



Bronze Duke of Edinburgh's Award

# 2021 Information Pack

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Dear Bennett Parent,

### **Bronze Duke of Edinburgh's Award Programme**

We are delighted to offer all Year 9 students the opportunity to enrol on the largest youth award programme in the world.

The cost of participating in the award at Bennett with the expedition section on foot, has been fixed at the same level for the last three years; £100.00 each.

We are pleased to be able to offer the option of completing the expeditions by canoe and kayak. This is an opportunity not available to students at most schools and is really good fun. No previous canoeing or kayaking experience is required as full training will be given.

The cost for water-based expeditions is £160.00 each.

The above cost includes the enrolment fee, group kit such as tents, stoves, maps and compasses, all training, practice, and qualifying expeditions.

For canoeing, the cost includes the hire or provision of all specialised equipment, buoyancy aids, safety helmet, qualified paddle sport instructors and, of course, a canoe!

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 Bronze then we are offering enrolment without payment, please return the enrolment form to show commitment, payment should be made by the date of the expedition training in March 2021 or if you are able you can make payment now via ParentPay. The total payable for bronze is £100.00 or £160.00 if canoeing.

### **The Award**

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. The award is completed by successfully undertaking an assessed two-day camping expedition in open country. This expedition is preceded by relevant training and a two-day practice camping expedition.

### **The Award in brief – Bronze; Year 9/10**

Volunteering	Physical	Skills	Expedition
1 hour/ week For 3 months*	1 hour/ week For 3 months*	1 hour/ week For 3 months*	Plan, train for and complete a 2 day & 1 night Practice and Assessed Expedition
<b>*All participants must undertake a further 3 months in the volunteering, physical or skills section.</b>			

## Training and Support

Training and support towards achieving the Award takes place during registration periods once a week and in room C1 during morning and lunch break; there will be one training session a week commencing in term 2, November 2020. Participants will be required to attend every training session in order to proceed to the expedition section of the award. We will also monitor participant progress through the various sections using the Duke of Edinburgh Award online management system, eDofE.

After enrolment, your child will receive a Bronze Participant Handbook, this contains a lot of additional information and helpful cards for sectional assessors to guide them with their assessing duties. Once an activity section is complete, either 3 or 6 months the participant will need to arrange for the assessor to complete the report card with details of the activity undertaken, this will need to be scanned and uploaded onto their personal eDofE account. Alternatively, an assessor can load a report online through the DofE website, 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 will start as soon as enrolments are underway with small groups invited to C1 each morning to be shown how to activate and manage their account.

## 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](http://www.dofe.org) for additional information about the award. We will be looking at activity examples during school training.

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:**

May-Oct 2020		Nov-Dec 2020	Jan-March 2021	April-June 2021		Awards Evening 2022
Enrolment Start Sectional Activities	Activity reviews hand out award handbooks	Class based training	Expedition planning & practical training complete both 3m activities Enrol early on Silver Award	Complete 6m activity. Practice Expedition	Assessed Expedition.  Progression onto Silver for most bronze participants.	Bronze Awards Issued

**Participant can enrol on the Silver Award as soon as the first sectional activity is complete.**

## Enrolment Deadline

We encourage students to enrol as soon as possible, sectional activities can start immediately, and, enrolment on the next level of the award can take place before the expedition assessment and as soon as a minimum of one sectional activity is completed, allowing an ongoing activity to be used for the next level of the award scheme.

Your child's involvement with the three activities (volunteering, skill and physical) can start once we have received their enrolment form.

### How to Enrol

To enrol on the Bronze 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 Bronze then we are offering enrolment without payment, please return the enrolment form to show commitment, payment should be made by the date of the expedition training in March 2021, or, if you are able you can make payment at any time via ParentPay. The total payable for bronze is £100.00 or £160.00 if canoeing.

This year the return of the form also confirms your commitment to pay if you decide to take the option and pay the final balance for your mode of travel by Friday 5<sup>th</sup> March 2021.

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

The programme is hugely supported by Bennett Memorial School staff and parents.

