

# Duke of Edinburgh's Award

## GOLD EXPEDITION SIGN UP DETAILS 2022-23

### WALLINGTON HIGH SCHOOL FOR GIRLS



November 2022

Dear Parents/Guardians,

I am happy to provide details of the expedition section of the Duke of Edinburgh's Award. Activ are a DofE Approved Activity Provider (AAP) and deliver expeditions and adventure programmes across the UK for schools and youth groups. Please visit [www.activadventures.com](http://www.activadventures.com) if you wish to find out more.

#### DofE Expeditions - Key Information

The expedition section is both challenging and rewarding. Here are some key points:

- Activ expeditions are run in line with guidelines set by the DofE Award. This includes the expedition [20 Conditions](#) and training frameworks.
- The Gold programme requires participants to complete training followed by a 3 day/2 night practice expedition (total 5 days) and a 4 day/3 night qualifying expedition (total 5 days including travel and prep).
- Participants walk in teams of 6/7, navigating their way along a pre-planned route through 'wild country' whilst carrying their kit, food, tents and cooking stoves in a rucksack (on average weighing 12-14 kg), walking for approximately eight hours per day, cooking as a team and camping overnight in 3-person tents.
- As outlined by DofE, self-reliance and completing expeditions with minimal external intervention is required. Participants must take responsibility for their own health and safety as they will be remotely supervised for parts of the expeditions. They will encounter certain risks integral to the expeditions including (without limitation) walking on rough terrain, managing environmental hazards such as changeable weather, extended physical effort and feeling uncomfortable and tired.
- Participants must be in a good state of physical and mental health in order to safely and successfully complete the expeditions. Please declare to us beforehand any well-being or medical issues.
- Participants must be available for the expedition dates stated below otherwise they risk not being able to complete the award. Additional costs may be incurred to attend alternative dates.

#### Gold DofE expedition commitments for 2022-23

<b>Saturday 28th January</b>	Training Day and practice expedition route planning. In school. (9:30-15:30) Training covers an expedition overview, First Aid, expedition route planning, Gold level Kit and Food and setting expedition teams.
<b>Wednesday 8th February</b> - Not compulsory	Parents Briefing - Further information and Q&A in preparation for expeditions. Aimed at all levels of DofE. (18:00-19:00)
<b>Wednesday 19th July</b>	Online briefing for practice expedition (15:30-16:15)
<b>Monday 24th-Friday 28th July</b>	Practice Expedition. 5 days away for training and 3-day expedition. Brecon Beacons.
<b>Monday 14th - Friday 18th August</b>	Qualifying Expedition. 5 days away for the 4-day expedition. Location TBC.

#### Training

We provide comprehensive training to prepare participants for the expeditions and ensure they have all the skills required. This is delivered through an in school training day, a mountain navigation day and continued throughout the practice. It is vital that training is attended and that all participants actively engage to gain the most they can. All training is supported by resources found in the Activ Guide on our website <http://www.activadventures.com/activ-guide/>.

#### Expedition Information

Information will be sent by email to parents and participants at least 3 weeks prior to events detailing the event, timings and meet points. No travel costs are included in the expedition however travel plans are always suggested.

Expeditions typically have a meet time of 13:00 in the expedition area (depending on location). We estimate expeditions to finish from 15:00 in the expedition area however this depends on individual teams and the time they wake, leave camp and the speed they walk and navigate.

#### Responsibilities - Participant and Parent

Parents and participants must ensure they have expedition dates in their diary and keep up-to-date with the expedition information sent by email. Participant attendance and participation in training and expeditions is compulsory to complete the programme. Participants should take responsibility for their own fitness for the expeditions and should be able to comfortably walk for extended periods on rough terrain, carrying a rucksack of 12-14 kg. The fitter participants are, the more enjoyable the expeditions. Participants must keep up-to-date with information about the expedition programme

and ensure they are prepared for expeditions in line with the training they receive.

Parents should also support participants to be appropriately prepared, equipped and fit for the expeditions. Our Booking Terms and Conditions should be carefully read and understood by parents.

### Expedition Consent and Medical Form

It is a requirement that parents submit consent and medical details to us before a participant can attend any event. These details are included in the online sign-up form for our expedition programmes. A copy of these details are emailed to you as confirmation and it is vital that you update us if any medical and/or emergency contact details change.

### Costs and Payment

The cost of the expedition section of the Gold DofE Award is £540.00. This includes:

- 1 x in school training day
- Online briefing session
- 1 x 5-day practice expedition
- 1 x 5-day qualifying expedition
- Qualified supervisors and trainers
- Accredited DofE assessors
- Administration for expeditions
- Campsite fees
- Use of group equipment, including tents, Trangia stoves, fuel, maps and compasses

This cost does not include: Food, travel, personal kit and equipment, personal insurance (please see 'Insurance' in our T&Cs) or costs incurred for additional training/expeditions or for changing expedition dates.

### Further Information

Please visit our website at [www.activadventures.com](http://www.activadventures.com) where you will find our [Activ Guide](#) and [FAQs](#). Our Activ Guide supports training delivered to participants and helps in selecting appropriate kit such as walking boots, waterproofs and rucksacks.

## How to sign-up for the expeditions

1. Please read our **Booking Terms & Conditions** at [www.activadventures.com/btc](http://www.activadventures.com/btc).
2. Follow the link [www.activadventures.com/wallington-gold/](http://www.activadventures.com/wallington-gold/) to complete our online sign-up form.
3. Payment will be required at the end of the form unless school is providing pupil premium/bursary funding for the participant. Either full payment or a deposit can be made at the time of booking. If you choose to pay the deposit we will contact you to request the remaining balance by Monday 13th February 2023.
4. Once the form and payment are submitted we will send you confirmation by email. Please keep this confirmation email for reference as it contains all expedition dates and details submitted.

**Booking Deadline:** Friday 25th November 2022

## Important enrolment information:

- If you need to stagger your payment then please contact us directly before completing our sign-up form.
- You must inform us at the time of booking if any of the Expedition Dates are an issue. There is a section at the start of the form that allows for date comments to be made. Costs will be incurred for any changes made more than 14 days after the booking deadline in accordance with our Terms and Conditions.

Please contact us if you have any outstanding questions.

We look forward to seeing participants on their expeditions!

Many thanks

The Activ Adventures Team

