



Gold Duke of Edinburgh's Award

Information and Enrolment Pack 2021

Dear Bennett Parent,

Gold Duke of Edinburgh's Award Programme

We are delighted to offer all Bennett students aged 16 or over the opportunity to enrol on the largest youth award programme in the world, in particular the character-forming Gold level of the Award.

Continuing with the Award at Gold level is an exciting prospect and completing the Gold Award during your time in the sixth form is a great accolade. You will have achieved an outstanding award worthy of an invitation to a Royal Palace to receive your Award from a member of the Royal Family!

Without doubt, this Award is highly recognised worldwide by both industry and universities and will set you apart as a candidate worthy of interview. In fact, there are national companies who guarantee to interview Gold Award applicants.

Enrolling on the Gold D of E by the start of Y12 allows students to complete their Award before leaving school at the end of Y13. However, there is no requirement to do so, and you have until your 25th birthday to complete it and many universities will help with the D of E programme. After leaving Bennett there will always be the ongoing support from the DofE Centre at Bennett Memorial but by far the most optimal programme of completion falls within a student's time here in school. This programme, below, allows you to complete the Award before the A2 examinations in Y13.

The Award

The Gold Award at Bennett Memorial School has had a tremendous response with more students enrolling each year. We usually have 30 to 40 students to start their Award each year but are always keen to take more. There is no cap on numbers undertaking their expeditions. In the past, we have managed expeditions with 7 teams and over 40 participants.

The minimum period in which you can complete the Gold Award is 12 months. With the training and expedition tailored to complete before the final run to A2 examinations in the summer of 2022. You have until you are 25 years old to complete the Award.

Direct entrants to the Gold level are welcome; there is no requirement for the Bronze or Silver Award to be completed before enrolment on the Gold. Direct entrants should complete an additional 6 months in one of the 12-month sections.

We welcome enrolment from students new to Bennett Memorial in the 6th form, the accessibility of the Gold Award may have been an important consideration when choosing Bennett Memorial. If you have previously enrolled on Bronze or Silver elsewhere then your eDofE account will simply be transferred over.

To assist with completing one section of the Award, participants may use curriculum lessons each Wednesday afternoon to complete the Physical, Volunteering or Skill activity section.

By enrolling promptly all sectional activities can be completed during Y11 or early in Y12.

At Bennett Memorial, we include a weekend of advanced navigation and wild camp training in the New Forest. Using qualified Mountain Leaders, this is far more advanced than the level of training required by the Award scheme and sets the participants up for a more enjoyable challenge. Additionally, we also include the Emergency First Aid at Work Qualification (EFAAW), valid for three years. Participants will be leaving Bennett and entering the workplace or University as a qualified First Aider.

Emergency First Aid at Work courses will take place during November 2020 and January 2021.

As soon as you have enrolled on the Award then you can start your sectional activities. If you did the Silver Award, you can continue with the same activity or try something new.

The Award in brief – Gold; Year 11/6th Form.

Volunteering	Physical	Skills	Expedition	Residential
Minimum 1 Hour a week for 12 months	Minimum 1 Hour a week for 6 months plus an additional 6 months in one of the sections.		Attend a 3-day, 2-night advanced navigation training event. Plan, train for and complete a 4-day & 3-night Practice and separate Qualifying Expedition.	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights with others you don't know*.
Direct entrants must undertake an additional 6 months in either the Volunteering or the longer of the Physical or Skill section.				*You may attend a residential with one other person known to you. Conditions apply.

Training and Support

Training and support towards achieving the Award, the expedition planning will take place each Tuesday during lunchtime. Participants (as whole teams) should attend from 12:45 to 1:30pm. This commences in Term 2 and planning will take place in room C1.

Expedition teams will be required to attend one planning session a week.

It is important to attend weekly to proceed to the Expedition section of the Award. Training sessions are suspended during exam periods and study leave.

After enrolment you will receive a Gold Participant Handbook from DofE, this contains a lot of additional information and a helpful card for sectional Assessors to guide them with their assessing duties. Once you have completed a section, you will need to arrange for your Assessor to complete the report card with details of the activity undertaken, this will need to be scanned and uploaded onto your personal eDofE account. Alternatively, an Assessor can load a report online through eDofE, this report will come to me for verifying. All an Assessor needs to do this is your eDofE ID number (issued at enrolment).

eDofE account activation and training will be ongoing.

Parental support

I am sure you will wish to support your child with their on-going commitments. The sectional activities are participant led and a comprehensive list of valid activities is on the school website, I suggest you also look at www.dofe.org for additional information about the award.

There are many clubs taking place around the school which satisfy the requirements of the activity sections, in fact it is possible to complete all sections of the award within school. A poster of school clubs and which section of the award they can be used for is on display in C1 and in the classroom.

Participants will need your support with transport, vetting organisations or clubs, and general 'keep going' chats as they undertake their commitment over a long period of time.

Progression of the Award Programme at Bennett Memorial School:

June-Nov 2020 (or from 16 th birthday).		Sept-Dec	Jan-March 2021	April	June- July	Sept-Oct	Dec
Enrolment. Start Sectional Activities	Complete eDofE Activity Planners Research Residential Section	Class- Based Training	Expedition Planning & Practical Training. Complete 6m activity.	Practice Expedition	Assessed Expedition Planning	Assessed Expedition. Complete 12- month activity.	Venture Project Presentation

Enrolment Deadline

Please ensure you complete all three Silver activity sections and upload assessor reports. A Gold activity section cannot start until the corresponding Silver section is completed.

How to Enrol

To enrol on the Gold Award please complete the back page of this pack. Either return a scan of the form by email or post a hard copy to the school marked for my attention.

This is the enrolment and permission form for all expedition related events.

I understand that for many the financial situation is difficult; some families are waiting for refunds for other cancelled school trips. With this in mind, if you would like to start Gold then we are offering enrolment without payment, please return the enrolment form to show commitment.

Payment for the expedition training should be made by the end of February 2021.

