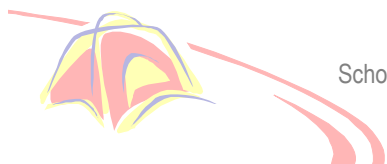




## DofE TRAINING PACK 2018

SCHOOL	
GROUP ID	

	Participants name	eDofE number
1		
2		
3		
4		
5		
6		
7		



# IN SCHOOL TRAINING DAY

Enclosed.

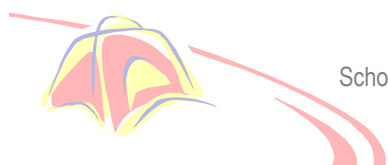
1. Cover sheet
2. Todays timetable / programme
3. Group training record sheet – this needs to be signed off by instructors.
4. DofE Expedition Kit List for the practice expedition.
5. Expedition Aim / Purpose guidance sheet.
6. Group menu planning sheet.
7. Example route cards x2
8. Blank route cards x2
9. Route planning instructions for your practice expedition.
10. Route planning instructions for your assessed expedition.

Please photograph this pack for your records and email / share it with each other.

We hope you have a successful and enjoyable day ☺

School Camp Ltd.

Bronze training Programme - 28 <sup>th</sup> January											
9 am		9.15 – 10.45 am		11 – 12.30 am		1 - 2.30 pm		2.30 pm			
B75 B77		Trangias (Graeme)	Planning a Menu (Graeme)	Transition Break	Introduction to map skills and route planning (Jamie)		(30 mins) EDofE (G+L Staff)	(1hr) First Aid (Lizzy)	Tents and Equipment		
		(1hr) First Aid (Lizzy)	(30 mins) EDofE (G+L Staff)		Trangias and Planning a Menu (Graeme)		Lunch	Introduction to map skills and route planning (Jamie)		What Happens Next?	
		Introduction to map skills and route planning (Jamie)			(1hr) First Aid (Lizzy)	(30 mins) EDofE (G+L staff)		Trangias and Planning a Menu (Graeme)			(Zoe – supported by others)
								Students Finish 3.30 pm			



# DofE EQUIPMENT LIST

We recommend that you develop your own equipment list. We will discuss the equipment needed and train you to select equipment based on the following equipment list, which is provided as a guide.

## Individual Equipment

### **Essential**

Rucksack 65 - Litres or larger  
Rucksack liner or 2 extra heavy-duty bin bags  
Waterproof coat (waterproof & windproof)  
Waterproof over-trousers  
Walking boots  
T-shirts  
Fleece tops or similar  
Walking trousers (warm, NOT jeans)  
Underwear  
Walking boot socks  
Sleeping mat (foam or inflating)  
Bowl / Mug + Knife, fork, spoon  
Water bottle(s) (to carry 2 Litres)  
Sleeping bag in a waterproof bag  
Watch  
Torch + batteries and bulb  
Personal first aid kit + Medication  
Emergency food rations  
Wash kit  
Toilet paper + bags

### **As weather appropriate:**

Warm hat &/or sunhat  
1 pair gloves  
1 pair shorts  
Sun Cream  
Thermal t-shirt

### **Optional:**

Sleeping bag liner  
Insect Repellent  
Notebook & pen/pencil  
Sports bra  
2 pairs liner socks  
Nightwear  
Towel  
1 pair of light trainers  
1 pair gaiters  
Camera

## Group Equipment

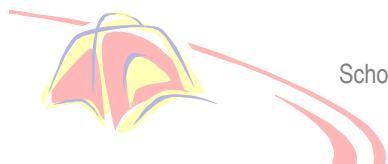
Tent(s)  
Camping stove(s)  
Stove fuel in an appropriate fuel Bottle  
Cooking pans  
Pan scourers + washing up liquid  
Orange Survival bag  
Compass (x2)  
Maps  
Toilet paper + bags  
Tea towel (optional)  
Group Food  
Plastic bags (for rubbish etc.)  
First Aid Kit  
Whistle  
Box of matches (in waterproof container)  
Equipment for completing your expedition aim

### **When packing remember to consider**

- ✓ Is it essential?
- ✓ Can you share this item with someone?
- ✓ *Item Weight and if you reduce the weight?*
- ✓ *The warmth, weight and comfort of clothes when wet.*
- ✓ *Drying time of clothes if they were to get wet.*
- ✓ *Have you got enough to stay warm in the wet and wind?*
- ✓ *Squashability / pack size.*

### **As a general rule -**

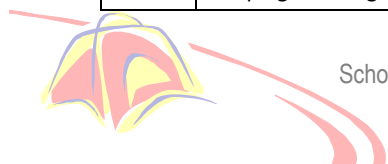
You should be wearing one set of clothes and have one spare in your bag as an emergency. For Silver and Gold expeditions you may wish to consider an extra t-shirt or underwear.



