

The Duke of Edinburgh's Award Scheme Expedition Information



We will cover...

- Who are we
- Our qualifications and Safety
- What the participants have to do
- The DofE Expedition, Training, Practice & Qualified Expedition
- Expectations The 20 conditions
- What to wear, what to bring & what to eat
- Clothes
- Food
- When & where, dates & locations

Who are we...



- A love of the outdoors
- Teachersstarted the business in 2010.....

A little bit about our business.....

- We work with over 3500 students every year delivering Bronze, Silver and Gold
- Praised for our organisation, care and professionalism by leading organisations in the outdoor industry...

“The whole programme was extremely well organised...Peter and Rachel clearly take pride in running a very good expedition and they go to great lengths to make sure that nothing is left to chance.”



Esther Finch – DofE AAP UK Manager

Our Qualifications

We have the highest qualifications in the industry for the mountains, the sea and rivers.

Our key staff are teachers who can positively work with young people.



AMI members are highly qualified Mountaineering Instructors who hold the MIA Award



We are British Canoeing Advanced Water Leaders and coaches in Seakayak, Whitewater and Canoe

Safety

We don't cut corners on anything

The safety of the young people in our care is our main priority.

We have over 20 years experience running DofE expeditions as a business and as teachers



The Adventurous Activity License is the industry standard and a statutory requirement for working with children



We are an Approved Activity Provider with the Duke of Edinburgh's Award

We will take care of you
Our pastoral care is second to none...



*"Thank you so much for your hard work and effort this weekend.
The students were really happy and had a wonderful and successful time.
Parents are full of praise for you and the team."*

Cleeve School, Cheltenham

Expectations

We will do our utmost to make sure you have an amazing experience while on expedition

- You will need to come prepared for the challenge
- Attitude is key, It's going to be tough, however you don't have to be an Olympic athlete





What is involved in the Expedition Section?

- Complete a journey on foot or by canoe.
- Work as a team.
- Be self sufficient.

What is the Expedition section?

- Bronze: 2 days & 1 night
- Silver: 3 days & 2 nights
- Gold: 4 days and 3 nights

Self sufficient and organized...

As a group you will:

- Walk with your team
- Camp with your team
- Cook with your team
- Take care of your team



Complete a journey in a remote area...



The Practice Expedition

It is a PRACTICE so we will be using and perfecting all the skills from training.

We will teaching the students to use the skills on the ground:

- Taking bearings
- Orientating the map
- Finding features
- Working out timings

.....moving from close supervision with an Instructor on hand, to remote supervision ready for the Qualifying Expedition.



The Qualifying Expedition

You will be assessed by one of our DofE Assessors. There are 20 conditions to meet, but by this stage you should have no problem meeting them.

- You will need a team aim.
- As before teamwork & attitude are the key to a successful expedition.
- Passing is not a given, but your Assessor will give you every opportunity to meet the standard.