At the school we have a large group of dedicated volunteers who support the expedition training day and expeditions in supervisory roles, this is to ensure the safety and wellbeing of the participants.

With the ever-growing school roll and a higher proportion of the year taking up the award we need parents to come forward and support us on the training day and the expeditions.

Should you wish to discuss any aspect of the D of E Award further, please do not hesitate to contact me.

Yours sincerely,

*Chris Morris*

**Mr Chris Morris**

**Mountain Leader**

**Duke of Edinburgh's Award Manager**

E: [morris@bennett.kent.sch.uk](mailto:morris@bennett.kent.sch.uk) T: 01892 521595

Bennett Memorial Diocesan School

Culverden Down, Royal Tunbridge Wells, Kent, TN4 9SH.

Follow and re-tweet the Duke of Edinburgh's Award Centre activities and expeditions on Twitter [@BennettDofE1](https://twitter.com/BennettDofE1)

# 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, at Bronze from 3 months (13 weeks) to 6 months (26 weeks). There is a huge range of activities available, you will see below just some of the ideas available and the section the activity might apply to.

## **Understanding the Time Requirement**

It is important to understand the time requirement for the section activities. Three or six 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 2021.

Attending the qualifying expedition in June 2021 is conditional on having completed all three sectional activities.

At the completion of an activity, either 3 or 6 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.

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

**Participants can enrol on the Silver Award in year 10 as soon as the first sectional activity is complete.**

Continue with an activity and use it for the next level of the award. The section activity can be ongoing at Silver before the expedition at Bronze has been completed.

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](https://www.dofe.org/do) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](https://www.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 below 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><b><u>Helping people</u></b>            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><b><u>Community action &amp; raising awareness</u></b>            Campaigning            Cyber safety            Council representation            Drug &amp; alcohol education            Home accident prevention            Neighbourhood watch            Peer education            Personal safety            Promotion &amp; PR            Road safety</p> <p><b><u>Working with the environment or animals</u></b>            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><b><u>Helping a charity or community organisation</u></b>            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><b><u>Coaching, teaching and leadership</u></b>            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' &amp; Girls' Brigade            Girlguiding UK            Girls' Brigade            Sports leadership            Music tuition</p>	<p><b><u>Individual sports</u></b>            Airsoft            Archery            Athletics (any field or track event)            Biathlon/Triathlon/Pentathlon/Aquathon            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><b><u>Water sports</u></b>            Canoeing            Diving            Dragon Boat Racing            Free-diving            Kite surfing            Kneeboarding            Rowing &amp; sculling            Sailing            Skurfing            Sub aqua (SCUBA diving &amp; snorkelling)            Surfing/body boarding            Swimming            Synchronised swimming            Underwater rugby            Wakeboarding            Windsurfing</p> <p><b><u>Dance</u></b>            Ballet            Ballroom dancing            Belly dancing            Bhangra dancing            Ceroc            Contra dance            Country &amp; 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><b><u>Racquet sports</u></b>            Badminton            Matkot            Racketball            Racketlon Rackets</p>	<p><b><u>Performance arts</u></b>            Ballet appreciation            Ceremonial drill            Circus skills            Conjuring &amp; magic            Majorettes            Puppetry            Singing            Speech &amp; drama            Theatre appreciation            Ventriloquism            Yoyo extreme</p> <p><b><u>Science &amp; technology</u></b>            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><b><u>Care of animals</u></b>            Agriculture (keeping livestock)            Aquarium keeping            Beekeeping            Caring for reptiles            Dog training &amp; handling            Horse/donkey/lama/alpaca handling &amp; care            Looking after birds (i.e. budgies &amp; canaries)            Pet care – health/training/maintenance            Pigeon breeding &amp; racing</p> <p><b><u>Music</u></b>            Church bell ringing            Composing            DJing            Evaluating music &amp; musical performances            Handbell ringing            Improvising melodies            Listening to, analysing &amp; describing music            Music appreciation            Playing a musical instrument            Playing in a band            Reading &amp; notating music            Understanding music in relation to history &amp; culture</p> <p><b><u>Natural world</u></b>            Agriculture            Conservation            Forestry            Gardening</p>	<p><b><u>Media &amp; communication</u></b>            Amateur radio            Blogging            Communicating with people who are visually impaired            Communicating with people who have a hearing impediment            Film &amp; video making            Journalism            Newsletter &amp; magazine production            Signalling            Vlogging            Writing</p> <p><b><u>Creative arts</u></b>            Basket making            Boat work            Brass rubbing            Building catapults &amp; 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 &amp; calligraphy            Macramé            Marquetry            Model construction            Mosaic            Painting &amp; 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><b><u>Fitness</u></b> Aerobics Cheerleading Fitness classes Gym work Medau movement Physical achievement Pilates Pole dancing Running/jogging Walking Weightlifting Wii-fit Yoga</p> <p><b><u>Extreme sports</u></b> BMX Caving &amp; 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><b><u>Martial arts</u></b> Aikido Capoeira Ju Jitsu Judo Karate Kendo Mixed martial arts Self-defence Sumo Tae Kwon Do Tai Chi</p> <p><b><u>Team sports</u></b> 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><b><u>Games &amp; recreation</u></b> 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 &amp; flying Mah Jongg Marksmanship Model construction &amp; racing Motor sports Power boating Snooker, pool &amp; billiards Sports appreciation Sports leadership Sports officiating Table games War games</p> <p><b><u>Life skills</u></b> 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 &amp; beauty Learning about the emergency services Learning about the RNLI (Lifeboats) Library &amp; information skills Life skills Massage Money management Navigation Public speaking and debating Skills for employment Young Enterprise</p> <p><b><u>Learning &amp; collecting</u></b> Aeronautics Aircraft recognition Anthropology Archaeology Astronautics Astronomy Bird watching Coastal navigation Coins Collections, studies &amp; surveys Comics Contemporary legends Costume study Criminology Dowsing &amp; divining Fashion Forces insignia Gemstones Genealogy Heraldry History of art</p>	
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	<p>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</p>	<p>Language skills Military history Movie posters Postcards Reading Religious studies Ship recognition Stamp collecting</p>	
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## Activity Planner.

