

# PARTICIPANTS NOTES

## PLEASE READ CAREFULLY!

### GEORGE ELIOT

#### Bronze Duke of Edinburgh's Award Qualifying Expedition

Friday 16<sup>th</sup> – Saturday 17<sup>th</sup> May 2025

**You will need to fill out the attached medical consent form and hand this into school by Thursday 15<sup>th</sup> May 2025. Without the parental medical consent form, you will be unable to take part in the expedition!**

### Travelling

You will need to arrange transport to your Expedition Teams' respective start point for no later than **09:00hrs:**

- **Becketts Farm, Alcester Road, Wythall, B47 6AJ - Grid Ref: SP 077749**

### Expedition

Your expedition will commence early on the Friday morning and all being well conclude on Saturday afternoon. Please make sure you are as organised as possible, so that upon arrival, you and your team can start the expedition quickly 😊

- All items need to be inside your rucksack (apart from roll mat) and they also need to be put in waterproof bags (drybags or bin bags) for in case it rains. (Rucksacks are not waterproof)
- Walking boots and waterproofs are mandatory and need to be worn/taken, regardless of the weather
- Rucksacks need to be a minimum size of 65L
- Please DON'T bring tins, glass jars or food that needs to be refrigerated (raw meat etc)
- Cookers will only be used in the evening, not at lunch time

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If you withdraw, (or in exceptional circumstances, are withdrawn) from your expedition early, you will be required to arrange your own journey home, at your own cost, as soon as is reasonably practicable.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

**These paragraphs are taken from the 'DofE Expedition Guide 2024':**

*The Expedition section is designed to develop self-reliance and self-confidence through isolation and remote supervision, overcoming challenges and managing risk as an independent team of peers.*

*Mobile phones can seriously undermine these outcomes and compromise the team's attitude and approach to the decision-making processes during their expedition.*

*The more advanced mobile phones become, the greater their potential impact on effective expeditions, so it is vital that the expedition team, Supervisor and Assessor agree well in advance how they may be used by the team in line with the Expedition Requirements.*

*Increasingly a DofE expedition is one of the very few times that young people will experience isolation away from mass media and instant communication, working only with a team of their peers. This must be embraced as one of the core principles of the Expedition section.*

*In the DofE context, mobile phones must be thought of as either additional, unreliable, team safety equipment or as a team evidence gathering tool. It must be made very clear to participants that it is not acceptable to use them for general communication.*

*Persistent or deliberate misuse of mobile phones may lead the Assessor to defer the expedition.*

In line with guidance given by the DofE, **two fully charged mobile phones (ideally, different networks) can be carried by your team during the expedition.** Prior to starting the expedition, both phones will be sealed in a sealed in a polythene bag to protect them from the elements.

The mobile phones 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 or Assessor at the earliest opportunity. That Supervisor/Assessor will decide if the nature of the incident warranted its use.

If this Supervisor/Assessor 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/Assessor 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 requirements will not have been met.**

## **Personal Music Players, Speakers, Radios, and Games**

**These paragraphs are taken from the 'DofE Expedition Guide 2024':**

*There is a view that if a participant is prepared to carry it, then they are allowed to take it. However, this general rule of thumb needs to be measured against the principles and outcomes of the Expedition section, most fundamentally that it is a team activity. An expedition is an opportunity for participants to have a unique and memorable outdoor experience, different from their normal routine, which will stay with them their whole lives.*

*The basic approach should be that the device is for the team and not for an individual to isolate themselves. Any items taken must enhance the team experience and not detract or reduce the feeling of isolation and adventure while on a DofE expedition.*

*Participants should always think very carefully before taking any expensive or personally valuable electronic equipment, which is not designed for the outdoors, with them on expedition.*

*It is unacceptable for participants to use these devices while journeying as they can greatly increase the risk of accident or injury by drowning out sounds around them or by causing participants to pay less attention to where they are going. Equally, it is not acceptable for a team to sit down and watch a film or TV. Even in the evenings, using such devices should be discouraged. The Expedition section is about being in a team and communicating with that team. So while it may be acceptable for participants who want to get a few minutes of time to themselves to listen through their headphones this should in no way lead to them being isolated frequently, or in a prolonged way, from the rest of the team.*

## **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.

Guidance for appropriate expedition food can be found on the following websites:

<https://www.dofe.org/shopping/expedition-kit/expedition-food/> <https://www.dofe.org/shopping/eating-on-your-expedition/>

<https://www.dofe.org/shopping/kitlist/expedition-food-including-emergency-rations/>

Additional information can be found by conducting a search on the internet by typing 'DofE expedition food' into a search engine. Please ensure you plan and bring food amounting to 3,500 – 4,000 calories per day, which is the recommended daily intake for a DofE expedition.

**RATIONS**–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*

## **Campsite**

The campsite for all Expedition Teams on the Friday evening is **Blackwell Adventure, B60 1PX**

## **Departure & Finish points**

You will be able to leave your Expedition Teams' finish point upon completion of your expedition:

- Becketts Farm, Alcester Road, Wythall, B47 6AJ - Grid Ref: SP 077749

It is anticipated that your departure time from the finish point will be approximately **15:30hrs**, 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**

## **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.

Tents, camping stoves and appropriate gas canisters will be supplied to each Expedition Team by the school or Chase Training Solutions.

## **Debrief & Review**

Teams will take part in a verbal debrief and review of their expedition with their Supervisors on the Sunday prior to departure from the finish point.

## **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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