



ENFIELD GRAMMAR SCHOOL

Y10 Expedition Information Parent Briefing





The Expedition



Getting into the great outdoors and spending a night away with friends – a DofE expedition will give young people lifelong memories.

As part of a small team, they will plan their aim, choose their location, do some training to make sure they're prepared and know what they are doing — then spend two days and one night away.

The expedition will improve resilience, communication, teamwork and leadership skills.

They might come home with a rucksack full of washing — and experiences they won't forget.





Our Expectations



We want the DofE programme to run as well as it can and enjoyable for all participants and all our staff volunteers, therefore, we will expect our **students to be;**

- **Willing, motivated and enthusiastic** about taking part and completing this award
- **Patient** as all things take time and to **persevere** (and ask for support) if they start to struggle with something or are just unsure of anything
- **Polite** to staff volunteers and their peers
- **Well-behaved** during all DofE sessions in and out of school
- **Attend** all necessary DofE sessions in and out of school

Please be aware that if they do not complete all 3 sections, do not attend our DofE support sessions and/or their behaviour throughout has not been acceptable, then it will be unlikely that they will be able to come on the expedition



Practice Expedition: Training



One of the **20 Conditions** of a DofE expedition is that students are adequately trained before taking part in the expedition.

Training is mainly taking place during the Practice Expedition (24-25 June), however, we also have 2 after school sessions; Wednesday 10 May & Wednesday 21 June

The training will cover:

- **Cooking Safety & Food requirements**
- **Equipment & packing a rucksack**
- **Navigation (maps & compass) –**
 - **including road safety & countryside code**
- **First Aid**
- **Camp craft (tents, sleeping)**





Training Expedition Timings



- 9.00am Meet at Lower School for kit check and briefing
- 10am students depart from Lower School on their Journey in their given groups of 6 or 7 – students supervised during this section.
- 1-2pm arrive at the campsite – set up camp, training sessions with staff (on Practice Expedition only) or free time, cook dinner and prepare for following day
- 10pm all students in tents – supervision will be remote during the evening (staff remain overnight on campsite).
- 6.30am Wake-up, breakfast, de-camp/pack up
- Approx. 8am students depart from the campsite on their return journey (using a different route to the day before) – students will be remotely supervised during this section
- 1-2pm arrive back to Lower School – Debrief, dry kit, unpack school equipment and dismiss



Assessed Expedition Timings

Friday 30 June – Saturday 1 July 2023



- 8.30am Meet at Lower School for kit check and final briefing
- Depart from Lower School on their Journey in their given groups of 6 or 7 – students will be remotely supervised during this section
- Students will meet up with Staff at various checkpoints along their route.
- Approx. 3pm arrive at the campsite – set up camp, cook dinner and prepare for following day.
- 10pm all students in tents – supervision will be remote during the evening (staff remain overnight on campsite).





Assessed Expedition Timings

Friday 30 June – Saturday 1 July 2023



- 6.30am Wake-up, breakfast, de-camp/pack up
- Approx. 8am students depart from the campsite on their return journey (using a different route to the day before) – students will be remotely supervised during this section
- Approx. 2pm arrive back to Lower School – debrief, dry kit, unpack school equipment and dismiss





Equipment & Clothing 'The Kit'



Prior to embarking on any journey, it is essential that the correct equipment is selected. We have provided you with a kit (equipment & clothing) list – this has been trimmed down and is the minimum that we would expect a student to take.

- **Is it essential?**
- **Is it up to the demands about to be asked from it?**

For this Bronze expedition in our local area, it is not necessary to purchase any expensive high-tech clothing or walking boots.

If you already have some, then that's great!

We have a limited amount of stock that we are able to lend out if you are unable to provide your own (i.e. rucksacks, sleeping bags & mats)- please ask us!