Please print this page, complete the planner and keep it handy at home. You can record attendance at activities and keep a log sheet of attendance by downloading the appropriate log sheet from the Bennett DofE webpage.

You will get an online account to record all your activities, you must complete online activity planners and submit them for approval. This way we can ensure that your chosen activity will be appropriate to the section.

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When you complete an activity get an assessor report and upload to eDofE.

# Expedition Section of the Award

As you would have read earlier in this information pack the expedition requires you to complete a certain amount of expedition training, a two-day practice expedition and an assessed expedition. Expeditions are overnight, camping on the walking expeditions at Adamswell Scout campsite, on the canoe expeditions we camp at riverside camps near the Medway and Thames.

## **2021 Calendar of compulsory events for all modes of transport; walking and canoeing.**

Once enrolled you must attend training sessions, when requested, to activate and set up the eDofE account.

Saturday 6<sup>th</sup> March

Expedition Training day at  
Adamswell campsite.  
Teams from tutor groups A, C, F & G.

Sunday 7<sup>th</sup> March

Expedition Training Day at  
Adamswell campsite.  
Teams from tutor Groups J, L, M, R & T.

All participants attend the training day in March at Adamswell campsite.

Canoe training for all water-based expeditions is on Saturday 24<sup>th</sup> April 2021.

## Bronze Training Day Schedule.

Saturday 6<sup>th</sup> March; A, C, F & G  
Sunday 7<sup>th</sup> March; J, L, M, R & T