Payment for the practice expedition by the end of March 2021.

Payment for the assessed expedition by the end of September 2021.

Or, if you are able you can make payment at any time via ParentPay.

The total payable for Gold is £600.00

When you make payment please log into ParentPay and select **DofE Gold 2021**.

Payment by monthly instalments is also acceptable by arrangement.

We are happy to support and help arrange fundraising in school by supporting parent evening events, the Christmas fair or organising cake sales.

Enrolment, Training and Expedition Costs

Enrolment initial cost: £125.00. This includes: the enrolment fee with the Duke of Edinburgh Award scheme, Bennett DofE Award Centre resources and training, the New Forest Training Weekend and the Emergency First Aid at Work Qualification.

EFAAW 9am-5pm Saturday 28th November 2020

At Bennett Memorial School, Cutbush, C1/C2

A further EFAAW course will be arranged for early 2021 subject to numbers.

Expedition Training Friday, 12th March to Sunday, 14th March 2021

OR

Expedition Training Friday, 26th March to Sunday, 28nd March 2021.

You must attend one of the above weekend training courses as a minimum.

This is a practical advanced navigation, camp craft and team building weekend. We will be based at Red Shoot camping park and at a permitted wild camp in the New Forest.

All participants must attend the Training Weekend to be allowed to proceed to the Practice and Assessed Expeditions.

Expedition Dates and Costs:

Practice Expedition, Brecon Beacon National Park	Monday 6 th to Saturday 11 th April 2020
Assessed Expedition, Yorkshire Dales National Park	Sunday 25 th to Saturday 31 st October 2020

Costs for 2021 expeditions:

We are pleased to maintain the price for the Gold Award for the fifth year without increase.

Practice Expedition. April 2020	£225.00
Assessed Expedition. October 2020	£250.00

Bennett Memorial staff hugely support the programme. At the Gold Award, we bring in Mountain Leader qualified staff to assist with the New Forest training weekend and to help supervise on Expeditions. Additional volunteers are also welcomed to assist with driving logistics, catering on expeditions and getting support vehicles to the correct locations. Volunteers on Gold expeditions are accommodated, well looked after and usually join the Mountain Leaders when walking and supervising the teams.

I hope you consider enrolling on this highly regarded Award. To date we have 190 students from Bennett Memorial who have completed the Gold Award with many attending the Gold presentations at St James's Palace and Buckingham Palace.

Should you have any questions regarding the Gold programme or requirements then please do not hesitate to contact me.

Yours sincerely,

Chris Morris

Mr Chris Morris
Mountain Leader
Duke of Edinburgh Award Coordinator
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Tel: 01892 521595

17th September 2020

The Activity Sections of the Award.

Volunteering

Physical

Skill

The Duke of Edinburgh's Award Scheme recognises young people for their commitment in volunteering their time to help others in the community; to learn or develop a life skill and keeping fit by engaging in a physical activity.

Participants need to commit to a period at each activity, ranging, 6 months (26 weeks) to 12 months (52 weeks). There is a huge range of activities available, you will see below just some of the activities available and the section an activity might apply to.

Understanding the Time Requirement

It is important to understand the time requirement for the section activities. Six or twelve months must be undertaken at a minimum of 1 hour per week. If attendance for a week, or more, is missed due to holiday or because the activity is seasonal, then additional weeks must be added. Six months would therefore be 26 attendances of at least 1 hour a week over at least (not less than) a six-month period.

Participants should complete all three section activities by Spring 2022.

Attending the expeditions in April and October 2021 is conditional on progressing with all three sectional activities.

At the completion of an activity, either 6 or 12 months you should obtain an assessor report and upload this to your eDofE account. Use the assessor report forms from your award handbook. The activity assessor should refer to your achievement of your aims and goals as set out in your planner.

Alternatively assessors can file their report online at <https://edofe.org/Assessor> the assessor will need your eDofE your ID number.

It is important to get the assessor report at the completion of the activity, do not leave it for months after before following up.

Participants can enrol on the Gold Award in year 11 as soon as the first sectional activity at silver is complete, and they reach 16 years of age.

You should develop a programme which is specific and relevant to you. The following list of section activity ideas is a good starting point to create a programme of your own.

You can find more information at **DofE.org/do** and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**. You can use the programme planners on the website to plan your activity with the support of your DofE Leader.

Keep the activity planner, on page 8, handy to refer to and to record your progress, upload lots of supporting evidence such as photos and log sheets to eDofE.

Activity Section Ideas.