The Combined Expedition



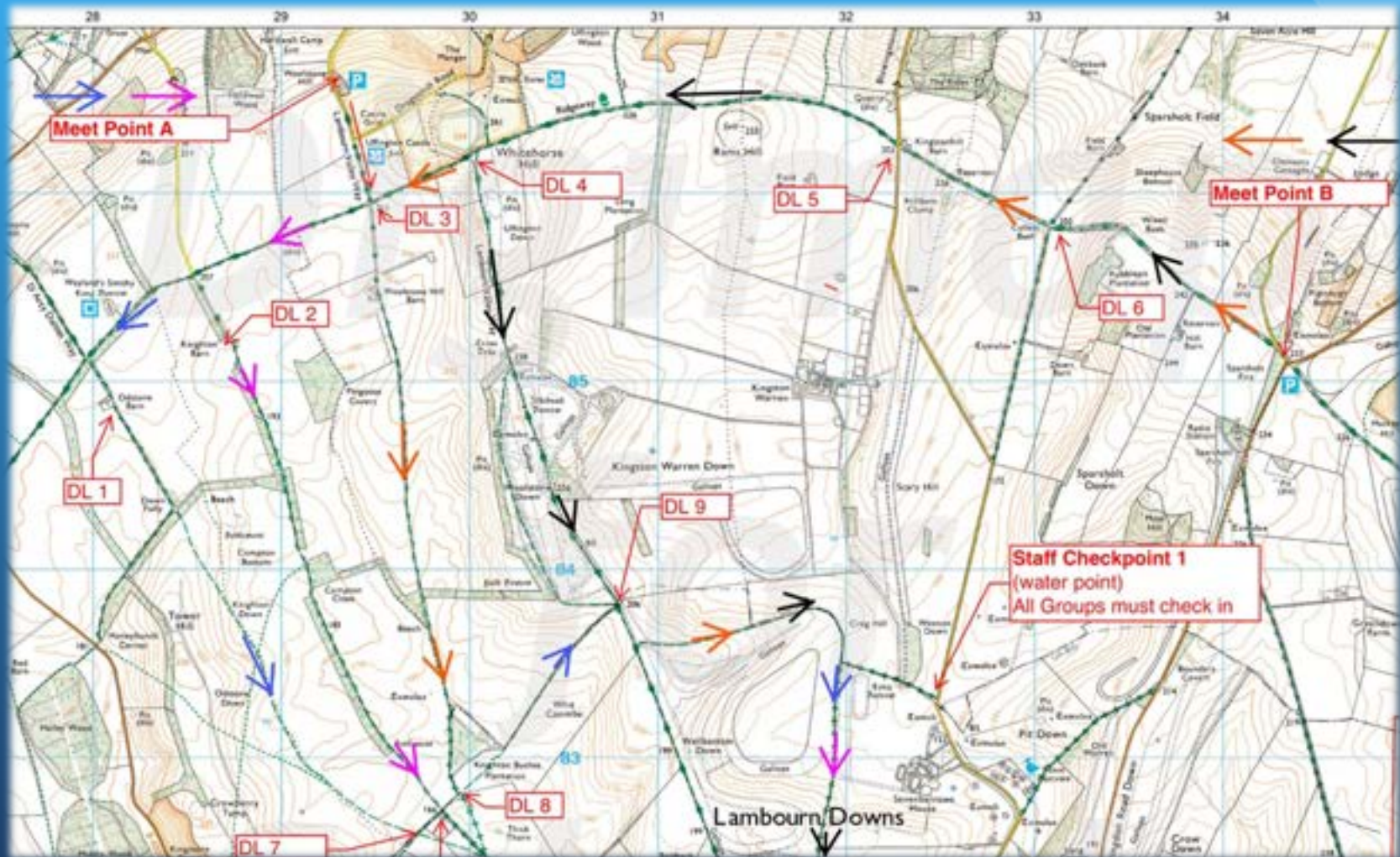
Following the challenges COVID-19 has caused, DofE have come up with the Combined Expedition to help participants.

As the name suggests a combined expedition brings together the practice and assessed elements into one expedition. This is definitely not a lesser experience – just different.

- Training & practice happen together over the first day or two.
- Then you continue straight into the assessment where you must meet the same DofE 20 conditions.



Qualifying Expedition - Remote Supervision



Equipment

We can provide all group equipment such as cookers, fuel and tents

- We have a stock of personal equipment that you can hire from us before each expedition.
- We will ask you on the training day what you need.



Personal Equipment Hire

Sleeping Bag: £13

Sleeping Mat: £5

Rucksack: £18

Waterproof rucksack liner: £5

Waterproof Jacket: £10

Waterproof Trousers: £10



Should you wish to hire equipment from us you need to book this with us direct through our website.

To keep costs down we have to make this Non Refundable.

Book online at: www.oceanrockadventure.co.uk

Clothing

What to bring & What NOT to bring!

Bring

Sturdy boots.

Good, taped waterproofs, with waterproof fabric.

Don't bring

Jeans, cotton hoodies.

Vest tops, super short shorts!

Remember to use your kit list in your booklet.









Food – an example day

Breakfast

- Porridge, Croissants or Brioche + Hot Drink (hot choc, tea etc).

Lunch

- Naan or Pitta Bread, Oatcakes with nice filling, snacks.
- 1 Litre of water minimum (no fizzy drinks/cans).

Dinner

- 1 hot meal (*we recommend Wayfarer meals or similar, for simplicity*).
- NO POT NOODLES or cans.
- Dessert can be Wayfayer or custard etc.
- Every student must have a hot dinner & dessert.

Snacks

- Muesli bars, nuts, dried fruit are best. Not too much Haribo!





What Not to Bring...



