



DofE Bronze Training, Practice and Qualifying Expeditions

Parents Briefing

Simon Blyth



Expedition Management
Outdoor Skills Training
Personal Development

'Resilience Education works in partnership with schools, parents and participants. We put things in place to help develop all young people through challenging activities'




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The Rite Journey @ the Mill residentials web gallery coming soon...

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Welcome to Resilience Education and Adventure. Please Like and Share!

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RESILIENCE Education @rsumonblyth

22/10/2014 04:20 Monmouth: mainly clear 8°C. Wind W/26 km/h. Rain 0.0mm - Shared from WeatherPro [bit.ly/wprohd](#)

22 OCT



RESILIENCE Education @rsumonblyth

Strong group. Very confident. Wrong Direction [pic.twitter.com/8W8OLZ5LO](#)

4 OCT





RESILIENCE Education @rsumonblyth

31 Terrible Problems Only People Who Did DofE Will Understand [buzzfeed.com/robinedds/dofe...](#) via @robinedds

1 OCT



RESILIENCE Education






www.resilienceeducation.co.uk

Principles of a DofE Expedition

- Participation in a shared experience
- Experiencing and overcoming challenges together
- Working in a team of peers
- Experience Isolation



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Training

- Navigation
- Camp craft and equipment
- Route Planning
- Emergency Procedures
- First Aid
- Risk Assessment



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Expeditions- Progression

- Bronze

24km over 2 days (6hrs)

- Silver

45km over 3 days (7hrs)

- Gold

- 80km over 4 days (8hrs)



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Safety Management

- Training programme
- Clear behavioural expectations of participants
- Detailed route checking
- Familiarity with areas
- Experience in emergency planning and logistics
- Generic, site, activity risk assessments
- Liability insurance £5m



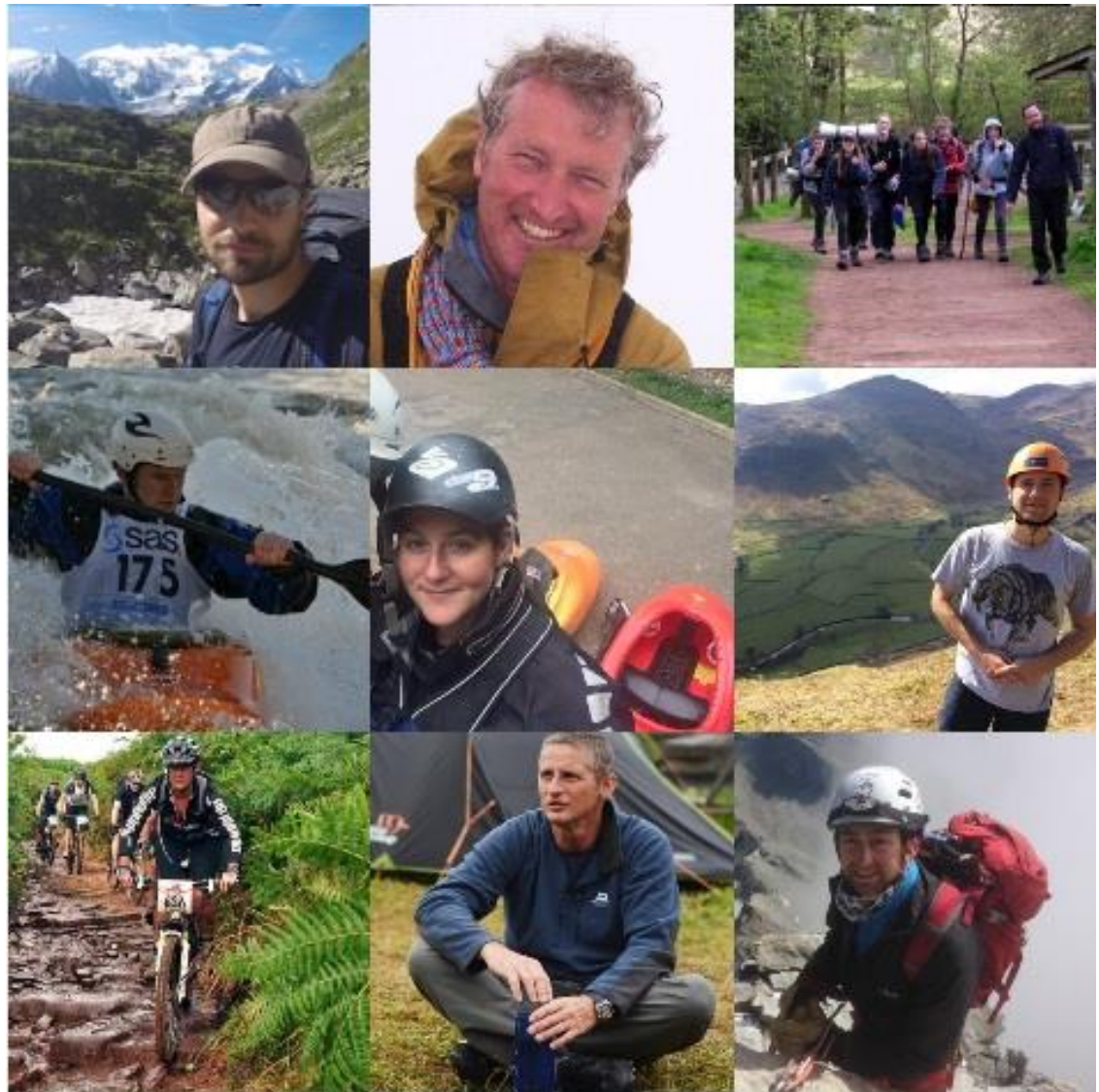
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Staff