VOLUNTEERING	PHYSICAL	SKILLS	
<p>Helping people Helping children Helping children to read in libraries Helping in medical services e.g. Hospitals Helping older people Helping people in need Helping people with special needs Tutoring Young carer Youth work</p> <p>Community action & raising awareness Campaigning Cyber safety Council representation Drug & alcohol education Home accident prevention Neighbourhood watch Peer education Personal safety Promotion & PR Road safety</p> <p>Working with the environment or animals Animal welfare Environment Rural conservation Preserving waterways Working at an animal rescue centre Litter picking Urban conservation Beach and coastline conservation Zoo/farm/nature reserve work</p> <p>Helping a charity or community organisation Administration Being a charity intern Being a volunteer lifeguard Event management Fundraising Mountain rescue Religious education Serving a faith community Supporting a charity Working in a charity shop</p> <p>Coaching, teaching and leadership Dance leadership DofE Leadership Group leadership Head student Leading a voluntary organisation group Girls' Venture Corps Sea Cadets Air Cadets Jewish Lads' and Girls' Brigade St John Ambulance Scout Association Air Training Corps Army Cadet Force Boys' Brigade CCF Church Lads' & Girls' Brigade Girlguiding UK Girls' Brigade Sports leadership Music tuition</p>	<p>Individual sports Airsoft Archery Athletics (any field or track event) Biathlon/Triathlon/Pentathlon/Aquathlon Bowls Boxing Croquet Cross country running Cycling Fencing Geocaching Golf Gymnastics Horse riding Modern pentathlon Motocross Orienteering Paintballing Pétanque Roller blading Roller skating Running Static trapeze Supercross Ten pin bowling Trampolining Wheelchair fencing Wrestling</p> <p>Water sports Canoeing Diving Dragon Boat Racing Free-diving Kite surfing Kneeboarding Rowing & sculling Sailing Skurfing Sub aqua (SCUBA diving & snorkelling) Surfing/body boarding Swimming Synchronised swimming Underwater rugby Wakeboarding Windsurfing</p> <p>Dance Ballet Ballroom dancing Belly dancing Bhangra dancing Ceroc Contra dance Country & Western Flamenco Folk dancing Jazz Line dancing Morris dancing Salsa (or other Latin styles) dancing Scottish/Welsh/Irish dancing Street dancing/breakdancing/hip hop Swing Tap dancing</p> <p>Racquet sports Badminton Matkot Racketball Racketlon Rackets</p>	<p>Performance arts Ballet appreciation Ceremonial drill Circus skills Conjuring & magic Majorettes Puppetry Singing Speech & drama Theatre appreciation Ventriloquism Yoyo extreme</p> <p>Science & technology Aerodynamics Anatomy App design Astronomy Biology Botany Chemistry Coding/ programming Ecology Electronics Engineering Entomology IT Marine biology Oceanography Palæontology Physics Rocket making Taxonomy Weather/meteorology Website design Zoology</p> <p>Care of animals Agriculture (keeping livestock) Aquarium keeping Beekeeping Caring for reptiles Dog training & handling Horse/donkey/llama/alpaca handling & care Looking after birds (i.e. budgies & canaries) Pet care – health/training/maintenance Pigeon breeding & racing</p> <p>Music Church bell ringing Composing DJing Evaluating music & musical performances Handbell ringing Improvising melodies Listening to, analysing & describing music Music appreciation Playing a musical instrument Playing in a band Reading & notating music Understanding music in relation to history & culture</p> <p>Natural world Agriculture Conservation Forestry Gardening</p>	<p>Media & communication Amateur radio Blogging Communicating with people who are visually impaired Communicating with people who have a hearing impediment Film & video making Journalism Newsletter & magazine production Signalling Vlogging Writing</p> <p>Creative arts Basket making Boat work Brass rubbing Building catapults & trebuchets Cake decoration Camping gear making Candle-making Canoe building Canvas work Carnival/festival float construction Ceramics Clay modelling Crocheting Cross stitch DIY Dough craft Drawing Dressmaking Egg decorating Embroidery Enamelling Fabric printing Feng Shui Floral decoration French polishing Furniture restoration Glass blowing Glass painting Interior design Jewellery making Knitting Lace making Leatherwork Lettering & calligraphy Macramé Marquetry Model construction Mosaic Painting & design Patchwork Photography Pottery Quilting Rope work Rug making Snack pipping Soft toy making Tatting Taxidermy Textiles Weaving and spinning Wine/beer making Woodwork</p>

	<p>Rapid ball Real tennis Squash Table tennis Tennis Wheelchair tennis</p> <p><u>Fitness</u> Aerobics Cheerleading Fitness classes Gym work Medau movement Physical achievement Pilates Pole dancing Running/jogging Walking Weightlifting Wii-fit Yoga</p> <p><u>Extreme sports</u> BMX Caving & potholing Climbing Free running (parkour) Ice skating Mountain biking Mountain unicycling Parachuting Skateboarding Skydiving Snow sports (skiing, snowboarding, snow kiting) Speed skating Street luge</p> <p><u>Martial arts</u> Aikido Capoeira Ju Jitsu Judo Karate Kendo Mixed martial arts Self-defence Sumo Tae Kwon Do Tai Chi</p> <p><u>Team sports</u> American football Baseball Basketball Boccia Camogie Cricket Curling Dodge disc Dodgeball Fives Football Frame football Futsal Gaelic football Goalball Handball Hockey Hurling Ice hockey Kabaddi Korfball Lacrosse Netball Octopushing Polo Quidditch</p>	<p>Groundsmanship Growing carnivorous plants Plant growing Snail farming Vegetable growing</p> <p><u>Games & recreation</u> Cards (i.e. bridge) Chess Clay target shooting Coxing Cycle maintenance Darts Dominoes Fishing/fly fishing Flying Gliding Go-karting Historical period re-enacting Kite construction & flying Mah Jongg Marksmanship Model construction & racing Motor sports Power boating Snooker, pool & billiards Sports appreciation Sports leadership Sports officiating Table games War games</p> <p><u>Life skills</u> Alternative therapies Cookery Democracy in action Digital lifestyle Driving: car maintenance/ car road skills Driving: motorcycle maintenance/road skills Event planning First aid – St John/St Andrew/BRCS Hair & beauty Learning about the emergency services Learning about the RNLI (Lifeboats) Library & information skills Life skills Massage Money management Navigation Public speaking and debating Skills for employment Young Enterprise</p> <p><u>Learning & collecting</u> Aeronautics Aircraft recognition Anthropology Archaeology Astronautics Astronomy Bird watching Coastal navigation Coins Collections, studies & surveys Comics Contemporary legends Costume study Criminology Dowsing & divining Fashion Forces insignia Gemstones Genealogy</p>	
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	<ul style="list-style-type: none"> Roller derby Rogaining Rounders Rugby (union/League) Sitting Volleyball Sledge hockey Sledge ice hockey Softball Stoolball Tchoukball Tug of war Ultimate flying disc Volleyball Wallyball Water polo Wheelchair basketball Wheelchair rugby 	<ul style="list-style-type: none"> Heraldry History of art Language skills Military history Movie posters Postcards Reading Religious studies Ship recognition Stamp collecting 	
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Volunteering Section

Please be aware that you cannot volunteer for a commercial organisation, for instance a Vet or local shop. The Duke of Edinburgh's Award take the view that you are possibly taking a paid position. Volunteering should, where possible, be for a charity. If in doubt, ask me. It would be a shame to spend 6 months volunteering for an organisation to find that it would be disallowed.

