaibh fhèin.</p>	<p>Transport</p> <p>We can offer support with transport. This could be through researching and advising on the best ways to come to us, organising tickets and coaches or by picking you up with our own minibus.</p> <p>We are experienced in organising journeys by public transport in a cost-effective way. We can organise private coaches for your journey.</p> <p>Spòrs Gàidhlig works throughout Scotland and we can come to you to deliver activities and programmes in your area without the need for significant travel.</p>
<p>Ullachadh ro-thachartas</p> <p>Faodaidh pàrantan, cùramaichean agus sgoiltean ar cuideachadh le bhith dèanamh na rudan a leanas ron thachartas;</p> <ul style="list-style-type: none"> • A bhith cinnteach gu bheil foirmean clàraidh air an lìonadh, làmh-sgrìobhidh orra agus air an tilleadh • Inntrigeadh a thoirt do chom-pàirtichean mura h-eil iad eòlach air a' Ghàidhlig mar tha. • A bhith cinnteach gu bheil gach com-pàirtiche a' toirt gach rud air an liosta uidheim • Conaltradh le Spòrs Gàidhlig mun tachartas a thaobh comhdhail, àireamhan agus eile. <p>Faodaidh sinn taic a thabhann tro phost-d, air an fhòn no tadhal oirbh.</p>	<p>Pre-event preparation</p> <p>Parents, carers and schools can help us to provide a smooth and positive experience but taking some small steps prior to the event or programme;</p> <ul style="list-style-type: none"> • Ensure that all registration forms are complete, signed and returned • Introduce some basic Gaelic if young people are not already familiar • Ensure all participants bring all of the items required. • Keep in touch with Spòrs Gàidhlig regarding travel and expected numbers. <p>We can offer support through email, on the phone and by pre-event visits.</p>

English language form attached.

Cuir ainm an tachartais an seo:	
Write the name of event here:	

Ainm com-pàirtiche:

Gnè:

Seòladh:

Còd-puist:

Fòn taighe (pàrant):

Fòn-làimhe pàrantan:

Seòladh post-dealain:
(Pàrant)

Aois (aig àm an tachartais):

Là-breith:

Àirde (cm):

Cuideam (kg):

Meud broige:

Sgoil:

Dè a' bhliadhna-sgoile:
(an dràsta)

Comas-sgithidh (neach-toiseachaidh, adhartach, mssa):

Ciamar a chuala tu mun tachartas:

Ciamar a tha sibh a' siubhal dhan tachartas?
(Mura h-eil thu a' siubhal le CnaG, ciamar a bhios tu a' siubhal dhan tachartas?)

Dearbh, le comharra sa bhocsa, gu bheil thu air leughadh 's gabhail ris na facail seo:
"Tha mi a' tuigsinn gur e tachartas Gàidhlig a tha seo agus gur i Gàidhlig a-mhàin an cànan a chleachdas mi fhad 's a tha mi aig an tachartas".

N.B. Bithibh cinnteach gun lìon pàrant/neach-dìona am foirm cead a tha an luib seo.

Foirm-aonta phàrant/neach-dìona

Ainm phàrant/neach-dìona:

Bidh luchd-obrach le eòlas freagarrach os cionn gach cur-seachad. A bheil cur-seachad ann a b' fheàrr leibh nach biodh ur mac/nighean an sàs?

A bheil feumalachdan sònraichte aig ur mac/nighean a thaobh biadh (*innse dhuinn dè th' ann*)?

A bheil gnothach meidigeach sam bith aig ur mac/nighean a thaobh biadh (*innse dhuinn dè th' ann agus ma bhios iad a' gabhail leigheas no cùram shònraichte sam bith*)?

A bheil allergy sam bith aig ur mac/nighean a thaobh biadh (*innse dhuinn dè th' ann*)?

A bheil comas snàmh aig ur mac/nighean?

An d' fhuair ur mac/nighean cruaidh tetanus san deich bliadhna a chaidh seachad?

Ainm agus seòladh Dotair an teaghlaich:

Thoir dhuinn seòladh eile far am faigh sinn greim oirbh nam b' e 's gum feumadh ur mac/nighean tilleadh dhachaigh tràth air adhbhar sam bith (*m.e. seòladh seann-phàrantan, teaghlaichean eile no caraidean*):

Àireamh fòn:

Tha mi a' toirt cead dha _____ a bhith an làthair aig turas _____ agus a bhith an sàs anns na cur-seachadan (*ach a-mhàin iadsan a chaidh ainmeachadh gu h-àrd*). Tha mi ag aontachadh, nam bitheadh e a dhìth, gun toireadh cùram meidigeach èiginneach seachad **dha / dhi**. Tha mi cuideachd ag aontachadh gun tèid dealbhan agus bhideoan a tharraing agus an cleachdadh air làrach-lìn ChnaG agus stuthan thaisbeanaidh. Tha mi a' tuigsinn gun tèid mo sheòladh puist-d a chlàradh air liosta-sgaoilidh airson cuisean òigridh agus dòcha a chleachdadh le seirbheisean leithid *Mailchimp* msaa.

