

Duke of Edinburgh's Award Scheme

EXPEDITION SIGN UP DETAILS 2019-20



WALLINGTON HIGH SCHOOL FOR GIRLS

GOLD DofE EXPEDITIONS

October 2019

Dear Parents/Guardians,

We are delighted to enclose details of the expedition section of the Duke of Edinburgh's Award which we hope you will find helpful. We 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 to find out more.

DofE Expeditions - Key Points

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

- Gold expeditions require participants to complete training, a three day and a four day expedition carrying their kit, food, tents and Trangia stoves in a rucksack (on average weighing 12-14kg), walking for up to eight hours per day (an average of 17km per day), cooking as a team and camping overnight in 2/3-person tents.
- Participants walk in small teams of no more than seven, navigating their way from start to finish through beautiful countryside and managing environmental hazards (for example changeable weather).
- Participants must take responsibility for their own health and safety as they will not be directly supervised for parts of the expeditions. They might encounter certain risks integral to the expedition section. These risks are likely to include (without limitation) walking on rough terrain, extended physical effort and feeling uncomfortable and tired. Self-reliance and completing expeditions with minimal external intervention is required.
- Participants must be in a good state of physical and mental health in order to safely and successfully complete the expeditions, declaring to us beforehand any well-being or medical issues.
- Participants must be available for all of the compulsory Expedition Dates stated below; participants otherwise risk not being able to complete the award and additional costs might be incurred to attend alternative dates.

Gold DofE expedition commitments for 2019-20	
2019	
Wednesday 9th October	Parent Presentation (18:00-19:00)
2020	
Saturday 1st February	Training Day and route planning. In school. (9:15-17:00 for DIRECT* participants, 9:15 to 13:30 for all others)
Thursday 27th February	Parents Briefing (Further information in preparation for expeditions. Not compulsory but all parents and participants invited) (18:00-19:00)
Wednesday 9th July	Kit Drop for practice expedition (15:00-15:20)
Monday 20th-Friday 24th July	Practice Expedition. 5 days away for training and 3-day expedition. Brecon Beacons.
To be given out on practice	Route planning for qualifying expedition
Saturday 22nd - Wednesday 26th August	Qualifying Expedition. 5 days away for the 4-day expedition. Location TBC.

* **DIRECT participants** are those who have not taken part in a previous level of the award

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 during 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/>.

Responsibilities - Participant

Attendance at training and expeditions is compulsory and all participants must take personal responsibility for their own fitness for the expeditions. Participants should be able to comfortably walk for extended periods on rough terrain, carrying a rucksack of 12-14kg, whilst navigating and looking after each other. The fitter they are the more enjoyable the expeditions. Participants must keep up-to-date with information about their expedition programme.

Responsibilities - Parent

Parents can encourage participants by ensuring they have all the key expedition dates in their diary and support them in being appropriately fit for the expeditions. It is important to understand that participants are required to successfully complete each stage of their expedition section. Parents should also ensure participants are appropriately equipped for the expeditions and keep up-to-date with all the expedition information through emails sent. It is also vital that our Booking Terms and Conditions are carefully read.

Expedition Information

Emails will be sent to all parents and participants at least 4 weeks prior to the training walk and expeditions detailing timings, meet points, emergency contacts and travel arrangements. Please ensure you read these emails. Participants attending each part of the expedition programme is compulsory.

Further Information

Please visit our website at www.activadventures.com where you will find our [Activ Guide](#) and [FAQs](#). Our Activ Guide is essential in supporting participants in selecting and packing the appropriate kit, particularly with regard to walking boots, waterproofs and rucksacks.

Expedition Consent and Medical Forms

It is a requirement that parents submit consent and medical details to us before a participant can attend expeditions. These details are included in the online form when signing up to one of our expedition programmes. A copy of these details are emailed to you as confirmation and it is vital that you update us of any medical details and/or emergency contact numbers that might change ahead of each event.

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
- Kit drop (tents & stoves)
- 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 to and from the expedition areas
- Personal kit and equipment
- Insurance*
- Costs incurred for additional training/expeditions or for changing expedition dates

How to enrol for the expeditions

1. Please read our **Booking Terms & Conditions** at www.activadventures.com/btc.
2. Follow the link www.activadventures.com/wallington-gold/ to complete our online enrolment form. Payment will be required at the end of the form.
3. 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 in the new year to request the remaining balance by Wednesday 19th February 2020.
4. Once the form and payment are submitted we will send you a confirmation by email. Please keep this confirmation email for reference as it contains all expedition dates.

Booking Deadline: Wednesday 23rd October 2019

Expedition Programme Start Date: Saturday 1st February 2020

Important enrolment information:

- If you need to stagger your payment then please contact us directly before completing our signup form.
- You understand that payment does not guarantee success. Participants must pass each section of the expeditions for successful progression and completion. Please read 'Completing Award Based Programmes' in our Terms and Conditions.
- 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 dates 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.

*Insurance

Activ Adventures are fully insured to carry out all training and expedition activities and DofE also provides limited personal accident cover for participants. We strongly recommend that you take out personal and/or travel insurance as required to cover you in the event of cancellation due to illness or injury, if injured in an accident on expedition, and to cover personal kit damaged or lost during the programme for whatever reason. Please read our Terms and Conditions for more details.

We all look forward to seeing participants on their expeditions.

Best regards
Activ Adventures