Within the DofE Centre at Bennett, we can offer volunteering opportunities. Please see me for full details. Essentially this will include some equipment maintenance, helping with several office tasks (work experience) and, most importantly, helping to train and encourage the Bronze Award participants in Y9 & Y10 to complete their eDofE planners, helping to upload activity evidence, helping with the expedition planning and to help Supervisors on expedition training, practice and assessed weekends.

A one-day certificated DofE Expedition Supervisor course is available for gold participants who want to become expedition supervisors.

You will also receive details about becoming a DofE Ambassador, a scheme run by the DofE South East Office.

Skills Section

If you are completing a 'Skill' such as cooking, photography, art, sports appreciation or learning about a charity or trade, then you must provide evidence of the activity. Parents cannot sign off an activity as an Assessor. I will be your Assessor and write the Assessor report, so let me have a file of photos or project work from the activity. Keep a log of what you have done, times and dates. All supporting evidence can be uploaded to your eDofE account.

Physical Section

Most sporting activities are included in this section, if in doubt please ask as there are some 'sports' which are actually listed under skills, for instance shooting is a skill listed as 'Marksmanship.'

e-DofE

All participants have an online eDofE account. Please keep this up-to-date with activity details and upload your evidence. In due course you can upload your activity assessor reports (found in the Gold Participants Handbook).

Completing Assessor Reports

Assessor report pages and advice notes are in the Participant Handbook and on the school website.

Assessors can also complete the report online. All the Assessor needs is your eDofE ID number. The Assessor report can be submitted at <https://edofe.org/Assessor>.

Residential Section of the Award.

The residential section is unique to the Gold Award, a section which encourages participants to undertake a week away from home and meet new people.

We often find that this section is the one which participant's get anxious about, being away from friendship groups. However, on returning we often hear what a great time was had.

There are a lot of residential opportunities available to participants. These tend to be structured around the three activity sections, volunteering, physical or skill based.

There will be a full presentation to participants to review the requirements of this section and to pass on some ideas and web addresses of companies with suitable residential's.

The key requirements.

Duration	A Minimum of 5 days and 4 nights consecutively
Daytime Activities	Learning or developing a skill, training for a qualification, or volunteering with a group. The activity should take up the majority of the day. The activity should start by noon on the first day and finish at the earliest mid-afternoon on the last day.
Evening Activities	Spent with the group, whether organised activities or socialising and cooking together.
People	Five or more people in the group. You may know a few other people as long as you are joining a large group, the vast majority are people not known to you and that you can be separated from the others that you know. You shouldn't know any of the staff, unless you can be separated from them. Other members of the group can be of any age and they don't need to be doing their DofE. Carers are allowed, if needed.
Accommodation	Staying together with the group, whether in tents, a hostel or other type of accommodation.
Organisation	Must be with an organised group, registered charity or Approved Activity Provider.

What won't count.

Accommodation	Homestays or staying separately from the group. Staying with relatives or friends.
Daytime Activities	Your practice or qualifying expedition. Being paid, internships or work experience. Volunteering with a commercial organisation. Academic or school curriculum trips. Going on holiday.
People	School or youth group trips. Booking with friends, unless you know you are joining a large group and they are able to separate you during the daytime and evening activities.

Expedition Section of the Award. On Foot.

The expeditions at Gold level take place in what is termed as 'wild country'. Generally, these areas are the National Parks in the UK. Expeditions are 6 days for the Practice and 7 days for the Assessed with two days for travelling by minibus to the expedition area and 4 days on expedition. On the Assessed Expedition, we allow an extra familiarisation day.

Accommodation during the expedition is by camping at farm sites; 'wild camping' is also possible, this is camping away from any support or facilities such as water and toilets. Base accommodation is either bunkhouses or Youth Hostels.

At this level and in the wild country environment, the 'leave no trace' policy becomes essential, Expedition Supervisors ensure we all stick to this policy; individuals are responsible for carrying all their own rubbish.



Brecon Beacons Wild Camp

Expedition teams comprise 5 to 7 people.

Additionally, we are able to offer a Gold Expedition programme on the water, using bell boats and travelling against the flow of the River Thames. This is with our Approved Activity Provider, Ben Bullen Adventures Ltd. For more details visit www.benbullenadventures.co.uk.

Previously we have investigated the possibility of an expedition on horseback, unfortunately this did not materialise, but we have found a pony trekking company who will provide us with ponies and instructors. We would need a team of six to make this viable.

If you and a group of friends are interested in an expedition on horseback, then please get together and come and see me in C1.

Training and Expedition Planning

Other than the New Forest training weekend, all training, the First Aid course and expedition planning will take place at school.

Expedition planning is completed in teams so that all members have input in the choice of route and all take part in making detailed route cards. This ensures that no one person takes a lead role and all have an opportunity to learn from the experience and to decide on the type of venture undertaken.

Supervision of participants during expeditions in wild country is carried out by Mountain Leader qualified staff and volunteers. On the Practice Expedition, all teams are closely supervised for the first day as a minimum, for the following three days the supervision will be reduced to a point where the team is remotely supervised and seen at camp in the evening.

Even when on the unsupported Assessed Expedition, the teams are still monitored daily by their Supervisor, in addition to the observations made by the Assessor. In the event of poor weather, the supervisors will keep in frequent touch with participants.

Expedition planning is a long process, taking about an hour a week. We start planning several months before an expedition and compile routes, route cards, map tracings, alternative severe weather routes, venture project details, menus, equipment lists and a wild country application form. All this must be finished and sent to the DofE Network Coordinator for the region we propose to visit. They are then able to advise us of any local access difficulties.

It is obviously understandable if a participant cannot make all the planning sessions; however, you are expected to be an active member of the team.

Whether walking, cycling, canoeing, or riding the expedition section all participants will complete the Expedition Training in the New Forest.

