
PARTICIPANTS NOTES

PLEASE READ CAREFULLY!

Tudor Grange Academy Worcester - Silver DofE Practice Expedition

Date

Friday 25th – Sunday 27th May 2018

Map

Two laminated maps of the area will be loaned to each team for use during the expedition.

Travelling

You must arrange transport to your Expeditions start point at Sambourne PH (The Green Dragon Inn, The Green, Sambourne, Redditch. B96 6NU (Grid Ref: SP 060618) arriving no later than 09:00hrs on Friday 25th May 2018. It is important you are punctual.

Arrival

Upon your arrival, your Supervisors will meet with you and undertake a briefing to the team.

Expedition

Your expedition will commence early on the Friday morning and all being well conclude on Sunday afternoon.

Departure

You will be able to be collected and leave your Expedition Teams' finish point, upon completion of your expedition at Nimmings Wood Visitor Centre Car Park (Hagley Wood Lane, Hagley, Worcestershire, B62 0NL) Grid Ref: SO 937808.

It is anticipated that your finishing time will be approximately 16:30hrs, however, please be advised that you may be earlier or later than the time stated as this is dependent on your navigation and speed of walking!

IMPORTANT - INDIVIDUALS CANNOT DEPART UNTIL SEEN BY A SUPERVISOR

Early Withdrawal

If you withdraw, (or in exceptional circumstances, are withdrawn) from your expedition early, you will be required to arrange your own journey home, at your own cost, as soon as is reasonably practicable.

Mobile Phones

In line with guidance given by the DofE in conjunction with the requirements of the insuring organiser, one fully charged mobile phone can be carried by your team during the expedition. Prior to starting the expedition, the battery will be separated from the handset and both parts sealed and signed by a Supervisor.

The mobile phone should only be unsealed and used in the case of a serious accident or emergency. If your team uses the mobile phone, you must inform a Supervisor at the earliest opportunity. The Supervisor will decide if the nature of the incident warranted its use.

If this Supervisor decides that your use of the mobile phone was justly sensible and wise, the handset will be resealed and your expedition allowed to carry on (if possible, subject to the nature of the incident).

However, if this Supervisor decides that your use of the mobile phone was unjustifiable or avoidable, the validity of your expedition will be reviewed, as it is likely the DofE Expedition Conditions will not have been met.

Personal Music Players

DofE teams can take personal music devices with them on expedition but they should not be used during hours of activity and especially when journeying.

Food & Emergency Rations

In accordance with the DofE Qualifying Expedition Conditions, you should cook and eat a substantial meal each day. As you are required to be self-sufficient, this food must be present at the beginning of your expedition and must be carried. You should have no need to go into shops during your expedition.

Please ensure you have sufficient 'Emergency Rations', as indicated in the following statement taken from the DofE Expedition Guide – '*Every participant needs emergency rations.*

It does not have to be much, but it is an essential part of participants thinking about risk management and preparing for their expedition. A good ration pack should include a favourite high energy snack (Snickers and Mars bars work well or, in hot weather, Kendal Mint Cake), sweets (such as Haribo, wine gums, fruit pastilles, raw jelly cubes etc.), energy drink powder/hot chocolate sachets and a substantial filling snack like a flapjack. Keep it all in a waterproof bag or container.'

Failure to observe this instruction may result in your non-participation of the expedition.

Route Planning

Every effort should be made to plan routes at Silver level which avoid villages and town's altogether and exclude the use of roads except to cross them, or make use of a few hundred metres to connect one footpath, bridleway or track with another.

The extended use of long distance footpaths is not acceptable, but short sections may be used when it is necessary to link up two rights-of-way.

Expedition Route Conditions

Your expedition route must be planned in accordance with the DofE Qualifying Expedition Conditions. The most important points are shown below:

Duration: 3 days and 1 night

Planned activity: A daily daytime minimum of 7 hours

- time associated with catering and overnight accommodation is not part of the minimum daily planned activity
- teams should plan how they propose to spend the minimum daily planned activity which should be a combination of journeying and exploring
- on each day, at least half of the minimum daily planned activity should be spent journeying, with appropriate rest breaks
- teams who choose to use most of their minimum daily planned activity for journeying must still make observations and recordings for their review and presentation

Every team is different and the nature of their aim and personal situation means that it is hard to give estimates of common distances. However, to help planning, the DofE in their Expedition Guide (13th Edition - 2012), estimate that a team with appropriate breaks and project investigations will normally achieve a total distance for Silver of around 40 to 60 km based on 3 to 4km per hour walking speed.

Start

Sambourne PH - Grid Ref: SP 060618

Campsite 1

Hanbury Village Hall - Grid Ref: SO 963634

Campsite 2

Blackwell Court - Grid Ref: SO 403967

Finish

Nimmings Wood Visitors Centre Car Park - Grid Ref: SO 937808

Equipment

In collaboration with your team, you must provide all your own equipment and food for the duration of the expedition. Chase Training Solutions, as the organising body, require that you carry ALL items included on their equipment list as a minimum, no matter what your past experiences are. Exceptions cannot be made.

Debrief

On completion of your expedition, your Supervisor's will undertake a debrief with the Expedition Team.

Questions

We hope that all your questions will have been answered here. Further assistance can be sought by contacting Chase Training Solutions.



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