

**YOUR SCHOOL DOFE BRONZE AWARD SCHEDULE**

The expedition section of the Bronze Award is being run in collaboration with Outspark Ltd, a DofE Approved Activity Provider licensed by the Adventurous Activities Licencing Authority. Their professional instructors, supported by Your School staff, will help participants to form teams, train for, plan and carry out a training weekend and two expeditions.

There will be a briefing to confirm teams, an “Everything Check” to make sure your kit, routes and food are ready for each weekend, and a final meeting where each team does a presentation about your expedition experiences. So the programme in total is 5 after school sessions which will start at 3.09pm and 3 weekends, each lasting from 9am Saturday to 5pm Sunday.

Parents will need to provide transport to and from each weekend. Directions to all venues are available at www.outspark.co.uk/yourschool

As far as possible, teams will be of 7 participants. This is the maximum team size allowed by DofE and has many advantages over smaller sizes (minimum is 4). If you already have a team of seven, let us know. Otherwise, please be flexible in forming teams.

The whole purpose of the expedition section is to develop independence and self-sufficiency. So participants will be trained with the navigation, campcraft and safety skills they need to be able to journey independently while being remotely supervised. This means that, after sufficient training, they will not be accompanied by staff but will be met at checkpoints and campsites.

The expedition programme costs .... This covers instruction and camp fees for all evening sessions and the training, practice and qualifying weekends. It does not cover food, as teams organise their own menus. Kit is availaable to borrow as detailed on the kit list attached. Parents will need to drop off and pick up participants for each expedition. Any questions, contact … contact at your school

Please return the £… deposit with this form, cheques payable to Your School, please. If you can, it’s helpful if you can pay the whole £… in one go, as it reduces administration. The balance is due on January 8th, the date of the first meeting.

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| --- | --- |
| **Event** | **Date & time** |
| **Team Confirmation****& Training Weekend Briefing** | Thursday January 8th, 3.09pm |
| **Bronze Training Everything Check** | Wednesday February 25th, 3.09pm |
| **Bronze Training Weekend** **– Blah Blah Scout Camp** | Saturday 7th 9am – Sunday 8th March 5pm |
| **Bronze Practice Everything Check** | Wednesday 18th March, 3.09pm |
| **Bronze Practice Expedition****- Blah Blah Forest** | Saturday 21st 9am – Sunday 22nd March 5pm |
| **Bronze Qualifying Everything Check** | Wednesday 15th April, 3.09pm |
| **Bronze Qualifying Expedition** **- Blah Blah Downs** | Saturday 18th 9am to Sunday 19th April 5pm |
| **Team Presentation Event** | Wednesday 29th April, 3.09pm |

**KIT LIST**

TOP TEN

**This Top Ten are must-haves to keep you safe and comfortable whatever the weather does. Please do not make your own judgement that you can do without them. \*ed items can be borrowed.**

1. Rucksack\* – must be 55 - 65 litre+ capacity with adjustable back. + waterproof liner

1. Sleeping bag\* (mummy style bags are usually warmer) and a liner.
2. Roll mat\*
3. Walking boots, broken in. Thick socks to go with them. **Walking shoes do not give the ankle support needed, boots are better.** Ordinary trainers don’t have the grip and are not waterproof, so are no good.
4. Waterproof jacket\*. Crucial for your comfort and safety. Not a thin showerproof, but something that will keep you dry in a downpour.
5. Waterproof leggings. Quality ones if you want to be sure of being comfortable in a downpour, but cheap ones will be enough to keep you safe. PACK WATERPROOFS WHERE YOU CAN GET TO THEM EASILY.
6. Warm hat. Even if you don’t normally have one, or it messes up your hair, bring one.
7. Emergency rations. Some chocolate, sugary sweets, nuts etc. packed separately to your munchies which you don’t plan to eat until you’re on the way home.
8. Headtorch + spare batteries. A head torch is best, you can get them from Poundland.
9. Water. 2 litres of it, in bottles that you refill and don’t throw away. Best to label them. If you “don’t drink water”, start drinking water! You can bring the Robinson’s super-concentrated squash bottles for flavour.

**+** (**TRAINING WEEKEND ONLY**)

A small day rucsack for your training walk on the Saturday. Do still bring your big rucksack.

TO WEAR

T-shirt or shirt

Sweater (woollen or fleece)

Walking trousers (warm; NOT jeans) ¾ length trousers are very practical as they don’t get wet from the grass.

And again.... NOT JEANS BECAUSE THEY SOAK UP WATER AND TAKE AGES TO DRY.

OTHER KIT TO CARRY

Any personal medication

Baseball cap if sunny

Personal First Aid Kit (plasters, antiseptic wipes, blister plasters etc.)

