



Information Booklet

Expeditions

Bronze

Students undertake a Practice and a Qualifying Expedition.

Each expedition is 2 days with an overnight camp.

At The Ridgeway Academy we have expeditions in Hertford and the Chilterns.

Training

Students are trained in expedition first aid, kit requirements, expedition conduct, camping skills and navigation skills. In addition to training sessions prior to each expedition, participants are given practical training while on the Practice expedition.

In addition, all training materials have been uploaded onto SMHW so that the students can revisit information if necessary.

Supervision

This year, we have two expedition groups comprising of seven students in each. The expectation is that they work as a discrete team and are independent as far as possible. In preparation for their expedition, all teams will complete a route which is submitted and checked by the Expedition supervisor. This will be completed using OS Maps and the e-DofE Mapping Resource.

Whilst on expeditions, teams are remotely supervised. This means that they will be seen by staff at least once during the day, usually at a pre-arranged checkpoint. Each team will have contact numbers for staff in case of emergencies. At Bronze, staff camp at the same campsites as expedition teams.

Additionally, students will be issued with an Expedition Safety Card and Remote Supervision Checkpoint Cards. The former reminds students of what to do in adverse conditions and includes contact details for the supervisor(s) and assessor. The latter is for students to leave at their pre-determined checkpoint(s) on-route to further support monitoring of progress along the designated route.

Expeditions

Suggested Kit List

Personal Kit List

Walking boots

2 sets of clothing

- Suitable trousers- not jeans/cords
- 3 layers for top: t-shirt/light fleece/heavy fleece
- Socks /underwear

Large rucksack: approx. 65 litres

Rucksack liners- rubble sacks work well

Hat/scarf/gloves

Waterproof jacket/trousers

Water bottle

Torch with new batteries & spare batteries/spare torch

Survival bag (not Bronze)

Emergency rations (not Bronze)

A sleeping mat or roll mat

Sleeping bag

Spare clothes to sleep in (thermals & spare hat & gloves)

Toiletries

KFSMP (Knife, fork, spoon, mug, plate)

Matches in waterproof container

Personal medication & blister plasters

Group Kit List

A first aid kit

A fully charged mobile phone which should be switched off and only used in emergencies

At least two maps (compass/whistle)

Tents

Stoves

Washing up kit - wire wool/washing up liquid/tea towel

Lighter

Bags for rubbish

Food

Snacks

Meals

- Bronze- 2 lunches/ 1 evening meal/1 breakfast

Expeditions

Kit Hire

We have a limited amount of rucksacks, tents and Trangias (cooking stoves) available to hire, either from our own supplies or from external centres. We charge for these items to enable us to maintain and replace equipment as necessary, or to hire from other parties. These items can be ordered using the Kit Hire forms but will be allocated on a first come, first served basis.

Mobile Phones

Whilst on expedition, teams are supposed to be independent. Therefore mobile phones should only be used to contact expedition supervisors in an emergency. Please do not expect your son or daughter to contact you whilst on expedition and please do not ring them.

Expedition Food Ideas

<p style="text-align: center;"><u>Breakfast</u></p> <p>Hot chocolate Cereal bars Instant porridge like Oats so Simple Supernoodles Cup a Soup Dried Fruit Brioche rolls</p>	<p style="text-align: center;"><u>Lunch</u></p> <p>Sandwiches (on Bronze) Hula Hoops/Pringles (better than crisps- less likely to get crushed) Trail mix (make your own: see below) Naan bread/Pitta bread (keeps shape better) Wraps Pepperami/cheese strings/mini cheese portions/ Primula cheese (pack in the middle of your rucksack to insulate them from the heat) Rice cakes/Snackajacks Malt Loaf</p>
<p style="text-align: center;"><u>Dinner</u></p> <p>'Look what I found' branded packet dinners (available in supermarkets) 'Adventure Food' branded packet dinners (Cotswolds and outdoor suppliers). 'Beyond the Beaten Track' adventure food packets. Pasta/Rice/Noodles (either pre-flavoured or use stock cubes/packet soup to add flavour) Smoked sausage Instant custard/cake bars/cereal bars)</p>	<p style="text-align: center;"><u>Snacks</u></p> <p>Trail mix (mix up dried fruit/smarties (less likely to melt/yoghurt coated raisins) Chocolate Sweets Cereal bars Energy bars</p>

Completing the Award

Following the Qualifying expedition, participants are expected to provide a reflective account of their experiences. This can be done individually or as a team. The expedition, however, is only one part of the Award.

Participants should be working on the other sections of the Award.

Bronze

Volunteering	Physical	Skills
3 months	3 months	3 months
All participants must complete a further 3 months in one of these sections.		

After the qualifying expedition, expedition groups will present to their expedition assessor and to their peers about a pre-determined expedition aim. Presentations can be traditional slides, photo slideshows or more creative ideas such as dance. Last year, our Bronze participants coupled a PowerPoint presentation with a 'show and tell'. Their selected expedition aim was 'how have humans shaped the natural landscape'.

Completing the Award

Assessment of the other Sections

Participants need to show regular and sustained commitment. They need to have someone to supervise and assess their participation in the other sections of the Award.

Who can assess?

An assessor can be someone who has experience or expertise in the activity undertaken. They do not necessarily have to hold qualifications. They should be willing to provide contact details (preferably an email address).

FAMILY MEMBERS CANNOT ASSESS PARTICIPANTS

Once a participant has completed a section, the assessor should complete a statement or report, commenting on the participant's progress and commitment. This can be done in the "Keeping Track" booklet which the participants were given when they enrolled. If the booklet has been lost, it can be downloaded from the D of E website. Equally the report can be in the form of a letter or email. It is important that the name/experience of the Assessor and the timeframe of participation are clear in the report.

The Assessor can also upload their report using the Assessor report link on www.dofe.org. All they need is the students eDofE ID number which is on their eDofE account.

These reports can then be uploaded into the participant's eDofE account. It is important that these reports are submitted as soon as possible so they can be checked and participants notified if any further information is required.

It is hoped that participants complete the other sections of the Award prior to their Qualifying expedition.

Once all the relevant reports have been uploaded and checked, the Award will be submitted to the Operating Authority (HCC) for a final check. Once the Award has been approved, participants will be invited to receive their certificate and badge in September.

Useful Contacts

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www.dofe.org

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