There is a [DofE Discount Card](#) in the Welcome Packs or you can download a digital version from their website which gives you 15% at Millets / Blacks and 10% Go Outdoors (details in the Google Classroom)



Expedition Kit List



A sample personal kit list from DofE website

PERSONAL KIT (TO CARRY)

1x Large Rucksack (approx. 55-65 litre)
2x Strong, large plastic bags (to line rucksack)
1x Sleeping mat
1x Sleeping bag (in a waterproof bag)
1x Sleeping bag inner (*optional*)
1x Survival bag
1x Personal First Aid Kit
1x Watch
1x Whistle
Maps
Small quantity of money (*optional*)
1x Notebook & pen/pencil
1x Torch/head-torch & spare battery
1x Emergency food rations
1x Water bottle (1-2 litres)
1x Knife, fork, spoon
1x Plate/bowl
1x Mug

1x Box of matches (in dry container/bag)
1x Wash kit (small)
1x Towel (small)
1x Cagoule/coat (waterproof & windproof)
3x pairs Underwear
2x pairs Walking socks
2x T-shirts
1x Shirt (woollen, cotton or fleece)
1x Spare sweater (woollen or fleece)
1x Spare walking trousers (NOT jeans)
1x pair of trainers (*optional*)
1x Hat (warm)
1x pair Gloves (woollen)
1x pair Shorts (*if appropriate*)
1x Sunhat & sun cream (*if appropriate*)
1x Thermal long johns (*optional*)
1x pair Gaiters (*optional*)
1x Waterproof over trousers (*optional for Bronze*)





Expedition Kit List

GROUP KIT (team to carry)

1-2 x Tents & storm shelter
2-3 x Stoves (& fuel)
2-3 x Cooking pots
2 x scourers
Maps (1:50 000 / 1:25 000)
1 Compass (Silva type)
Map cases
1 x Camera (*optional*)
2 x Tea towels
1 x Pack of cards (*optional*)
5 x Plastic bags (for rubbish/wet clothes)
Food (small & lightweight)
Toilet roll/s

TO WEAR WALKING

1x pair Walking Boots (broken in)
1x pair Walking Socks
1x Thermal top / tee shirt
1x Shirt
1x Sweater (woollen or fleece)
1x Walking trousers (warm; NOT jeans)





Expedition Clothing



The Layering System

The theory behind the layering system is that several thin layers of clothing will keep you warmer than a single thick layer.

From the skin outwards:

- **Base or Wicking Layer** - breathable sports t-shirts, thermals
- **Thermal or Mid Layer** - Fleeces differ; from lightweight micro-fleeces to more expensive windblock type jackets. Featherdown is really for extreme climates.
- **Outer or Weatherproof Layer** - includes materials such as Gortex

**For this Bronze expedition in our local area, it is not necessary to purchase any expensive high-tech clothing or walking boots.
If you already have some, then that's great!**



Boots & Socks



The feet are the main interface between a walker and their equipment and the ground. They are subjected to the highest loads and the most awkward terrain. They need to be kept warm and as dry as possible.

A range of boots suitable for UK 3-season hill walking. They vary in price and quality. Remember expensive boots are worthless if they do not fit properly!





Boots & Socks



Acknowledgement to Cotswold outdoors for information



Rucksacks



Wherever you walk, rucksacks or backpacks are the best means of carrying what you need: they leave the hands free, and are far more comfortable than a shoulder bag over a long distance. Modern rucksacks are made of tough and waterproof nylon or polyester fabric and lightweight alloy frames.

It is important that the rucksack fits you properly: the motto should be: **Fit – Fit – Fit!**

Like a good shoe, **the fit** is the most important criteria when selecting a rucksack and should take precedence over all other features such as fixtures and fittings, price and colour. Many rucksacks are fully adjustable so they can be made to fit you.

Try on as many models and sizes as possible until you are certain that the pack you have selected is suitable in every respect. It is worth taking the trouble to do this, since a good rucksack should be a lifetime investment. This is also particularly important when looking at trekking packs designed to carry heavy loads in comfort.



Make initial adjustments to the system, to bring the correct fit for your back length.



Rucksacks



The **shoulder straps** should comfortably encircle the shoulders and upper back and maintain a snug contact throughout the carry. The load control straps should run slightly upwards (at an angle of approx. 30-45 degrees to the body).

The **load adjustment tape** at the top allows optimal positioning of the load on the hips. The weight should be perpendicular to the ground. The body position of the carrier is different when walking uphill and downhill.

The **lower load adjustment strap** (on the **hip belt**) can be used to further optimise the carry.

