

## Bronze D of E Training and Assessment Information for Participants and Parents 2008

### General:

The Bronze Duke of Edinburgh Award Expedition training is the most important of the three awards. Participants are given the skills and confidence not only to complete the expedition section of the Bronze award; but should also have enough knowledge to access the silver and gold with top up training.

### Aim:

The aims of the training weekends are to equip participants with necessary technical and teamwork skills to successfully complete a self contained two day, one night expedition by foot across the Long Myndd.

### Dates/Timings:

The dates for the weekends are as follows:

Training Weekend 1: 0800 Sat 26<sup>th</sup> April 2008 – 1600 Sun 27<sup>th</sup> April 2008.

Training Weekend 2: 0800 Sat 24<sup>th</sup> May 2008 – 1600 Sun 25<sup>th</sup> May 2008

Assessment Weekend: 0800 Sat 7<sup>th</sup> June 2008 – 1700 Sun 8<sup>th</sup> June 2008

### Accommodation:

All participants will sleep in tents during the weekends.

### Feeding:

All participants will be responsible for supplying their own food and drink during the weekends. Sessions on menu planning and appropriate food choices will be part of the training outside of the weekends.

### Transport:

All participants will leave and arrive back from Oswestry School. There are some flexibility for pick ups and drop offs which should be negotiated before the relevant weekend is due to happen.

### Equipment:

A basic kit list is on the school website under 'Activities – Outdoor Pursuits'. It should be remembered that if any item is going to be purchased that Blacks and Millets offer discounts on production of the D of E enrolment card from the participants enrolment pack. It is strongly recommended that participants have their

own boots (Hawkshead in Shrewsbury offer good boots for around £40) and that a rucksack is of good quality and no more than 60 litre capacity. Argos currently have good deals.

### Medical Information:

Please ensure that any changes to the participant's medical condition or injuries are passed on to Mr Othen as soon as possible. It should be noted that it may be necessary for parents to collect participants from training venues should they become sick and should it be deemed appropriate.

### Behaviour and Conduct:

I am proud to say that nothing but compliments regarding the conduct of the Oswestry School groups are given; although sadly this has not been the case with a couple of individuals. It should be noted that the role of the staff on these weekends is to instruct and pass on knowledge, not to discipline. Should any member of the group behave in a way that will distract from this training then parents will be called and that member will take no further part in the award.

### Mobile Phones/Contact:

Part of the ethos of taking part in the award is team building; whilst it is appreciated that people want to know how a participant is getting on it is strongly discouraged that mobile telephones are brought on the ventures or if they are, they are not used. During the assessment venture, phones will be placed in a plastic bag and taped up for use in emergencies only.

### Fitness:

The weekends are progressive and should be well within the abilities of the members of the school community. It should be noted however, that participants will be on their feet for up to 6 hours a day, walking on undulating terrain with all their equipment from weekend two onwards. It is up to the individual to make sure that they are able to do this.

If you have any further questions then please direct these through your son/daughter in the first instance and allow them the opportunity to demonstrate initiative which encompasses one of the award principles. If not, then please e-mail me at [a.often@oswestryschool.org.uk](mailto:a.often@oswestryschool.org.uk)

*Alistair Othen*

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