

Participant Joining Instructions

DofE Bronze & Silver Residential Training: Sat 27th - Sun 28th April 2019

Arrival Date:	<u>Sat 27th April 2019</u>	Event Start Time:	<u>Sat 10:00am</u>
Departure Date:	<u>Sun 28th April 2019</u>	Event Finish Time:	<u>Sun 3:00pm</u>
Base Location:	<u>Lea Green Development Centre, Main Road, Lea, near Matlock, Derbyshire, DE4 5GJ</u>		
Karos Leaders:	Bronze: <u>Howard, Patrick, Dean, Philippa</u> Silver: <u>Chris, Joel, Debbie</u>		

Pastoral Arrangements: School staff will be on site and will be the primary point of contact for all pastoral matters. Karos leaders will also be on site and will be the primary point of contact for all expedition-related matters.

Travel Arrangements: Parents to drop-off and collect at agreed locations and times.

Emergency Contact Information & Extreme Weather Procedures

Emergency Contact Number: **07933 861367**

This emergency contact is only for the period whilst this activity is taking place. If you have any queries or concerns prior to or following this activity, please can you contact your school initially, as they will then liaise with ourselves where required to respond to your query.

All our activities take place in normal weather conditions that range from wet to dry weather. However in extreme weather conditions where there is the chance of prolonged periods of snow, rain or extremely hot weather we may need to adjust or postpone this event for safety reasons. Procedures that are followed include:

- Daily checks on weather reports from 7 days prior to each event, using the Met Office website (www.metoffice.gov.uk/) and Mountain Weather Information Service (www.mwis.org.uk/home).
- Consultation with DofE Manager at school regarding safety procedures and viability of any recommended changes to expedition routes, start/finish locations, times, kit or training itinerary.
- Issuing of relevant guidelines required for participants to follow to ensure everyone's safety.
- Update tweet posted on Karos Adventure Twitter feed ([@karosadventure](https://twitter.com/karosadventure)) including tagging of school.

During the progress of expeditions, we will also post updates and progress on our Twitter feed as and when it is practical to do so and we would encourage you to follow us. These updates will include:

- Updates on arrival at camp.
- General progress of expedition.
- Awareness of any local road closures in the expedition area affecting drop-off or pick-up.
- Updates on expected finish times where known.

Equipment & Food needed for Training (Residential Camp)

Factsheets

We have created a series of factsheets, which provides details of what is involved on the expedition, and what you will need, including kit list and ideas regarding menus. You can find these in the Resources area of our website (click on Resources > Factsheets). Please take the time to read these as they contain information that will help you to prepare for the Training & Expedition, especially the Expedition Conditions, Kit List & Menu Ideas.

Equipment

Please refer to Walking Kit List for Bronze / Silver as appropriate, on our website.



Personal Clothing & Walking Boots

As per Walking Kit List (Factsheet 05)

Personal Equipment

As per Walking Kit List (Factsheet 05).

Personal Safety Equipment

As per Walking Kit List (Factsheet 05)

Group Camping Equipment

As per Walking Kit List (Factsheet 05), except camera or routecard won't be needed.

SAFETY NOTE: ALL PARTICIPANTS MUST HAVE WARM CLOTHING (INCLUDING SPARE CLOTHING), WARM HAT, WARM GLOVES, WATERPROOF JACKET & OVERTROUSERS.

Group Equipment

We will provide all Group Equipment required for the Training, including maps, compasses, Trangia stoves and gas.

Participants will be asked to sign our Group Equipment Contract when the kit is issued and are expected to look after all items of equipment issued to them and return them in a good condition to their supervisor at the end. Please be aware that, regrettably, we will have to charge the full replacement cost if any of our equipment is lost or damaged through misuse, and serious misuse may prevent the participant or their team from successfully completing their training or expedition.

Food



This is a self-catering event. **You must bring food for all meals** that you will need. Please refer to our Menu Ideas (Factsheet 04) on our website regarding suitable food.

Remember:

Lunches & Snacks: High energy food that can be eaten "on the go". Plenty of snacks to enable grazing of food rather than a big meal.

Evening Meal: Pasta & sauce, Rice & chilli/curry or similar are high in slow-release energy, lightweight and provide plenty of bulk. Include starter, dessert and hot drink.

Breakfast: Porridge is a great source of energy. Scotch pancakes and snack-size jam/marmalade/Nutella are "Expedition favourites". Include a hot drink.



WHAT NOT TO BRING

DO NOT bring food that needs to be in a fridge or freezer (including meat and dairy).

DO NOT bring heavy tins and glass bottles/jars.