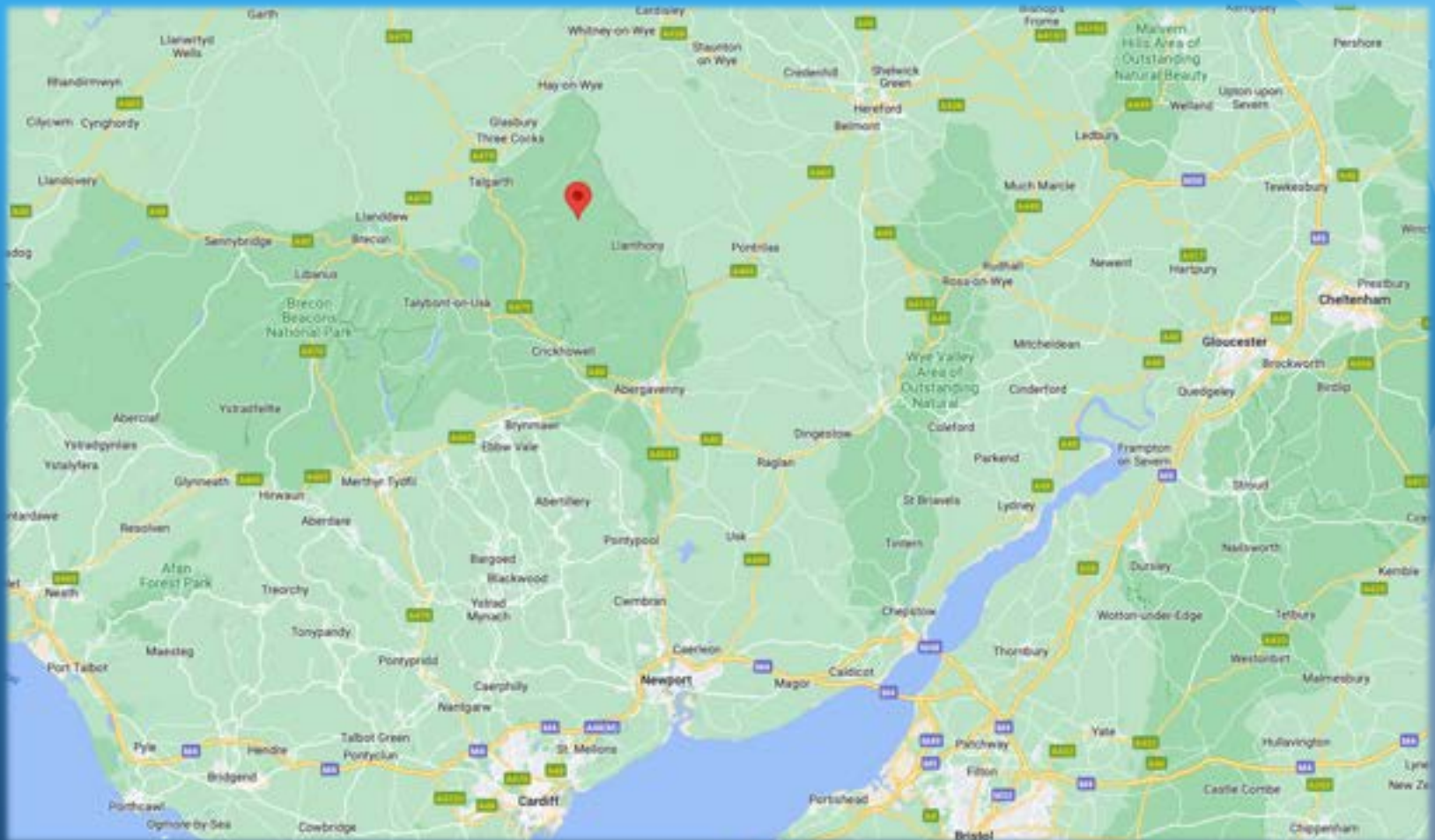
Remember... things can go wrong!

- You could get lost
- You may be tired
- You may get frustrated
- You may capsize (*if you're in a canoe!*)

