

The Duke of Edinburgh's Award Scheme Expedition Information



We will cover...

- Who are we
- Our qualifications and Safety
- What the participants have to do
- The DofE Expedition, Training, Practice & Qualified Expedition
- Expectations The 20 conditions
- What to wear, what to bring & what to eat
- Clothes
- Food
- When & where, dates & locations

Who are we...



- A love of the outdoors
- Teachersstarted the business in 2010.....

A little bit about our business.....

- We work with over 3500 students every year delivering Bronze, Silver and Gold
- Praised for our organisation, care and professionalism by leading organisations in the outdoor industry...

“The whole programme was extremely well organised...Peter and Rachel clearly take pride in running a very good expedition and they go to great lengths to make sure that nothing is left to chance.”

Esther Finch – DofE AAP UK Manager



Our Qualifications

We have the highest qualifications in the industry for the mountains, the sea and rivers.

Our key staff are teachers who can positively work with young people.



AMI members are highly qualified Mountaineering Instructors who hold the MIA Award



We are British Canoeing Advanced Water Leaders and coaches in Seakayak, Whitewater and Canoe

Safety

We don't cut corners on anything

The safety of the young people in our care is our main priority.

We have over 20 years experience running DofE expeditions as a business and as teachers



The Adventurous Activity License is the industry standard and a statutory requirement for working with children



We are an Approved Activity Provider with the Duke of Edinburgh's Award

We will take care of you
Our pastoral care is second to none...



*"Thank you so much for your hard work and effort this weekend.
The students were really happy and had a wonderful and successful time.
Parents are full of praise for you and the team."*

Cleeve School, Cheltenham

The Expedition Section - what is involved?



OCEAN ROCK ADVENTURE





- Complete a journey by canoe.
- Complete a Practice & Qualifying
- Work as a team.
- Be self sufficient.

To pass your Expedition you need to be self sufficient and organized...

As a group you will:

- Walk with your team
- Camp with your team
- Cook with your team
- Take care of your team



The Practice Expedition

Participants learn to:

- Paddling their boat
- Planning their route
- Finding features
- Working out timings

.....moving from close supervision with Instructors on hand, to remote supervision ready for the Qualifying Expedition.



The Qualifying Expedition



You will be assessed by one of our DofE Assessors.

- You will need a team aim.
- As before teamwork & attitude are the key to a successful expedition.
- Passing is not a given, but your Assessor will give you every opportunity to meet the standard.