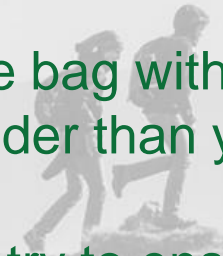




Sleeping Bags & Sleep/Roll Mats



- Every manufacturer has its own slightly different temperature ratings chart.
- Down bag manufacturers tend to be quite conservative with their temperature ratings (down bags tend to be more expensive).
- If you know that you 'feel the cold', buy a bag in the next bracket up from your intended use.
- Buy the bag that will suffice for your most popular activity and uprate the bag with a liner or outer bag if you find yourself heading for a destination that is colder than your bag can cope with.
- At night you lose more heat through the ground than through the air, so try to ensure that you always lie on a foam mat (either closed cell or self-inflating open-cell)





Personal & Emergency Equipment



SURVIVAL BAG



WHISTLE



EMERGENCY FOOD/SNACKS



HEAD TORCH



MAP



1ST AID KIT



TORCH



WATERPROOF MATCHES



COMPASS



NO KNIVES!



NO PENKNIVES!



Personal & Emergency Equipment



Essential Kit you should carry:

Water Bottles
(1-2 litres)



Insulated mug



Knife & fork



Mess

Tins/Plate/bowl



Sunscreen



Insect Repellent



Sun Hat



ASSESSOR REPORTS





The **Assessor** is the adult who will be in charge of confirming and writing the final report when you finish one of your sections.

- They must be over 18 years
- They must Not be a family member
- They must have an understanding, know about/have proof of the activity that you are doing

Once this final report is uploaded to the participant's eDofE account, that section can be completed and then verified.


Each section needs to have an Assessor report completed in order to be successful in completing the Bronze Award.



There are 3 ways for an Assessor Report to be completed:



1. By the Report Card that was sent in the registration pack sent to you when you enrolled. This is to be filled in by the assessor. The participant can scan this in or upload a photo of it to their account marking it as 'Assessor Report' and not as 'evidence'



Gold

Detach and hand this to your Assessor at the **START** of your DoE activity.

DE PHYSICAL

My name: _____ eDofE ID No: _____

Assessor's Guidance Notes

Thank you for your time and commitment offering to assess me for the Physical section of my DoE programme.

I hope that you will enjoy your involvement, helping me through the section and to get the most from my activities and complete this section.

For this section of my Gold DoE programme, I have to be active in an area of sport, dance or fitness over a set period of time for the following length of time regularly doing my physical activity for at least one hour a week:

At least _____ months

Can you please:

- Understand what I want to get out of it and help me
- Help me with advice, training and supervision as needed
- Support and encourage me while I'm doing my physical activity
- Be available throughout the time I'm doing my activity
- Do a final assessment at the end – discussing my experience, how I developed and how I reached my goals.

When I have completed the time requirements and activities, I can register your comments on my progress by the end of the month. This will be my evidence of completing my Physical section.

DE ASSESSOR'S REPORT PHYSICAL

Detach and hand this to your Assessor at the **END** of your DoE activity.

To the participant

Remove this card, fill in your details on the other side and hand it to your Assessor when you have completed the activity for the required period of time.

If your Assessor chooses to complete their report online, it will be sent to your DoE Leader to approve. If the Assessor completes this form, when they return it to you completed and signed, scan or photograph it and upload it to eDofE, marking it as an Assessor's Report. When it has been approved you will see it appear in your View Evidence folder in eDofE. You can then submit this section for sign-off. You can also add your own comments in eDofE.

To the Assessor

Thank you for assessing this participant in their physical activity for their DoE Award.

To achieve an Award, participants need to prove what activities they've been doing, how they've progressed and how they've met the goals they set for each section. Please complete your report online at:

eDofE.org/assessor

You will need the information in the top right-hand box of the other side of this card to make your report. Alternatively, you can write your comments in the space provided overleaf and return this card to the participant.

What to include in a report:

Please describe the achievements of the participant as they did this section. Say how they met their goals, what skills they have developed and mention any memorable things that they accomplished. Please remember to keep your comments personal, positive and encouraging.

Thank you for supporting young people with their DoE activities. If you'd like to stay in touch with the DoE, please visit DofE.org/preferences.

The Physical section

Aim: To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.

Completion of the section

Young people have met the DoE requirements if they've done regular physical activity averaging at least one hour a week over the agreed time and have demonstrated effort, perseverance and improvement.