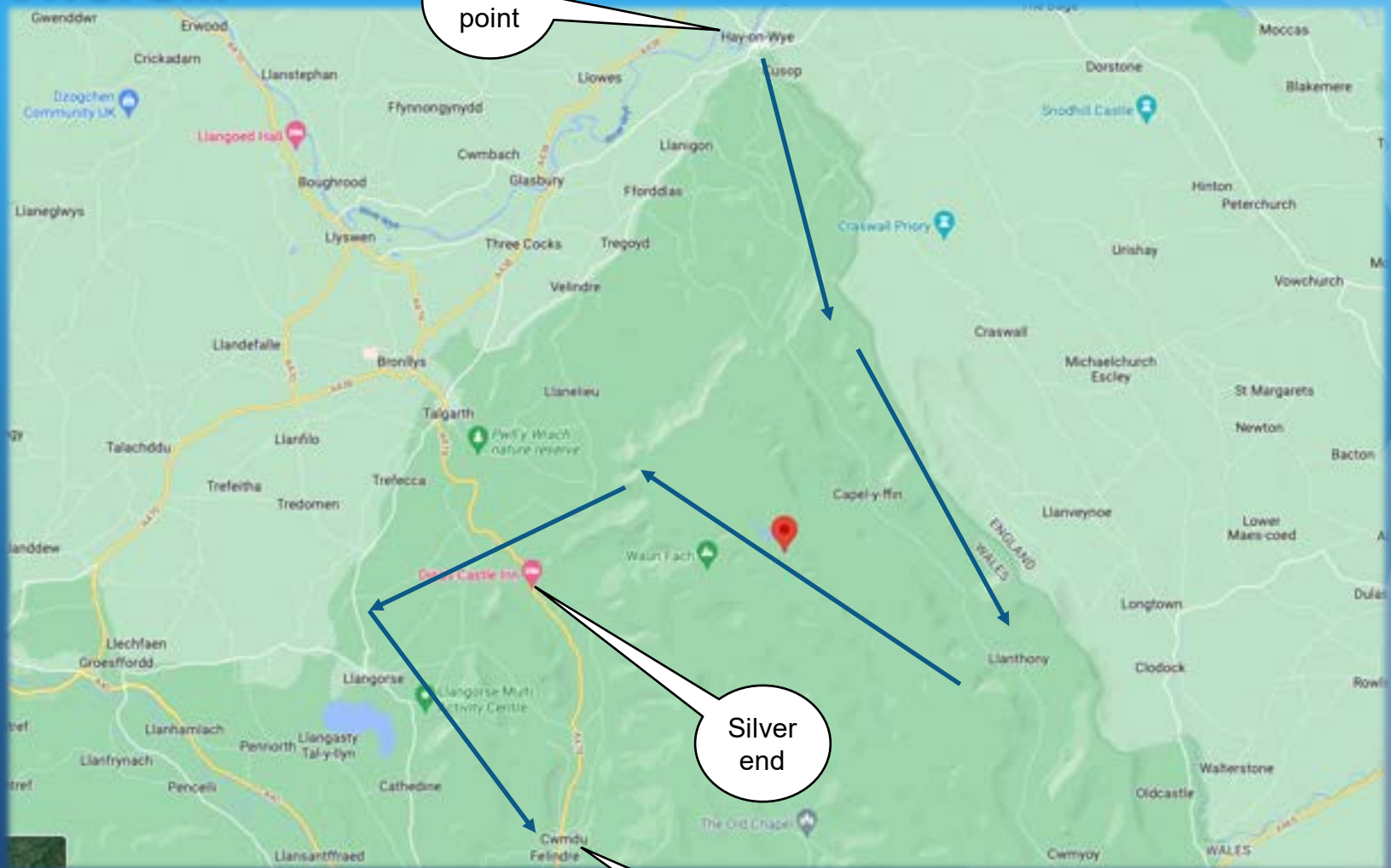
But that is what it is all about, your team and our staff will be there to support you from training to qualifying expedition.



Where...



Where...



Gold & Silver Qualifying expedition

Expedition Information - Jersey College for Girls		Award - Gold	Mode - Hike
Expedition job code - E015		Kit hire deadline -	
Qualifying expedition		<i>Travel to & from the expedition area is by parental drop-off & pick-up</i>	
Day 1 Wed 5 Oct '22			
Start/Meet point - Radnors End Campsite		Address - Hay-on-Wye, Hereford, Herefordshire. HR3 5RS	
Google maps link - https://goo.gl/maps/6ddquiZ7fZqxtPGc9			
Meet time(s) - All Teams 5:00 pm			
Campsite 1 - Radnors End Campsite		Address - Hay-on-Wye, Hereford, Herefordshire. HR3 5RS	
Day 2 Thu 6 Oct '22			
Campsite 2 - The Grange		Address - Capel-y-ffin, Abergavenny, Gwent. NP7 7NP	
Day 3 Fri 7 Oct '22			
Campsite 3 - Llanthony Priory		Address - Court Farm, Llanthony, Abergavenny. NP7 7NN	
Day 4 Sat 8 Oct '22			
Campsite 4 - Rhyd y Bont		Address - nr.Talgarth,Brecon,Powys.	
Day 5 Sun 9 Oct '22			
End/Pick up point - Cwmdru Village Hall car park		Address - Crickhowell, NP8 1RW	
Google maps link - https://goo.gl/maps/HAAm5yv5SrirKqgR6			
Pick up time(s) - All Teams tbc			

How can parents help...

- First point of contact is the DofE Manager at school.
- Make sure participants have what they need & bring any specific medication listed on the medical consent form.
- Make sure participants are healthy & prepared.
- Please don't call the young people - call school/then us if you have concerns.
- Complete the medical consent form & return to school.

What next...

- Get the medical consent form completed & returned to your DofE Manager.
- Get Fit!
- After a successful pass, we will complete your eDofE assessor report online.
- Remember you have to complete all the sections to get your award.