Day 1 Training Itinerary

- Welcome, Introductions and Preliminary Kit Checks

Section A

- Navigation Training Day Walk, including:
 - Navigation & Map Reading
 - Impact of weather on the expedition
 - Countryside Code and “Leave No Trace” policies
 - Expedition First Aid
 - Risk Management

Lunch, snacks & water will be needed during the day’s walk - please bring your own food.

Section B

- Planning Workshop (Planning Practice & Qualifying Expeditions, Aim, Menus)
- Equipment & Rucksack Packing

- Campcraft, camp site management & hygiene (pitching tents for the overnight camp).
- Cooking Safely using gas (including cooking your Evening Meal - please bring your own food).

Day 2 Training Itinerary

- Breakfast - Self-catering: cook your breakfast on Trangia (provide your own food).

Section A

- Planning Workshop (Planning Practice & Qualifying Expeditions, Aim, Menus)
- Equipment & Rucksack Packing

Section B

- Navigation Training Day Walk, including:
 - Navigation & Map Reading
 - Impact of weather on the expedition
 - Countryside Code & “Leave No Trace” policies
 - Expedition First Aid
 - Risk Management

Lunch, snacks & water will be needed during the day’s walk - please bring your own food.

- Summary and de-briefs.

In the event of bad weather expected on either day, plans will be flexible and may be subject to change.

Mobile Phone Policy

A reminder of our Mobile Phone Policy on all DofE Training & Expeditions:

- Mobile Phones are only to be used in an emergency.
- At all other times, they must be switched off and sealed in a bag.
- Each team will be issued an Emergency Safety Card with contact numbers.
- Participants must only use mobile phones to contact (in order):
 - a. their Expedition Supervisor or Assessor
 - b. the Karos Adventure Home Contact
 - c. for serious emergencies, dial 999 and ask for the Police, then Mountain Rescue.
- In an emergency, participants are allowed to use OS Locate (a free app) to obtain a 6-figure Grid Reference of their location. This should be sent by text to their Supervisor and to Home Contact.
- During an emergency, please keep the phone switched on until informed by your Supervisor.
- Participants are not allowed to post on any social media sites during the expedition.
- Participants are asked to not contact family & friends during the expedition. Karos Adventure leaders and school staff will manage communications with family members during the expedition.
- Mobiles cannot be used to access other apps - such as Camera, Alarm Clock etc - so please bring cheap version of these items (and spare batteries if required).

20 Expedition Conditions

1. The team must plan & organise the expedition; all members should describe the role they played in planning.
2. The expedition must have an aim. The aim can be set by the Leader at Bronze level only.
3. All participants must be within the qualifying age of the programme level and at the same Award level.
4. There must be between four and seven participants in a team (eight for modes of travel which have tandem)
5. The expedition should take place in the recommended environment.
6. Accommodation must be by camping or other simple self-catering accommodation.
7. The expedition must be of the correct duration and meet the minimum hours of planned activity.
8. All expeditions must be supervised by an adult (Expedition Supervisor) who is responsible for safety of team.
9. Assessment must be by an accredited Assessor. At Bronze level only, this may be the Expedition Supervisor.
10. Expeditions will usually take place between the end of March and the end of October.
11. Participants must be adequately trained to safely undertake a remotely supervised expedition in the environment in which they will be operating.
12. All expeditions must be by the participants' own physical effort, without motorised or outside assistance.
13. All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.
14. Teams must possess the necessary physical fitness, first aid & expedition skills needed to complete their expedition safely.
15. Groups must adhere to a mobile phone use policy as agreed with their Expedition Supervisor and Assessor.
16. Participants must behave responsibly with respect for their team members, Leaders, the public and animals.
17. Groups must understand & adhere to Countryside / Scottish Outdoor Access, Highway & Water Sports Codes.
18. Participants must plan an appropriate expedition menu, including cook and eat a substantial hot meal per day.
19. Participants must actively participate in a debrief with their Assessor at the end of the expedition.
20. At Silver and Gold level, a presentation must be prepared and delivered after the expedition.

Future Dates

A reminder of the expedition dates for Practice & Qualifying Expeditions. Participant Joining Instructions will be issued for these nearer the time:

Bronze Practice Expedition: Sat 29th - Sun 30th June 2019

Silver Practice Expedition: Fri 28th - Sun 30th June 2019 (arriving Fri evening)

Bronze Qualifying Expedition: Sat 13th - Sun 14th July 2019

Silver Qualifying Expedition: Fri 12th - Sun 14th July 2019 (arriving Fri morning)

----- END OF PARTICIPANT JOINING INSTRUCTIONS -----