Ainm-sgrìobhte: _____ Ceann-latha: ____/____/____

Ainm: _____

Ma tha ceistean sam bith agaibh ann a bhi lìonadh am foirm, cuiribh fòn gu oifis ChnaG ann an Inbhir Nis, **01463 234138**.

Cleachd BACS airson pàigheadh (còd: 80-91-26, A/C 00253606). Cuiribh na foirmichean gu:

Tachartasan òigridh, Comunn na Gàidhlig, An Tosgan, 54a Rathad Shiphort, Steòrnabhagh, HS1 2SD

CUIMHNICH! An dà fhoirm air an lìonadh agus cosgais nan tachartas air phàigheadh

Cuir ainm an tachartais an seo:	
Write the name of event here:	

Participant name:

Gender:

Address:

Postcode:

Land line (Parent)

Parents' mobile:

Email address:
(Parent)

Age (at time of event):

Birthday:

Height (cm):

Weight (kgs):

Shoe size:

School:

Form/year (now):

Date of application:

Skiing standard (beginner, intermediate, etc):

How do you expect to travel to the event?
(If you won't be travelling with CnaG, how will you get to the event?)

Indicate, by ticking the box, that you have read and agree to this statement:

"I understand that this is a Gaelic event, and agree that I will only use Gaelic while at the event."

N.B. Ensure a parent or guardian completes and signs the consent form attached.

Parent/Guardian Consent Form

Name of parent or guardian:

Experienced staff supervise all activities. Are there any activities in which you would prefer your son/daughter would NOT participate in?

Does your son/daughter require a special diet? *(If yes, give details)*

Does your son/daughter have any condition requiring special treatment or medicine? *(If yes, give details)*

Is your son/daughter allergic to anything – including medication? *(If yes, give details)*

Can your son/daughter swim?

Has your son/daughter received a tetanus injection in the last ten years?

Name and address of family doctor:

Please provide an alternative address and phone number through which you can be contacted in case your son/daughter needs to leave the event early for any reason *(i.e. grandparents; aunt/uncle; neighbour)*:

Phone no.:

I give permission for _____ to attend _____ and participate in the activities (excluding those specified above). I agree that **he / she** be given emergency medical assistance if considered necessary by the medical authority in attendance. I also agree that CnaG may take photographs and videos and use them on its website and other publicity. I understand that CnaG will add my email address to a distribution list for youth events and related matters.

Signature: _____ Date: ____/____/____

Name: _____

For any further information please contact Comunn na Gàidhlig in Inverness on: **01463 234138**.

Please use BACS for payment (Sort code: 80-91-26, A/C 00253606). Completed forms should be posted to:

Youth Events, Comunn na Gàidhlig, An Tosgan 54a Seforth Road, Stornoway, HS1 2SD

Two pages of form completed:

REMINDER!

Event fee paid:

Comunn na Gàidhlig and Spòrs Gàidhlig place great emphasis on the safety and comfort of our participants. We only employ suitably experienced, qualified, well-trained staff and instructors and use modern correctly maintained equipment.

Some of these activities are hazardous by their nature and participants must accept a certain element of risk during their activity session. Parents and guardians must also recognise a degree of risk to their children. To ensure everybody's safety as far as possible, we reserve the right to postpone or cancel the activities on offer as weather or group needs dictate. If we believe that individuals are placing themselves or the group at risk by their actions, we reserve the right to remove the person(s) concerned from the activity.

We take all reasonable steps to provide you with the level of care and assurances of safety appropriate to these activities. However, you should be aware that certain inherent risks remain which are integral to the activity.

Amongst other things, some of these risks can contribute to:

- accidental injury, illness, or trauma
- the loss or damage of personal clothing or equipment
- feelings of discomfort, fear and apprehension

The level of risk associated with the activities of Spòrs Gàidhlig is low. Some risks may be less significant than they are perceived to be by the lay person. Rough and rugged terrain will be encountered on our activities. A certain element of physical effort is required to take part in each activity. A water-based activity will involve immersion in the water, some optional jumps and sliding down waterfalls. Environmental factors affect our activities. These include heavy rain, strong winds and moving water as well as slippery conditions underfoot. Slips and trips may happen as a result of these and other environmental conditions.