Your Assessor's Report

Please take the time to think about what evidence you provide. You can talk about training, team contribution (if applicable) and achievement of their personal goals.

I will celebrate the achievement of the young person and their permanent record of their DoE programme. I will also record their personal, positive and engaging. Return this to the young person, who will need the participant's name, their eDofE ID and the section you have assessed.

If you report online, visit eDofE.org/assessor and follow the instructions. If you return this to the young person, who will need the participant's name, their eDofE ID and the section you have assessed.

Our comments on the Assessor's Report card will be added to their Welcome Pack and will hand it to them. Return this to the young person, who will need the participant's name, their eDofE ID and the section you have assessed.

DE ASSESSOR'S REPORT PHYSICAL

Participant: _____
eDofE ID No: _____
Level: Gold

Description of activity: _____

Date started: ____/____/____ Completed: ____/____/____ (____ months)

Goals set by participant: _____

Assessor's comments:

Please write as much as possible, talking about training, teamwork (if applicable) and achievements. Also, you will need to validate the achievement of the young person and scan or photograph their permanent record of their DoE programme. Please note: the information you have provided in this report will be approved and stored by the DoE as part of the record of the participant's achievement. The DoE will not share your personal data with third parties.

What progress did they make towards their goals? _____

What did they achieve, what skills did they learn? _____

How frequently did they take part in this activity? _____

Any other comments? _____

Signature: _____ Date: ____/____/____

Assessor's first name: _____ Last name: _____

Assessor's position/qualification: _____

Assessor's phone number: _____

Assessor's email: _____

Participants should scan or photograph this page and upload to eDofE as evidence.



There are 3 ways for an Assessor Report to be completed:



2. By Email or Letter. To include ALL the required information and details. The participant can scan this in or upload a photo of it to their account marking it as 'Assessor Report' and not as 'evidence'

The assessor needs to include the following on their email/letter:

- Participants **eDofE ID number & Full Name**
- Award Level = **BRONZE**
- Section that is being assessed: **Volunteering / Physical / Skills**
- Confirming **what** the participant has been doing
- Between **what dates** they were doing it
- **How regularly** (i.e. 1 hour once a week) they have been doing it
- For **how long** (6 months or 3 months)
- Any **personal comment** on development, behaviour, progress made etc
- **Their full name**
- **Their title** (Teacher, Tutor, Sports Manager, Shop manager, Librarian, Form Tutor, anything as long as they are **Not** a family member)
- **Their contact details**: Telephone number, email
- **The date** of the report





There are 3 ways for an Assessor Report to be completed:



3. By entering the details straight onto the **participants eDofE account** at www.dofe.org/assessor/. They will need:

- Participants **eDofE ID number**
- Award Level = **BRONZE**
- Section that is being assessed:
- **Volunteering / Physical / Skills**

This is the quickest and easiest way

**Information
regarding these
Assessor Reports
will be uploaded
to your DofE
Google Classroom**

Participant overview x Assessor's Report - The Duke of Edinburgh's Award +

dofe.org/assessor/

Do DofE Run DofE Support DofE About DofE Resources and Tools DofE Shopping

Comments automatically go to the participant's DofE Leader for approval before being added to the participant's account. We ask for your email address and phone number to enable their DofE Leader to contact you should they wish to discuss your assessment with you and so we can send you a copy of the report you submit.

Thank you for supporting young people with their activities. Please read our Privacy Statement for information on how your personal information is secured.

Note: If you have a problem with the CAPTCHA code, please use a different device/network/browser and this should solve the issue. If not, please contact edofe@DofE.org.

* Participant's ID number

* Level
Bronze

* Section you are assessing

☐ I'm not a robot

reCAPTCHA
Privacy - Terms

CHECK

What to include in your Assessor's Report

- Download a **checklist** of the information an Award Verifier will look for when reading your report. Please try to include as much of this information as possible in your report.
- Please describe the achievements of the participant as they undertook this section. Say how they met their goals, what skill they have developed and mention any memorable things that they accomplished.
- Please include the start and end dates between which the young person undertook their activity.
- Download a summary of what to include in your report, and some **example reports here**



Your DofE Team are also here to help.....
Mrs Field, Mr Smith, Mr Wragg, Ms Miller, Mrs Faverjon
Thank you for coming along this evening :-)



Questions?...