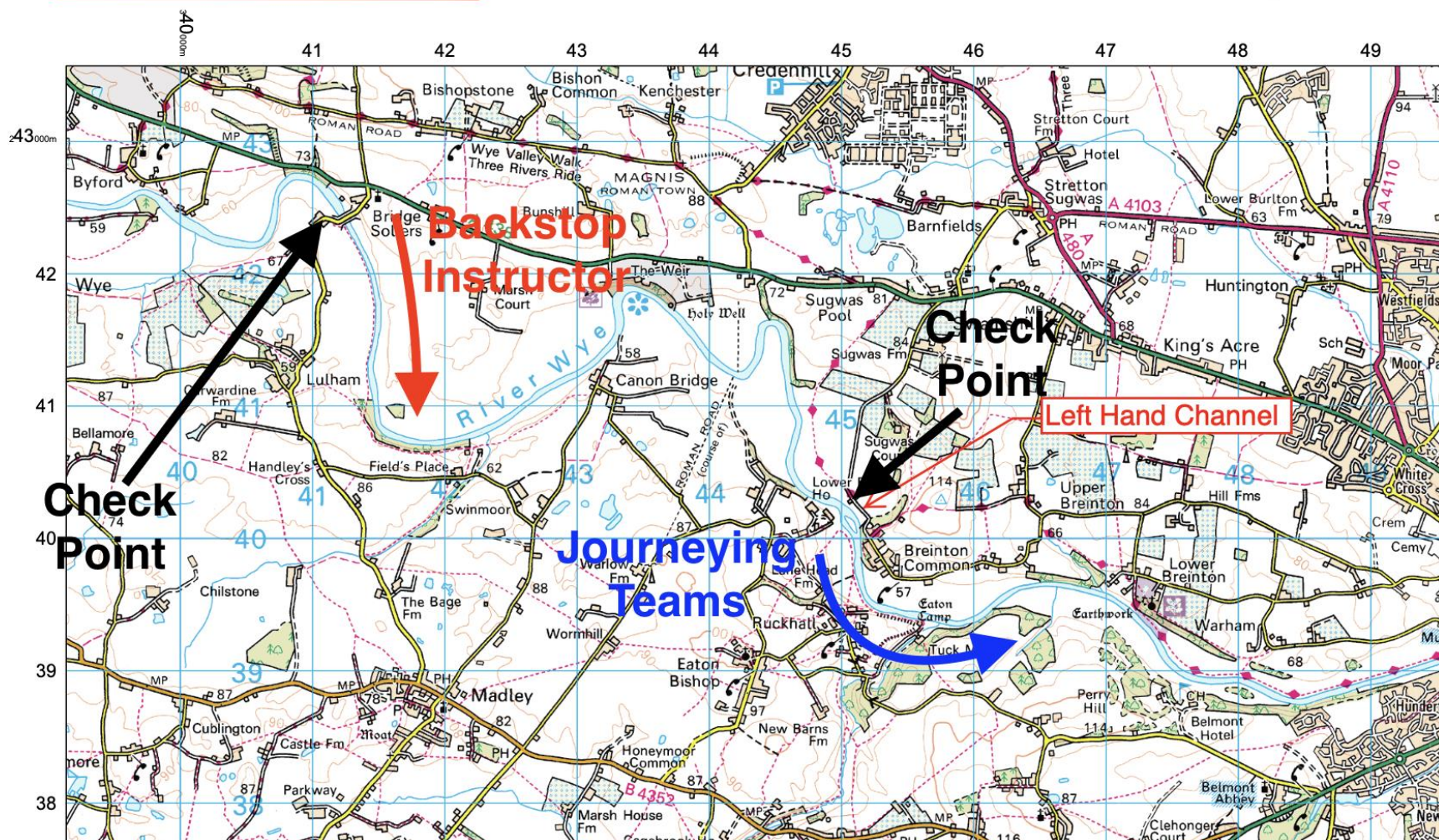


PADDLE EXPEDITIONS

Remote Supervision

Job

Wye 2 50k

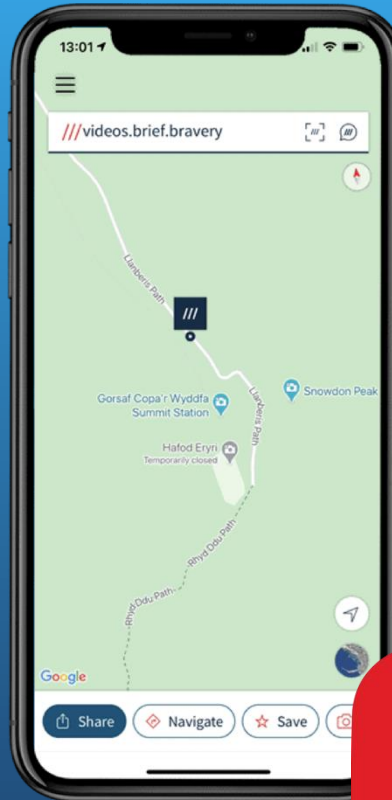


Apps to download before your expedition

OS Locate



what3words



Equipment

We can provide all group equipment such as cookers, fuel and tents

- We have a stock of personal equipment that you can hire from us before each expedition.
- We will ask you on the training day what you need.



Personal Equipment Hire

<i>Price covers practice & qualifying</i>	Bronze	Silver	Gold
Rucksack	£18	£27	£32
Sleeping bag	£14	£21	£25
Sleeping mat	£8	£12	£14
Waterproof rucksack liner	£8	£12	£14
Waterproof jacket	£14	£21	£25
Waterproof trousers	£14	£21	£25
Paddle dry bag	-	£24	£28
Small lunch dry bag	-	£8	£10



Your deadline for making a booking is... 20th May 2024

Book online through our website:
www.oceanrockadventure.co.uk



Water Sports Training Day & Practice Expedition

- Day 1 WSTD
- You Bring:
 - towel, swimming costume, old trainers, hot flask - kept in a small bag that we keep during the Expedition
 - £15 for potential evening meal!
- We Bring:
 - Wetsuit, Cag, Helmet, Buoyancy Aids