The Expedition

The prospect of a four-day expedition is keenly anticipated by most.

We tend to keep to England and Wales for the expedition week, costs of travelling further afield to Scotland or the continent are likely to put the Gold Award out of reach financially for many people and there is no requirement for the expedition to be undertaken in remote areas of the world. The UK has plenty to offer.

At Gold level, we expect, and the terrain demands a high level of organisation, navigation and camping skills. The weather in the British mountains can be unpredictable and on occasions severe. On arrival at a campsite, tents must be put up quickly and a cooked meal produced, the camp area must be kept tidy and organised to avoid personal kit becoming wet.

Peak District



Snowdonia



Yorkshire Dales



Brecon Beacons

Personal Fitness

There are considerable risks associated with strenuous exercise when not physically prepared. Not least you will find it particularly hard and painful to walk with an expedition pack if unfit.

As well as walking to get used to your boots and equipment you must undertake a period of cardiovascular endurance training, this could include gym work, swimming, walking, cycling and jogging or running.

I suggest you get together with your team for some organised local walks, this will help you find a walking speed for your team. You could also carry a light rucksack and practice some navigation.

Venture Project

The Qualifying Expedition must have an aim and purpose. Decide on your Venture Project before the planning stage and complete or gather evidence for your project during the expedition. Sketch books, video, film diaries, a song or dance, or more serious academic projects are all acceptable.

Food, Hygiene & Menu

Menus are planned and food purchased as a team. Participants must also cook as a team on each expedition. Each team must have at least one hot meal each day when on the expedition, a hot breakfast, hot drinks and a cooked evening meal will help to sustain you.

If the weather is cold, then it becomes vitally important that all participants have a hot breakfast with a hot drink. Some participants skip breakfast with detrimental consequences. We encourage participants to plan a breakfast they will look forward to having. A high calorie count is essential with possibly as much as 5000 calories a day required.

Top Tip:

Porridge oats with powdered milk, adding sugar, cinnamon, nutmeg, raisins, chocolate, etc. to taste. Mix in a sandwich bag, then simply pour hot water in the bag and eat out of the bag. No washing up! And a great way to keep your hands warm. Slow releasing energy to get you well past lunch if required.

Muesli with instant custard. Make up a packet of instant custard and pour onto a mug of muesli. Surprisingly delicious and very sweet!

Participants must carry the following food:

4 lunches, 3 breakfasts, 3 evening meals plus, emergency rations*

A minimum of 1 litre of water, high energy sweets and treats.

***Emergency rations**

Emergency rations become very important at Gold and this is not an exercise. In the event of an accident or serious incident, especially if this is on the last day, then the team may have to rely on emergency supplies. Emergency rations should be easy to eat food giving quick energy; chocolate, flap jacks, boiled sweets, dried fruit, and nuts are all good. We recommend in addition that there should be a small meal and hot drink as well. The rations must be sealed in a bag, kept in the rucksack and not opened unless in an emergency.

Emergency rations are checked at the start and end of the expedition along with other essential safety equipment!

Health & Safety

Participants should not wear head or earphones whilst on expedition. Music is not allowed on camp so do not bring speakers. Mobile phones should not be used unless in an emergency to contact their supervisor.

Glass jars are not allowed, and tinned food is discouraged.

Decant food from jars and tins into re-useable plastic containers.

No Swimming

You must not jump in rivers or lakes. There is a danger from underwater obstructions, currents and cold water shock. Not least, UK waters are not always the cleanest and are a sure way to make yourself ill. There is also a danger from illnesses such as Leptospirosis (Weil's) Disease.

No Bare feet

It is very common for participants to kick their shoes off and sometimes walk around bare foot. It is a good idea to let your feet dry and air after a long day, **TOP TIP:** bring flip flops!

Hot Weather

All participants must bring a hat, small bottle of sun cream and a minimum 1 litre water bottle. The supervisors will be on the hills all day and will not have spare water to supply you. Make sure you start the day well hydrated and sip water frequently during the day. Refill when opportunity allows. The team should have a packet of water sterilising tablets available should you need to take water from mountain streams.

Personal First Aid Kit

Small personal first aid kit with minimum contents: plasters, antiseptic cream, safety pins and bandage. Plus, any other personal medication required.

Toiletries

Fit toiletries: toothbrush and toothpaste, including a quick dry towel or large flannel (don't bring a bath towel) into a sandwich bag. Deodorant and make up is completely pointless!

Water, toilets and showers

Farm campsites usually have basic facilities or portaloos. Sometimes just a field tap for cold water. Wet wipes are a great way to keep clean and freshen up, as there are rarely showers!

Hands must be washed before and after eating/going to the toilet.

Equipment

Each participant must have suitable personal equipment for a week outdoors in the British mountains. This does not mean that you must spend hundreds of pounds on arctic standard clothing, however a good pair of boots (3 Season), quality woollen socks and good waterproofs will be money well spent. Generally, walking trousers and a couple of fleece tops will be sufficient as well as a 3-season sleeping bag and cotton liner.

Maps, compasses, tents, stoves and fuel are supplied by the school. Other equipment is available to borrow.

Personal kit is checked by Supervisors and Assessors before the expedition. This is to make sure that all essential kit is being carried and non-essential is left behind.

Ideally for expedition you should have 2 sets of clothing, one set to walk in and one set to wear in camp and sleep in, this second set must be kept dry.

Expedition equipment can become very expensive, if you have come as far as the Gold Award then you are likely to continue with hill walking as a long term hobby, you may want to invest in some quality equipment. This can be very expensive. Please feel free to come and see us in the DofE office for advice and tips.

Good advice and discounts can be obtained from specialist shops such as Cotswold, Ellis Brigham, Snow and Rock etc.

However, do look at the budget suppliers such as Go Outdoors, Decathlon, Milletts, Blacks etc., all of whom have their own brand kit.