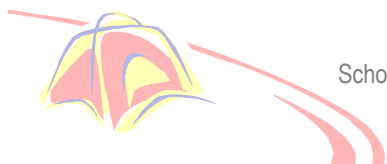
## GROUP TRAINING RECORD SHEET

Group Number	Group Name		
Participants names / attendance		Training day completed <small>(instructor to sign)</small>	Practice Exped completed <small>(instructor to sign)</small>
1			
2			
3			
4			
5			
6			
7			

TRAINING RECORD SHEET This sheet is to be signed off by your instructor when you have undertaken this training.		When covered? <small>(signed off by instructors)</small>	
		in school	on practice
Camp Craft	Putting up tents		
	Choosing camping location / setting up a camp site with your group.		
	Fire precautions		
	Keeping Tents dry in wet weather.		
Cooking, Food and Hygiene	Food selection – weight and calorie intake		
	Food handling, Hygiene / Hand Gel		
	Safe and effective use of stoves		
	Cleaning and washing up		
	sanitation, refuse disposal,		
	Personal washing when camping etc		
Personal Kit	Peeing in the Woods		
	Choosing suitable footwear		
	Choosing suitable clothing		
	Equipment weight and sharing equipment (toothpaste etc)		
	Packing a rucksack / barrel		
	Waterproofing bag contents		
	Keeping the weight down		



TRAINING RECORD SHEET - continued		Training	
		in school	on practice
Expedition planning	Menu planning		
	Expedition purpose		
	Practice route cards		
	Assessment route cards (legs, descriptions + drawn on map)		
Map / compass Skills	Scale and Distance		
	Symbols, land types and Map Keys.		
	Path types and permitted access.		
	Taking grid References		
	Calculating route timings		
	Contours and effect on journey		
	Taking a general bearing		
First Aid – Emergency Procedures	Taking and walking on a bearing (silver and gold)		
	Making the right decision – Who to call, self-help, keeping safe and warm, helping people to find you		
	Summoning help - what people need to know, telephoning for help, written message		
	Recognising as sprains, dislocations and broken limbs		
	Treatment of hypothermia		
	The treatment bleeding		
	Treatment for shock		
	CPR – practical experience		
	The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters		
Awareness of Risk and Health & Safety	Group management when walking		
	Lost policy		
	Risk Awareness (roads, bridges, rivers & Styles)		
	Keeping together (buddy & numbering)		
	Walking along roads (Hi vis jackets)		
	Countryside / Waterways Code		
	Weather forecasts - signs which indicate changes in the weather		
	Identifying and avoiding hazards in planning		
Expedition Fitness / Getting a good night's sleep			



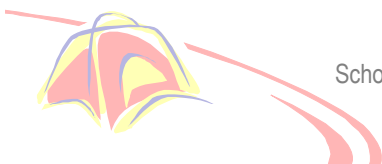
GODOLPHIN AND LATYMER SCHOOL  
GROUP TRAINING NOTES

**CONFIDENTIAL**

Group Number	Group Name

Please note any issues that have arisen, areas for further coverage, interesting characteristics / dynamics, especially any concerns you may have.

<b>Training day 1</b>	<i>Trainer name :</i>
<b>Practice expedition</b>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">                     Agreed expedition purpose / Aim for qualifying expedition:                 </div> <div style="border: 1px solid black; padding: 5px;">                     Are the group ready for assessment    Y / N   <i>Trainer name :</i> </div>



## IDEAS FOR EXPEDITION AIM - BRONZE

### Video / photo:

- ☐ Shoot and edit, a video to document your expedition – 45 mins per day
- ☐ Take photos to record the lows and highs of the expedition - 30 mins per day
- ☐ Shoot a short film, trailer for a film or music video on route. – 1 hour per day

### Conservation:

- ☐ Record (draw or photograph) habitats / wildlife that you see on route and produce a guide to wildlife / plants in the area on your return. – max 2 hours a day

### Physical:

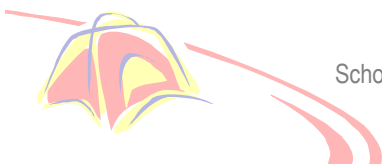
- ☐ Undertake to explore / walk the maximum distance in the two days, set a group challenge to speed walk every day for a certain period of time and keep each other going.
- ☐ Monitor fitness, changing heart rates and body temperature at regular intervals along the expedition route. - 30 mins per day

### Art / Literature:

- ☐ Make a number of 'Art Attack' style pictures / sculptures on route. – 1 hour a day
- ☐ Paint the landscape, wildlife or plants. – up to 2 hours day.
- ☐ Write a short ghost story or mystery tale based loosely on places you have visited - 1 hour a day

### ***You must remember..***

- ✓ You all need to be doing something towards the project
- ✓ If you are all stopped for 1 hour then the assessor will want to see 7 hours of work!  
You all need to be doing something towards the project.
- ✓ You will need to bring equipment or research with you to be able to complete your expedition purpose.



## BRONZE GROUP MENU PLANNING SHEET

Group Number	Group Name

**Food should be organised as a group in order to save weight and reduce the required cooking time.** Remember to consider the following issues when planning your menu...