Staff and Leaders hold

- NGB Outdoor Awards suitable for terrain
- 2 day REC first Aid
- DBS Enhanced check



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Training for expedition

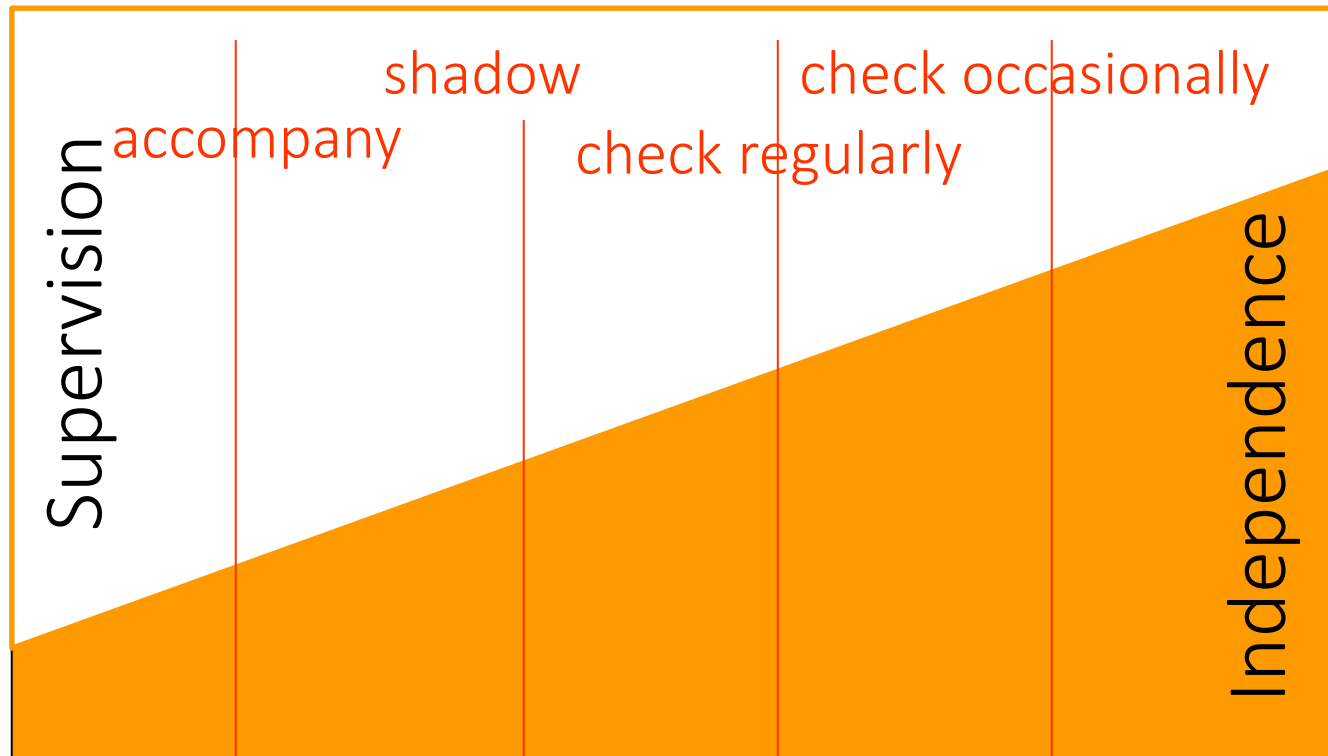
- 3 day Training programme and Practice Expedition
- 2 day Assessed expedition