Waterproofs

All participants **must** have a waterproof jacket (with hood), we will not allow anyone to undertake the expedition without a full set of waterproofs. Gaiters to protect the lower legs from deep mud and abrasions are recommended.



Top Tips:

If there is one item I recommend you splash out on, it would be a 'Therm-A-Rest' sleeping mat. These are light weight, good insulators and take up a lot less space than the foam camping mat.

Use a supermarket 'own brand' one litre fruit juice bottle as a water bottle. These are stronger than the standard bottles of spring water and a lot cheaper than polycarbonate bottles from outdoor suppliers. The wider neck makes it easier to refill.

Keep kit and sleeping bag dry in a waterproof stuff sack.



Borrowing School Equipment

Rucksacks, sleeping bags, roll mats are available to borrow from the Tuesday prior to your expedition weekend. Remember to not over-pack. As a guide you should leave home with plenty of space to pack the stove, tent and gas when you get to school.

Loaned equipment must be treated with due responsibility and damage through misuse or carelessness will be charged, as will non-return.

Sleeping bags must be aired and sleeping bag liners must be used and washed before returning.

Expedition Kit List

Personal clothing for 4 days.

- Strong soled walking boots (trainers are not permitted)
- 4 pairs of thick socks. One pair per day. (School/sport socks are not suitable and do not cushion the foot). A wool rich/woollen trekking sock is essential
- 2 pairs walking trousers – **no jeans/jogging bottoms**
- 2 shirts
- Warm jumper
- Fleece
- Underwear for 4 days
- Waterproof jacket, with hood – essential it is waterproof
- Waterproof over-trousers
- Clothes to sleep in (kept dry).

Personal kit

- Rucksack 65ltr minimum**
- Rucksack waterproof liners (or strong plastic bags/ rubble bags)
- 3 season sleeping bag + liner**
- Sleeping mat**
- Personal first aid items / medication
- Watch
- Small quantity of money to make a telephone call
- Notebook and pen or pencil
- Torch and spare batteries
- Emergency rations in a sealed bag
- 1 litre water bottle
- Knife, fork, spoon; plate, mug and bowl
- Toiletry bag (Tooth paste, tooth brush, small hand towel, wet wipes, toilet paper & nappy bags)
- Whistle
- Sun hat / cream / sun glasses or woolly hat & gloves depending on the time of year
- Gaiters
- Shorts if appropriate
- Emergency Survival Bag**
- Trekking Poles**.

Group kit (divided among the group)

- Tent, Cooking stove and fuel*
- Small bottle of washing up liquid & scourer sponge
- Tea towel
- Trowel
- OS Map, Compass & Map case, High Vis Jacket, Permanent pens*
- Digital Camera
- Plastic bags for rubbish
- Food for the 4 days plus a packet of water sterilising tablets
- Matches (in a small container to keep them dry).

* Supplied by school.

**Available to borrow.

Mobile Phones

The use of mobile phones for social calling and texting is not allowed during the expedition, including at the campsite. This is to encourage the sense of independence within the team. Phones must be switched off, sealed in a waterproof bag and kept in rucksacks for use only in an emergency or an important need to contact their Supervisor.

EFAAW

Saturday November 28th 2020, C1 & C2 Bennett Memorial School. (Additional date in early 2021 TBC).

9:00 am to 5:00 pm. Notebook and pen: packed lunch and comfortable clothes required.
Joining Instructions will be issued by our Training Provider.

Gold New Forest Training

**Either: Friday 12th to Sunday 14th March 2021 OR
Friday 26th to Sunday 28nd March 2021.**

Direct entrant participants are expected to attend both weekends at no extra cost to better prepare for the navigation challenge.

Packing: Expedition Rucksack with standard kit & small travel bag for spare clothes additional sleeping bag or blanket if forecast to be cold (kept in minibus).

Monday 8th & 22nd March 2021

12:40 Check and label tents, stoves, etc.

Tuesday 9th & 23rd March 2021

12:45 Final trip briefing. Weather Forecasts and Adapting Plan accordingly.

Friday 12th March / 26th March 2021

Travel & training day

08.15 Staff Car Park, Load Van, Rucksack, tents and stoves, all group kit
12:35 Get Changed, packed lunch in C1, depart as soon as possible
16:30 Arrive New Forest
Navigation refresher and measuring distance by pacing & timing
Venture Project research
Safety and personal hygiene talk
20:00 Walk to Red Shoot camp site
Evening Team building Exercise and discuss personal objectives.

Day 1 – Saturday 13th March /27th March 2021

Walking & training day

8:00am Breakfast & De-camp
8:45am Start of morning session & two-day expedition for direct entrants
Food & hygiene
Navigation: 100m pace, timing, compass, map, etc.
Practical navigation training
Navigation exercise in pairs finding locations
12:30pm Lunch
Start of afternoon session
Emergency procedures: practical stretcher, emergency camp/ benighted
Navigation exercises to second wild camp
Set up camp, timed, simulated emergency, poor weather, etc.
Benighting procedure, emergency camp location and procedures
Emergency first aid practical and discussion
Weather discussion
Evening Evening meal
Night Navigation exercise around a controlled area
Poor visibility and adverse weather talk.

Wild Camp night 2 – Fritham Farm.

Day 2 – Sunday 14th March / 28th March 2021

Training and return travel day

7:30am	Breakfast & De-camp
8:45am	Start of morning session Food & Hygiene Review night navigation exercise Navigation exercise in teams under practice expedition conditions and remotely supervised
2:00pm	Finish at Cadnam Pool: Sort equipment, dry tents, team de-brief. Feedback on Personal Objectives
3:00pm	Return Journey to school stopping at Fleet services, please bring a small amount of money to buy food
6:00pm	Estimated arrival back at Bennett.

Brecon Beacons National Park. Wild Country Practice Expedition Schedule

Monday 5th-Saturday 10th April 2021.