For the Practice expedition it's normal clothes

To keep you warm

Come to your expedition wearing:

- Thermal top + fleece jumper
- Trousers/leggings/Tracksuit bottoms
- 1 x extra Fleece / Down Jacket
- CHANGE OF CLOTHES
- NO Jeans/ NO Strappy tops/ NO short shorts.. Why is this?
 - To protect you from heat & cold
 - To reduce the likelihood of ticks



To look after yourself

- Toothbrush, travel size toothpaste & deodorant
- Minimum toiletries
- Sanitary/hygiene products incl: toilet tissues, Nappy sacks
- Hand Gel
- Water bottle
(2 x 1 litre water bottle)
- Mobile Phone sealed
- Small camera - your choice





Seams
must be
sealed

To keep you dry

- Waterproof Jacket with hood (Compulsory) (Hire available)
- Waterproof Trousers (Compulsory) (Hire available)
- Hat + Gloves x 2 (Compulsory)
- Cap / sunhat (Compulsory)
- Paddlers: Dry Bag - 80-100 litres approx. (Hire available)
- Compulsory Dry Bag liner - (Hire available) - not bin liner



Looking after your feet

- Old trainers/booties (Paddlers)
- Compeed Blister patches (Compulsory)
- Crocs/sliders to wear around camp (Flip Flops are not acceptable)

At Camp..



- Headtorch (spare batteries-Silver + Gold)
- Spork, Mug (PLASTIC)
- Matches (windproof/waterproof) & Lighter
- Sleeping Bag (Hire available)
- Sleeping Mat (Hire available)

To help with navigation..



- Permanent Pen x 2 (black)
- Compass - Silva Classic
- Watch (Not a phone)

Food

Breakfast

- Porridge, Croissants or Brioche + Hot Drink (hot choc, tea etc).

Lunch

- Naan or Pitta Bread, Oatcakes with nice filling, snacks.
- 2 Litres of water minimum (no fizzy drinks/cans).

Snacks

- Muesli bars, nuts, dried fruit are best. Not too much Haribo!



Dinner



- 1 hot meal (we recommend Wayfarrer/dehydrated meals or similar, for simplicity).
- NO POT NOODLES or cans.
- Dessert can be Wayfarrer or custard etc.

Every student must have a hot dinner & dessert.

What Not to Bring...



Hazards

Traffic

Hi-Vis & single file



Ticks

Check every evening



Weather

We frequently review forecasts to keep everyone safe



Remember... things can go wrong!

- You could get lost
- You may be tired
- You may get frustrated
- You may capsize

But that is what it is all about, your team and our staff will be there to support you from training to qualifying expedition.



Silver Paddle – WSTD & Practice expedition...

Friday 12th April 2024

Drop-off point

Byecross Farm, Preston-on-Wye, Hereford, Herefordshire. HR2 9LJ

What3Words : intrest.perfumes.promote

Meet time(s):

ALL TEAMS: 10.00am

Monday 15th April 2024

Pick-up point

Ross-on-Wye Rowing Club, Rope Walk, Ross-on-Wye, Herefordshire. HR9 7DD

What3Words : scatters.class.gather

Meet Time(s):

ALL TEAMS: 2.30pm

Silver Paddle – Qualifying expedition...

Saturday 22nd June 2024

Drop-off point

Telford Canoe Club Jackfield Rapids car park, The Lloyds Road, Ironbridge.

TF8 7HQ

What3Words : evoked.rolled.irrigated

Meet time(s):

ALL TEAMS: 10.00am

Monday 24th June 2024

Pick-up point

Orchard Leisure Club, Worcester. WR6 6NW

What3Words : hats.habits.plugin

Meet time(s):

ALL TEAMS: 2.30pm

How can parents/carers help...

- First point of contact is the DofE Manager at school.
- Complete the medical consent form - COMPULSORY.
- Bring any specific medication listed.
- If this expedition is NUT FREE your DofE manager will let you know
- Make sure participants are healthy & prepared.
- Please don't call the young people - call school/then us if you have concerns.

Let your journey begin.....



Get the medical consent form completed & returned to your DofE Manager.

Get Fit!

After a successful pass, we will complete your eDofE assessor report online.

Remember you need to complete the other sections of the Award

QR Code for the Medical Consent