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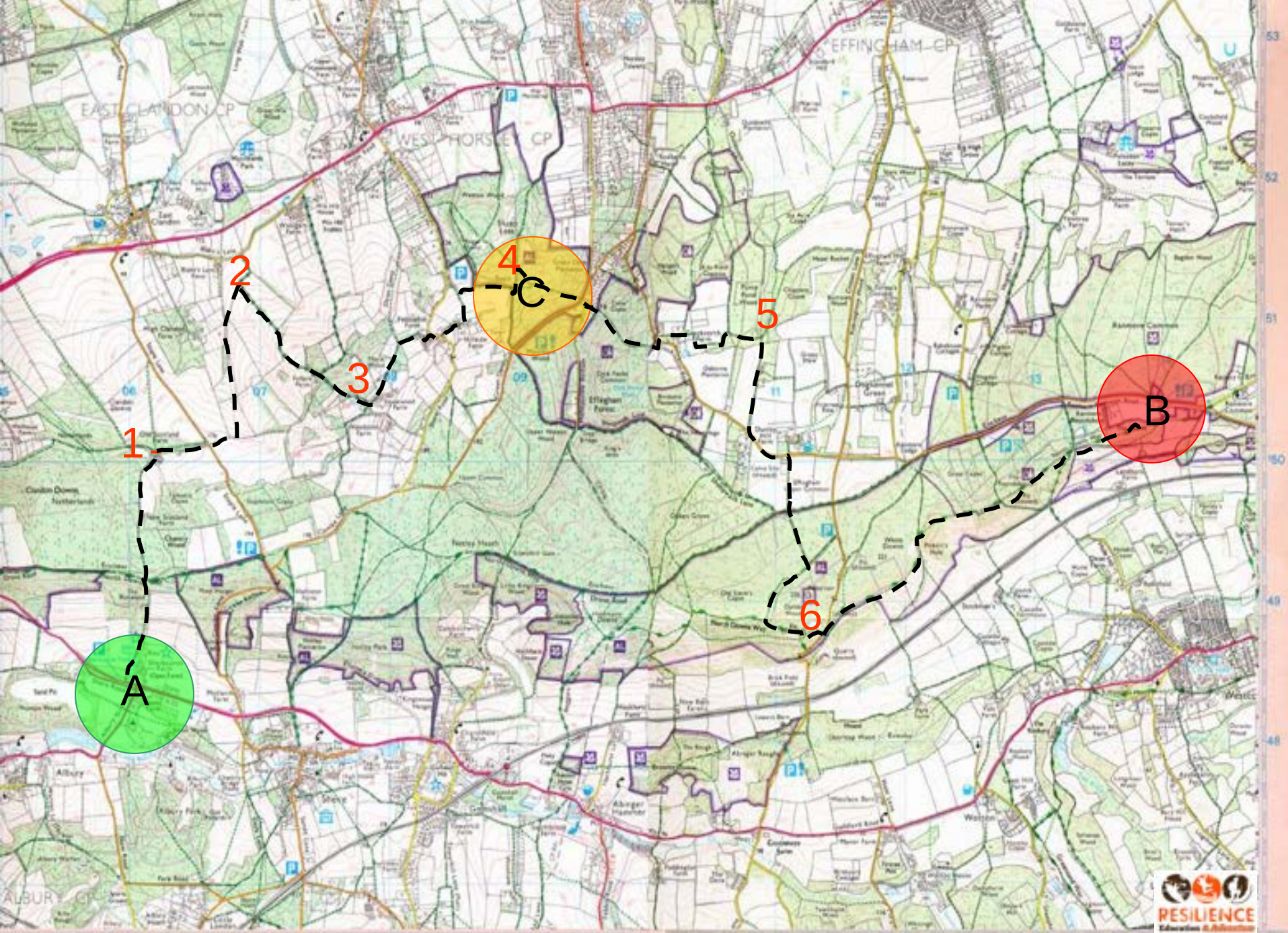
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'Remote' supervision