Aim

To provide a controlled wild country walking and camping experience and put into practice all elements gained from the training module. Participants learn from mistakes; test equipment and food choices, ascertain why mistakes have happened so that further training can be focused on areas where needed before the qualifying venture. To demonstrate a safe and competent venture as part of the 20 conditions for the expedition section of the Award.

Delivery

This is a 4-day expedition in wild country, usually the Brecon Beacons or Dartmoor. In addition, 2 days travelling and preparation; supervised by Qualified Mountain Leaders, supported by experienced parent support with hill walking and camping experience.

Sunrise: 06:40

Sunset: 19:55

Day 1 – Monday 5th April 2021

Travel & Preparation day

7:30am Participants arrive at school
Pack mini-bus & final kit check

8:30am Leave Bennett
Lunch at Membury services on M4
Please bring packed lunch or a small amount of money to buy a meal

Evening Evening meal self-catering
Participants will be expected to help prepare meals and wash up
Formal Introductions & final briefing
Kit Check, pack expedition rucksacks.

Day 2 – Tuesday 6th April 2021

Expedition Day 1

7:30am Breakfast, self-catering

8:30am Start of expedition
All teams will be closely supervised for whole day
Each team will have a qualified Mountain Leader Supervisor

5:00pm Arrive at Camp
Cook evening meal & discuss venture project
Overnight camp. Leaders may camp or will return to base camp.

Day 3 – Wednesday 7th April 2021

Expedition Day 2

7:00am Breakfast & De-camp

8:30am Start of expedition day
Teams will be under close supervision part or whole day, at Expedition Leader and Supervisor's discretion

4:30pm Arrive at Camp
Evening - Cook evening meal
Supervisors and Leaders return to base camp
Overnight camp

Day 4 – Thursday 8th April 2021**Expedition Day 3**

7:00am Breakfast & De-camp
8:30am Start of expedition day
Teams will be under close supervision part or whole day, at Expedition Leader and Supervisor's discretion.
4:30pm Arrive at Camp
Evening - Cook evening meal
Supervisors and Leaders return to base camp
Overnight camp

Day 5 – Friday 9th April 2021**Expedition & de-brief Day 4**

7:00am Breakfast & De-camp
8:30am Start of expedition day
Teams will be under close supervision part or whole day, at Expedition Leader and Supervisor's discretion
4:30pm Arrive at Base Camp
Evening Evening meal at local restaurant or self-catering. Price included in expedition fee
Overnight camp or Bunkhouse accommodation.

Day 6 – Saturday 10th April 2021**Return journey**

8:00am Breakfast at local restaurant. Price included in expedition fee.
9:00am Return Journey back to Bennett
12:00 Rest/stop at M4 services. Please bring a small amount of money for snack/lunch
3:00pm Estimated arrival at Bennett

Please note this outline schedule may change subject to participant numbers, accommodation availability, etc.

Day 3 –Tuesday 26th October 2021**Expedition Day 1**

6:00am	Early Wake up, pack Expedition bags, and get ready to leave
6:30am	Breakfast (Teams with remote starts first)
7:00am	Minibuses leave with remote start teams
7:00am	Start of expedition Assessor briefing, remotely supervised
4:00pm	Teams start to arrive at Campsites. Supervisors check all okay & return to base camp
4:41pm	Sunset
Evening	Cook evening meal & discuss venture project Participants overnight camp

Day 4 –Wednesday 27th October 2021**Expedition Day 2**

6:00am	Breakfast & De-camp
7:00am	Start of expedition day - Remote supervision
4:00pm	Teams start to arrive at Campsites. Supervisors check all ok and return to base camp
4:39pm	Sunset
Evening	Cook evening meal Participants overnight camp

Day 5 –Thursday 28th October 2021**Expedition Day 3**

6:00am	Breakfast & de-camp
7:01am	Sunrise
7:00am	Start of expedition day - Remote supervision
4:00pm	Teams start to arrive at Campsites. Supervisors check all ok and return to base camp
4:37pm	Sunset
Evening	Cook evening meal Overnight camp

Day 6 –Friday 29th October 2021**Expedition Day 4**

6:00am	Breakfast & de-camp
7:03am	Sunrise
7:00am	Start of expedition day - Remote supervision
4:00pm	Teams finish expedition, Assessor debriefs Walk into Remote Pick Up or planned route to base camp, wash & clean kit
4:35pm	Sunset
7:00pm	Evening Meal Expedition de-briefing & Social

Day 7 –Saturday 30th October 2021**Return Journey**

7:15am	Bags and Rucksacks to Minibus and Transit Van
7:30am	Breakfast
9:00am	Return Journey to Bennett Stop at Motorway services for lunch (please bring a small amount of cash for this)
4:00pm	Estimated Arrival at Bennett un-pack & clear vehicles
4:30pm	Parent pick up from school.

Please note this outline schedule may change subject to participant numbers, accomodation avaiability, etc.

Expedition Section of the Award. On Water.

To complete the expedition on the water we recommend using Ben Bullen Adventures. Ben operates as an Approved Activity Provider (AAP). Independent companies can only offer DofE expeditions by registering as an AAP with the Duke of Edinburgh Award scheme.

Ben Bullen Adventures has worked alongside our own paddle sport coaches to deliver expeditions at Bronze and Silver.

At Gold we recommend you join an open expedition. Below you will find the details of open expeditions for 2020/2021.



59 The Spinney
Sidcup
Kent
DA14 5NE

Gold Bell Boating Expeditions

Thank you for showing an interest in the Gold Bell Boating Expedition in 2021. This letter gives an overview of the expeditions but please take note of the attached sheet showing the dates of the various packages we run.

The Bell Boat is an extremely safe, large catamaran style canoe. It will seat 12 people but for the purposes of the expedition we put up to 8 people in each boat along with all their luggage. It's almost impossible to tip the boat over and therefore a great mode of travel for the expedition. We're aiming to have two groups of eight young people on each package who will be following the same route but doing a staggered start in order to be apart for the expedition.

