



## **Bronze Duke of Edinburgh Award Expeditions letter**

Dear Parents, Guardians and 4<sup>th</sup> formers,

This letter is to inform you of the details of the Bronze DofE Expeditions which will take place during the Trinity Term. Most participants are now well on the way with the Skill, Volunteering and Physical aspects of their Award.

### **Expedition dates**

Practice Expedition: Sunday 26<sup>th</sup> April – Monday 27<sup>th</sup> April

Qualifying Expedition: During the last week of the Trinity Term - full information will be sent after the Practice Expedition.

**Both expeditions need to be attended and completed in order for the Expedition Section to be signed off.**

### **Groups**

Participants will be asked to get themselves into groups and to let me know the names of their group members. They will need to email me with this information by the 20<sup>th</sup> March.

Requirements:

- All groups must have 6 or 7 people
- They can be boys, girls or mixed. If they are mixed, there has to be a minimum of 2 boys/girls (i.e. you could have 5 boys and 2 girls or vice versa, but you CANNOT have 1 boy and 6 girls or vice versa)

### **Kit List**

**Please find along with this letter the kit list for the expedition. PLEASE PAY ATTENTION TO THIS LIST AND MAKE SURE THAT PARTICIPANTS HAVE ALL THAT IS ON THE LIST FOR THE EXPEDITION**

### **Food**

Packed lunches will be provided for SUNDAY.

Participants will need to bring their own food for Sunday evening meal, Monday breakfast, Monday lunch and snacks for the whole time. Please see the kit list for suggested menus.

**Please bear in mind that we are a sesame and nut free school, which includes on expeditions, as we have some students with severe nut allergies.**

### **Pre-training**

This year we plan to do as much of the expedition training as possible on the Practice Expedition. However we will expect all 4<sup>th</sup> form to attend a pre expedition talk about kit, food and the 20 conditions of the Expedition Section. This will be arranged during school hours.

### **Expected schedule for the practice:**

#### **Sunday 26<sup>th</sup> April**

9am meet at school with all kit packed - kit check and depart for Cranham Scout Centre.

Carousel of training activities based at the Scout Centre including a practice walk in the local countryside.

Training will include:

- Navigation and route-planning
- Cooking
- Campcraft
- Packing a rucksack and kit care
- How to minimise risk and deal with incidents

- Behaviour and the countryside code

### **Monday 27<sup>th</sup> April**

Groups will navigate their way along planned routes back to school.

Expected arrival at school 2-4pm.

Kit will need to be cleaned and dried and returned to Mr Lloyd.

Once back at school and kit is cleared up pick ups will be arranged.

### **20 conditions**

Along with this letter please find the 20 conditions that need to be met for the successful completion of the qualifying expedition at Bronze level. These are really important and participants should be familiar with them. They should be used as guidelines for the Practice Expedition in preparation for the qualifying expedition.

Please take note of item 13 on these conditions which describes the requirement for groups to be independent and unaccompanied. Once DofE staff are satisfied that groups have shown competence in the necessary skills to safely walk independently in the countryside then supervision will be changed from 'close' to 'remote'. In practice this means that groups will walk several miles through the countryside, across roads and through town without a member of staff. We track the groups from a distance on foot and by minibus but at times may not know their exact whereabouts and may not see them for a number of hours through the day.

All participants will be continuously assessed over the course of the Practice Expedition and will need to demonstrate they are ready for their qualifying expedition through both their competence and attitude.

### **Medication, Medical Conditions and Injuries**

Participants will need to be in good health and able to undertake two days of physical activity including walking a long distance carrying a heavy rucksack. Please inform us either on the consent form (or nearer to the expedition by email) of any medication currently being taken, medical conditions of which we should be aware or relevant injuries. Participants are responsible for bringing their own medication.

Should you have any questions about the DofE generally or specific to the expedition please do get in touch.

Best wishes

**Rachel Beecham**  
**Duke of Edinburgh Award Manager**

Dean Close School, Shelburne Road, Cheltenham, Glos, GL51 6HE

☐ 01242 258000 | ☐ [rbeecham@deanclose.org.uk](mailto:rbeecham@deanclose.org.uk)