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EXPEDITION ROUTE CARD (use one per day)

Aim of expedition: Investigate the waterways of Dartmoor using various media to prepare a final presentation

Day of the week: Thurs	Date: 17/07/14	Day number: (1 st , 2 nd etc.) 3rd	Names of team members: Jenny Rebecca Mille Sarah Emma Becca		Name of Doff Group: Hillside Outdoors Address: 8 Seymour Pl. Totnes Tel No: 01803 867100 Email: hillsideoutdoors@gmail.com					
Lag 245203 START 28.30	General direction or bearing	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for exploring, rests or meals	Total time for lag	Estimated Time of Arrival	Setting out time: 8.30	Brief details of route to be followed or planned activity. (Enter full details of activity on reverse)	Escapes/Notes
(40)	(20)	(30)	(40)	(50)	(60)	(70)	(80)	(90)	(0)	(10)
1 TO 245203	E	1.7	53m	46	S	5km	9.21		crossing down to river - go through woods	
2 TO 262198	SW	1.4	20m	32	-	32	9.53		walk up hill	
3 TO 253189	E	2.4	190m	1hr 4m	10	1hr 19	11.12		steep uphill - across large loaf.	
4 TO 277188	SE	2.6	0	55m	10	1hr 5	12.47		downhill to sunny views	
5 TO 293166	NE	3.00	150m	1.15	10	1.25	2.20		steep hill, drop into valley to Antwayn	
6 TO 303187	NE	4.00	0m	1.20	10	1.30	3.50		walk at base of hill through fields to campsite.	
7 TO 313219										
8 TO Queens Head										
Totals		15.3	393m	5.46	45	6.15	3.50	Supervisor's name, location and Tel No: Theo Young, Brecon 07546153062		

Mobile Communications

Personal Mobile phones and other personal electronic devices are not permitted on expedition. They are to be left with parents or handed to a teacher for safekeeping.

Groups will be supplied with a simple phone for emergency use only.



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A person is shown pouring spaghetti from a clear plastic bag into a silver metal pot. The pot is sitting on a small, white, portable gas stove with a black burner. The scene is outdoors on a green lawn, with trees and a white tent in the background. The word "Food" is written in large, orange, sans-serif letters across the top left of the image.



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Food

Group food will be checked by the instructor on arrival

- Lunch day 1(packed lunch)
- Evening meal day 1 (eg pasta,sauce +)
- Breakfast day 2 (porridge +honey)
- Lunch day 2 (wraps,bagels+)
- Evening meal day 2 (eg pasta or rice+)
- Breakfast day 3 (porridge +)
- Lunch day 3(pitta,bagels,wraps+)

Expedition food should be planned, organised and purchased by participants together(-; Bring personal snacks estimate £6 max per participant/expedition)



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Equipment

- Personal Kit – see kit list
- Group Kit provided:
 1. Tents
 2. Stoves- Trangia type
 3. Compass
 4. Maps
 5. Emergency Shelter
 6. Emergency Mobile phone



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DATA

REA will

- Destroy all paper forms after the programme
- Keep summary data securely held and password protected.
- Not share any information without your permission
- Take all reasonable steps to protect information



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