Sunscreen

If appropriate, Spòrs Gàidhlig and CnaG staff may offer sunscreen to participants and advise them that they apply it.

Youth Participation Statement

“Parents, carers and young participants should be aware that adventurous activities and non-adventurous activities can result in accidents, and on rare occasions, some of these can be serious”.

Aodach agus liosta uidheim	Clothing & kit list
<p>Tha sinn a' moladh gun toir a h-uile com-pàirtiche gach pìos uidheim a tha air an liosta gu h-ìosal. Tha sinn a' tuigsinn gu bheil cosgais air na nìthean seo agus mholamaid companaidhean leithid Decathlon a chleachdadh.</p> <p>Bidh Spòrs Gàidhlig a' tabhann dhaiseachan fluiche agus gach pìos uidheim teignigeach.</p>	<p>We recommend that each participant brings all of the items shown on the list below. We understand that some particular items may stretch your budget. There are various excellent online retailers such as Decathlon who offer options for almost every activity.</p> <p>We provide items such as wetsuits, helmets and technical equipment for activities.</p>
Seacaid sheasgair	Waterproof jacket
Baga no бага-droma	Rucksack or holdall to carry everything
2x geansaidhean (fleece, hoodaidhean)	2x warm 'tops' (fleece, hoodies or woollen jumpers)
2x briogais blàth (track suit no jogging bottoms ach chan eil "jeans" freagarrach)	2x of loose fitting warm trousers (track suit or jogging bottoms but not jeans)
Aodach neo-fhoirmeil	Casual clothing for evening use
Fo-aodaich airson an turais air fad.	Underwear garments for the duration of the event
Briogais ghoirid x2 (summer & airson claiseachd)	Shorts x2 (summer & old for gorge scrambling)
Stocanan (co-dhiù 3 paidhreach)	Socks (at least 3 thick pairs)
2x brogan (aon tioram, aon airson cur-seachadan fliuch)	2x pairs of shoes (one for dry activities, 1 for wet activities)
Sliopais no rudeigin freagarrach a-staigh	Slippers or something to wear inside the accommodation
Ad & Miotagan	Gloves & hat
Aodach leaba	Pyjamas
Aodach snàimh freagarrach airson cur-seachadan	Swimming costume appropriate for group activities
Bogsa bìdhe	Lunch Box to fit in rucksack
Siaban, searbhadair, brus fiacla, stuth ionlaid	Soap, towel, toothbrush and other toiletries
Glaineachan grèine	Sun glasses
Lion chuilleig	Midge net
Uachdar grèine agus ruaigiche bhiastaig	Sun Cream & Insect repellent
Poca plastaig airson aodach fliuch a thoirt dhachaigh	Plastic bag for taking home any clothes that are still wet
Tha pocanan cadail a dhìth ach leigidh sinn fhaicinn mura bi iad air an turas.	Sleeping bags are usually required at camps. We will make known if this is not the case.
<p>Cungaidhean leighis mar analair no eile</p> <p>Feumar fiosrachadh air slàinte a thoirt dhuinn air an fhoirm chlàraidh.</p>	<p>Personal medication such as inhaler and/or others.</p> <p>Information on any conditions must be provided through the registration form.</p>
	Spending money: No more than £30 per person.
Campaichean Sgithidh a bharrachd air na tha gu h-àrd	For Ski Camps in addition to the above
Miotagan sgithidh agus ad	Ski gloves and hat
Briogais sgithidh	Salopettes or ski pants
Seacaid bhlàth no sgithidh	Warm anorak or ski jacket
Fo-aodach, fada, blàth	Long thermal underwear
Speuclairean sgithidh agus cè sliopa	Ski goggles and lip salve
Cè grèine	Sun cream
Buff no tuba	Buff or neck gaiter
'S dòcha gum bi na leanas feumail	You might like to bring
Camara, leabhar, pàipear agus peansail	Camera, a book, notepad and pencil
Na toir leat	Please do not bring

Teicneolas digiteach, sgèanan no innealan biorach, nithean luach-mhòr no deideagan	Digital devices, knives or sharp tools, valuable or irreplaceable items, toys.
Ma tha ceist sam bith agaibh, cuiribh fòn gu 01463- 234138	If you have any questions, please contact us on 01463- 234138