Personal munchies

2 x Strong, large bin bags (to line your rucksack)

2 carrier bags

Small quantity of money for stops at services/emergencies

Knife, fork, spoon

Plate or bowl

Mug

Box of matches (sealed in a dry container or bag)

Wash kit (small)

Towel (small)

2 x Pairs Walking socks

1 x complete change of clothes, top to bottom

1 x Pair of trainers (optional)

GROUP KIT (to carry between the team)

Everything you need to cook your food.

Tents (should have a maximum weight of 2kg per person and MUST be double skinned.

Stoves including pans and gas

Maps and compasses (issued on the day)

2 x scourers, 1 Tea towel

Washing up liquid

First Aid Kit (with substantial dressings, triangular bandages and crepe bandage)

Suncream

1 x Camera (optional)

1 x Pack of cards (optional)

**FOOD**

You need two lunches, one cooked breakfast, one cooked dinner. You’ll be cooking on Trangia stoves (so boiling or frying, but no grill).

Good food helps you bond as a team. Full advice on the first evening, but you want food that:

You can eat together – don’t be “every man for himself” except perhaps for lunches.

Is light and easy to carry – no tins or jars!

Is quick and easy to cook.

Is nutritious and substantial (so no pot noodles!).

Is tasty and will be worth the effort of cooking.



**YOUR SCHOOL BRONZE AWARD - MEDICAL, DIETARY AND CONSENT FORM**

**PARTICIPANT’S NAME** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This consent covers the whole Bronze DofE Expedition Programme. The Organisers of the programme are Outspark Ltd and Your School. I understand that alterations to the arrangements may be necessary.

I have explained to my child that he/she must obey the instructions of the Organisers.

The Organisers are not responsible for any loss or damage to my child’s property.

I agree to pay for any damage caused by my child to the person or property of any other party. I indemnify the Organisers of the visit in respect of any reasonable expenses incurred due to any accident or illness of my child.

I have seen details of any insurance cover provided and understand I may take out extra cover of my own. I understand that the Organisers may use photos, audio or video footage including my child for publicity and training purposes unless I have requested in writing that my child should be excluded from such.

The Organisers will act in loco parentis. This means that in the case of accident or illness, the Organisers may take medical decisions on my behalf.

My child is in good health and I consider him/her fit to participate in all activities.

I accept that expeditions carry inherent risks and that my child has to assume responsibility for his or her own safety.

My child will be part of a team. If the Organisers on the qualifying expedition decide that his/her team have not reached the standards required, the whole team may be deferred to another qualifying expedition. In this unlikely event, I will respect the Organisers’ judgment.

I understand that during DofE expeditions, my child’s team will often be remotely supervised. This means that, while the Organisers will have a plan in place to meet with the team to check point them, the team will often be self-sufficient and unaccompanied.

**Declaration**:

**I have read and agree to all the statements above.**

**I have filled out the emergency contact details on the back of this form.**

**I have given information about any dietary needs and medical conditions on the back of this form.**

**I will update the organisers about any changes to the contact, medical or dietary information during the programme.**

**Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Parent or guardian)**

**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MEDICAL INFORMATION**

Please answer all questions. Please include any long-term conditions such as asthma or diabetes, even if they are currently well managed and cause you no problems.

Have you in the last 5 years had:

YES/NO Asthma/shortness of breath

YES/NO Diabetes

YES/NO Epilepsy, convulsions, fits or blackouts

YES/NO Mental health problems or anxiety

YES/NO Back problems

YES/NO High blood pressure/ heart problems

YES/NO Any other medical condition requiring a doctor’s care

YES/NO Are you currently undergoing any medical investigations or suffering from any currently undiagnosed symptoms?

YES/NO Have you ever been admitted to hospital or suffered any major accident or illness?

YES/NO Do you take any medicines regularly?

**ALLERGIES**

YES/NO Aspirin

YES/NO Penicillin or any other antibiotic

YES/NO Plaster/ elastoplast etc

YES/NO Any immunizations / other drugs

YES/NO Food (especially peanuts)

**DIETARY INFORMATION**

Does your diet require you to avoid:

IF YOU HAVE ANSWERED YES TO ANY OF THE QUESTIONS, PLEASE GIVE DETAILS

YES/NO Beef

YES/NO Pork

YES/NO All meat

YES/NO Anything else

YES/NO Fish

YES/NO Other? (Please give details)

If you have answered “YES” to any of these questions, please give details in the box. Continue on a separate sheet if necessary.

**EMERGENCY CONTACT DETAILS**

Home Address

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Main Contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship

to participant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Landline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mobile \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2nd Contact

(Optional) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship

to participant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Landline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mobile \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant Mobile

(Optional) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant Email

(Optional) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_