The details of each stage of the programme are as follows:

Training Day 10am to 3pm

The Bell Boat training day will take place on the River Medway in Tonbridge. We'll meet in the car park next to Tonbridge Swimming Pool. The address is The Slade, Tonbridge, Kent, TN9 1HR. This day is really important since you'll learn all you need to know about Bell Boating. It's not as simple as it looks, you need to learn how to put the boats together and as well as moving forwards you'll also need to learn about maneuvering them in small spaces, particularly with the river locks in mind. It will also be an opportunity to meet the rest of the team and do some planning for the expeditions.

Practice Expedition

We'll meet at Pewsey Wharf, Marlborough Rd, Marlborough SN9 5NU. You can get trains direct to Pewsey from Paddington and the meeting point is a short walk from Pewsey Station. We'll meet there at 1pm and spend the day

refreshing our memories from the training day and planning the routes for the qualifying expedition. We'll camp overnight at The Golden Swan Inn at Wilcott before paddling around 14 miles to a lock on the canal where you will wild camp on the second night. That means no toilet or electricity on the second night but a great experience and a good understanding of wild camping which you'll do on the qualifier expedition. On the final day you'll paddle to Thatcham Station, Station Road, Thatcham, Newbury, West Berkshire, RG19 4PP. You should aim to be collected from there at 4pm. There are direct trains back to Paddington from Thatcham.

Qualifying Expedition.

This will be on the River Thames starting at Runnymede near Windsor. We'll meet at 9am at Runnymede Pleasure Gardens, Windsor Road, Englefield Green, Egham, Surrey TW20 0AE. You'll camp at Cookham Lock on the first night, wild camp on an island near Sonning on night two and camp at a campsite in Wallingford on night three. At the end of day four (2pm) you'll need to be collected from Abingdon Marina, South Quay, Abingdon, Oxon, OX14 5TW (the road to the marina says Private but just ignore this sign). We can help organise taxis to Didcot Parkway for those needing to get trains home. Taxis cost about £25

Covid Restrictions

Although at the moment schools can't take groups on residential trips, as a private company we can run residential. However we can only do this as a "Covid Secure" company. This means we have a number of measures in place to help keep people safe. Everyone's temperature is checked at the beginning of the expedition with people sent home if their temperature's are too high. The kit list includes hand sanitiser but leaders also carry spare hand sanitiser. We're happy for people to share tents as a maximum of two people in three person tents, as long as they top and tail with bags down the middle. But we'll also happily provide one tent per person. Our full covid policy will be sent to you prior to the expeditions.

We have 16 spaces available on each package at a cost of £630 per person. The price includes hire of boating equipment, all staff fees and all camping costs. There is an extra cost to hire tents, dry bags and Trangias but a lot of people borrow these for free from their DofE Leader. Travel to and from the expeditions is not included and neither is food.

To book onto the expedition please go to our website – www.benbullenadventures.co.uk and click on "Book" in the top right hand corner. You can then choose to book on the Gold option and then choose the training day, practice and qualifier which works for you. I very strongly urge you to book onto the same package rather than different ones (for example choose to do all the Marlow dates or all the Cookham dates). The expedition has a huge emphasis on teamwork and you therefore make great friends but it's often easiest to do this when everyone is going through the same parts of the programme together.

You can choose to pay in one go or you can make monthly payments, just click on the option which suits you.

As soon as the current two packages are close to being full then I'll open up some more dates. However if the current dates don't work for you then I'd be happy to put together different dates specifically for a group of students.

If you have any questions please feel free to contact me on ben@benbullenadventures.co.uk.

Yours sincerely,

Ben Bullen

Ben Bullen Adventures

www.benbullenadventures.co.uk



Gold Bell Boating Dates 2020-21

Dorchester Group

Training	Saturday 3 rd October 2020
Practice	Wednesday 28 th to Friday 30 th October 2020
Qualifier	Wednesday 21 st to Saturday 24 th July 2021

Marlow Group

Training	Saturday 20 th March 2021
Practice	Tuesday 6 th to Thursday 8 th April 2021
Qualifier	Monday 23 rd to Thursday 16 th August 2021

Cookham Group

Training	Sunday 21 st March 2021
Practice	Wednesday 7 th to Friday 9 th April 2021
Qualifier	Tuesday 24 th to Friday 27 th August 2021

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THE DUKE OF
EDINBURGH'S AWARD

Bennett DofE Centre *Directly Licenced Centre*



Gold Award 2021 Enrolment & Parent Permission Form

Surname: _____ Forename(s): _____

Date of Birth: _____ Year & Tutor Group: _____ eDofE ID: _____

Address: _____

Home Telephone Number (Including STD Code) _____

Mother's/Father's daytime telephone number _____

Parent email (for Award Notices): _____

Participants Mobile (Use on Expedition only): _____

Expedition Programme Permission information required:

Special Dietary Requirements: _____

Special Medical Requirements: _____

Doctor's Name & Telephone Number: _____

Any other information regarding your child which may be of use: _____

I give permission for my child to take part in (Please diary all dates and keep free):

- | | | |
|----------------------------|---|----------------------|
| EFAAW Course | Saturday 28th November 2020 | } Attend one weekend |
| Expedition Training | Friday 12th - Sunday 14th March 2021 | |
| Expedition Training | Friday 26th - Sunday 28th March 2021 | |
| Practice Expedition | Monday 5th - Saturday 10th April 2021 | |
| Assessed Expedition | Sunday 24th - Saturday 30th October 2021 | |

I understand the nature of the activities involved and students will be remotely supervised by a DofE Supervisor and I give permission for my son/daughter to attend the above dates.

I give my permission to the Supervisor in charge of the group to authorise, on my behalf, the administration of an anaesthetic or for any other urgent medical treatment.

I have paid the minimum of £125.00 on ParentPay to account 'DofE Gold 2021'.

Parent's Signature:

Print Name: **Date:**

Please check on your calendars (including the School Calendar) to ensure the Participant can make all the relevant dates as we are unable to run additional expeditions.