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>✓ <i>Weight (food and packaging)</i></li> <li>✓ <i>Lifespan</i></li> <li>✓ <i>Squashability</i></li> <li>✓ <i>Cooking times</i></li> <li>✓ <i>Portion sizes</i></li> <li>✓ <i>Meals with multi courses</i></li> <li>✓ <i>Including fresh foods</i></li> </ul> | <ul style="list-style-type: none"> <li>✓ <i>Food groups / types and how long it takes for energy to be released</i></li> <li>✓ <i>Limitations of cooking on a single pan.</i></li> <li>✓ <i>Hot breakfasts</i></li> <li>✓ <i>Additional energy required on expedition. Extra 1000+ calories needed in the day – girls target 3000 boys 3500</i></li> </ul> |
|--|--|

**NOTES:**

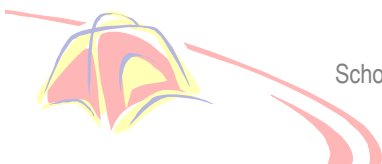
What allergies and dislikes do people in your group have?

What are group members favourite foods? – can you include something for everyone?

	Breakfast	Lunch	Dinner / Tea
Day 1			
Day 2			

What snacks are you going to bring?

Approved by instructor (name and signature)





## ROUTE PLANNING SHEET – BRONZE PRACTICE

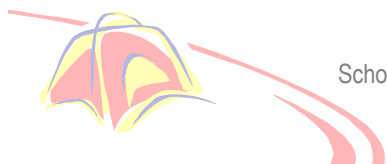
### Key locations:

BRONZE PRACTICE		
Start	Camp 1	Finish
Meeting time: 10.00 am  Public green opposite, The Kings Arms Hotel, Stokenchurch, HP14 3TA.  Grid Ref: 760 964	Icknield community college, Love lane, Watlington, Oxfordshire, OX49 5RB.  Grid Ref: SU 687 949	Route length 12-14km  Nettlebed common.  Grid Ref: 703 867  <b>Arrive at finish 3.30pm</b> Departure time: 4.30pm

### What you must do TODAY.

Design a route for day two of your practice expedition.

- 1) Write your group number on 2 maps in permanent number.
- 2) Plot the start point, the campsite and the finish point on your map – mark these with a small circle
- 3) Design a route for day two (the campsite to finish point) this should be a minimum of 12 km.
  - a. Try laying a piece of string (from the compass?) on the map whilst you are deciding the route. This can be easily moved and you can tie a knot to indicate 15 km. (set this by setting / measuring the string along the side of map before you start)
- 4) Draw the route on your map with a marker pen
  - ✓ Try not to draw all over the map or use thick lines that will cover up the map detail



## ROUTE PLANNING SHEET – BRONZE QUALIFYING (ASSESSMENT)

### Key locations:

Start	Camp 1	Finish
Car Park opposite Jolly Farmer pub, GU3 1AJ. Harvester Pub on B3000 just off A31 Hogs Back.  Grid Ref: SU 935,477 <b>Start walking time = 11 am</b>	Herons Way Girl Guides campsite Sheephatch Lane, Tilford,  Grid Ref: SU 865,445 <b>Start walking at 8.30 am (latest)</b>	Great Pond Car Park, Frensham  Grid Ref: SU 843,405 <b>Arrive at finish 3.00pm</b> Departure time: 4.00pm

### What you must do TODAY - Plan both days of your assessed expedition.

- 1) Find the start point, the campsite and the finish point on your map – mark these with a circle.
- 2) Remind yourself or decide on your chosen expedition purpose.
- 3) Split into two teams – one to plan each day and design a route for each day that will allow you to complete your expedition purpose on route.
  - ✓ Your route should be a minimum 12 km with considerable project work, or up to 15 km with only minor project work undertaken on route.
  - ✓ Try laying a piece of string (from the compass?) on the map whilst you are deciding the route. This can be easily moved and you can tie a knot to indicate 15 km.
- 4) Mark the route on your map with a marker pen.
  - ✓ Try not to draw all over the map or use thick lines that will cover up the map detail.
- 5) **Get the route checked by an instructor.**
- 6) Copy your route for both days onto the second map in marker pen.
- 7) Divide the route on each day into 7-9 legs (stages), with obvious start and end points. Mark these on the map.
- 8) Open the electronic route card template, save it in your folder and enter your group names and group number.
- 9) Set the walking time to the speed you walked on the practice. (20mins per km?)
- 10) Complete the route card descriptions, distances and height climbed for each stage. The route card will add up the rest for you.
  - ✓ Do not add in extra lines.
  - ✓ Allow 5 mins per km for breaks
  - ✓ Allow time for your project work
  - ✓ Rather than 1h for lunch why not take 3 shorter breaks?
- 11) Decide where along your route you will do project work and add the times onto the route planning sheet.
- 12) Save your route cards in the DofE student folder in your group folder.
- 13) Review your food / menu from the practice, update your menu and print off a copy for the assessor.

To be handed in today in your folder.

- 1) 2 maps with your route on it.
- 2) 2 copies of our route card
- 3) 1 copy of your menu

