

Farmor's School
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Dear Parents/Carers,

Here is everything you need to know about the training and expeditions for this year's Bronze Duke of Edinburgh cohort. Please keep this communication safe as you will need to refer to it frequently over the next few months.

These are the dates and times of all the events.

Saturday 13th May – Training Day at Farmor's School. 9am – 4pm

Sunday 14th May – Practice Expedition. 9.30am - 2-4pm (dependent upon their speed)

Monday 17th – Tuesday 18th July – Qualifying Expedition. 9.30am - 2-4pm (dependent upon their speed)

Please see the attached sheets for both the details of locations, times and details for each of these events. The kit list for everything required for the expeditions can be found on this link <https://www.dofe.org/shopping/wp-content/uploads/2022/01/DofE-Expedition-Kit-List-Jan-22.pdf> or simply by searching online "Duke of Edinburgh kit list".

Due to keeping costs down, there will be no buses taking the candidates to these events; it's expected that parents will pick-up, drop-off candidates and ensure their children are properly equipped for the events. You'll find an equipment list also attached to this communication. In the past, if there were transport issues, car sharing has worked very well for everyone.

If anyone can't make the training session, Mr. Wood and myself can put on some in-house training but please do be aware we could only do this for a small number of candidates and the training will not be as comprehensive, which may put their completion of the expedition in jeopardy.

If there are any further questions, please email me on ajackson@farmors.gloucs.sch.uk although please do be aware there are over 150 candidates this year and one manager, so, please do bear with me.

These are tough but fun events, everyone learns a lot about themselves and ultimately this is very rewarding, so I look forward to getting all our candidates trained and qualified again this year.

Regards,

Alexander Jackson

Farmor's DofE Manager



Bronze DofE Expedition Overview

Training Day (In School) – 13th May 2023

09:00 – 15:45 – Please wear suitable clothing to be outdoors for some of the day.

Practice Walk – 14th May 2023

<u>Start Location – 14th May 2023</u>	<u>Finish Location – 14th May 2023</u>
Alvescot, Bampton, OX18 2QB	Farmors School, Fairford, GL7 4JQ
What3Words ///lilac.kettles.storming	What3Words ///unwell.plotter.flagging
Arrival Time: Teams 1- 6 @ 09:30am Teams 7 – 14 @ 10:00am	Collection between 2pm-4pm (Pending their pace and efficiency) Students will be asked to phone ahead of arrival

Qualifying Expedition 17th – 18th July 2023

<u>Start Location – 17th July 2023</u>	<u>Finish Location – 18th July 2023</u>
Quenington Green, Cirencester, GL7 5BS	Quenington Green, Cirencester, GL7 5BS
What3Words ///president.musician.sweat	What3Words ///president.musician.sweat
Arrival Time: Teams 1- 6 @ 09:30am Teams 7 – 14 @ 10:00am	Collection between 2pm-4pm (Pending their pace and efficiency) Students will be asked to phone ahead of arrival

Campsite

Far Peak Camping, Northleach, GL54 3JL
What3Words ///dragonfly.untruth.sprinting

Mobile Phones & Contacting the Safety Supervisor

During the Expedition, the participants will be **unaccompanied in their teams**. We allow them to carry **mobile phones**, but we ask them to not use them and keep them switched off, in the sealed dry bag provided at the start of the expedition. Students will be trained, that in the unlikely event of an incident they can access their phones to contact the safety supervisor of the expedition. We advise them **not** to contact anybody else during the expedition/incidents, as this can create hysteria and clog up phone lines which may be required for incident management.

If you do not bring all equipment, i.e., Waterproofs, drinking water, etc, then we may not allow you to complete your Expedition due to safety issues.

Top Tips for your DofE Expedition

Food

1. Plan and cook your meals as a team.
2. Remove any excess packaging from your food before you leave home.
3. Avoid glass jars as these are heavy to carry.
4. Don't bring fresh meats or items which would usually be kept in a fridge.
5. Bring some washing up equipment within your team.

Packing your rucksack

1. Waterproof everything using plastic bags, bin bags etc.
2. Ensure you have space in your rucksack for Team Equipment (Tent, Cooker etc.) which will be given to you at the start location of the expedition.
3. Everything, other than a sleeping mat **MUST** go inside your rucksack.
4. Pack items such as sleeping bag and spare clothes at the bottom of your rucksack as you will not need these until you get to camp.
5. Remember! Waterproof everything using plastic bags, bin bags etc.
6. Waterproof everything using plastic bags, bin bags etc.

Equipment

1. Your rucksack size should be between 55 and 75 litres.
2. Make sure your boots are waterproof and fit before arriving for the expedition.
3. Bring the appropriate clothing for the weather (Woolly hat or sun hat?)
4. Bring alternative footwear for the campsite (You will **NOT** be allowed to walk around camp bare foot or in socks!)
5. You need to be able to carry 2 litres of water in bottles or a hydration pouch