- 8:30 Volunteers and Instructors arrive.
- 8:45 Run through of day activities with team supervisors.
- 9.00 Students arrive at Adamswell Scout Campsite, Broom Lane, Langton Green. TN3 9JL.
- 9:30 Expedition Section:  
Maps and compasses  
Map symbols and features  
Navigation and compass  
check route planning for practice expedition.  
Practical navigation – learn how to measure distance with pacing and timing.  
Practical navigation exercise around campsite.  
Road walking and road crossing procedure
- 11:30 Tents:  
Collect tents as a team from the Scout hut.  
Learn how to choose a suitable site, erect, peg out and fold away tents.
- 12:30 Stoves:  
Return tent and collect stove and gas.  
Written Risk assessment by each team.  
Learn how to use stoves safely. Attach and change a gas cylinder.  
Correct operation and behaviour around stoves.  
Practical session includes making a drink and cooking lunch.  
Clean and return stoves to Scout hut.  
Follow the (Leave No Trace) LNT policy. Pick up every match stick.  
Re-do/add to risk assessments after practical session.
- Teams to bring your own food to cook, remember the food training topic.  
Be original and **NO** pot noodles!
- 1:45 Assemble in Chapel at Adamswell campsite.

## Parent Collection

On arrival at Adamswell we will take the name of the student(s) you are collecting. Please remain in your car and drive around the building. Your son or daughter will be called to your car.

### Saturday

14:00 10A  
14:05 10C  
14:10 10F  
14:15 10G

### Sunday

14:00 10J  
14:05 10L  
14:10 10M  
14:15 10R  
14:20 10T

### Kit required for the day:

Own clothes-suitable for 6 hours outside.

Fleece and if cold a warm coat.

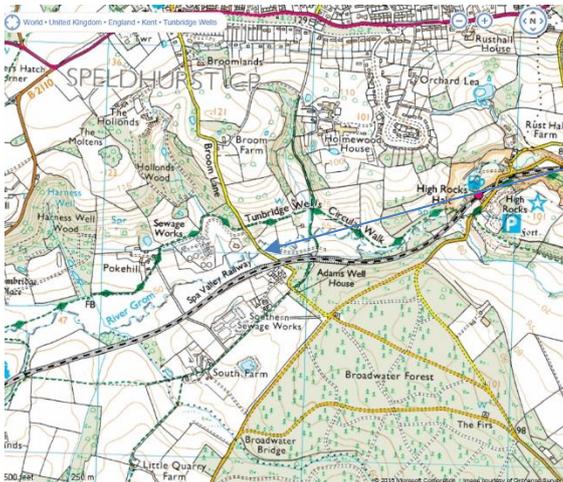
Wool hat and gloves

Waterproof jacket and trousers

School size day bag

Plate, bowl, knife, fork, spoon & mug

Supermarket type carrier bag (to put your dirty crockery in).



**Training arrival and pick up:  
Adamswell Campsite  
Broom Lane  
Langton Green  
TN3 9JL**



# Walking Expeditions

At the Bronze level this can be completed in an area relatively close to the school and does not need to be unfamiliar territory.

Here are the dates for the compulsory training and expedition weekends that you need to attend in order to complete the Bronze Award on foot.

## **2021 Calendar of compulsory events for walking expeditions**

Saturday 6 <sup>th</sup> March	Expedition Training day at Adamswell campsite. Teams from tutor groups A, C, F & G.
Sunday 7 <sup>th</sup> March	Expedition Training Day at Adamswell campsite. Teams from tutor Groups J, L, M, R & T.
Saturday 24 <sup>th</sup> to Sunday 25 <sup>th</sup> April	Practice expedition weekend Teams from tutor groups A, C, F & G.
Saturday 8 <sup>th</sup> to Sunday 9 <sup>th</sup> May	Practice expedition weekend Teams from tutor groups J, L, M, R & T.
Saturday 12 <sup>th</sup> to Sunday 13 <sup>th</sup> June	Assessed expedition weekend Teams from tutor groups A, C, F & G.
Saturday 19 <sup>th</sup> to Sunday 20 <sup>th</sup> June	Assessed expedition weekend Teams from tutor groups J, L, M, R & T.

Teams made up of participants from more than one tutor group tend to go on the weekend appropriate to largest form representation.

## **Bronze Practice Expedition Schedule, Bennett to Adamswell Scout Campsite, Langton Green**

Saturday 24<sup>th</sup> to Sunday 25<sup>th</sup> April

Teams from tutor groups A, C, F & G

Saturday 8<sup>th</sup> to Sunday 9<sup>th</sup> May

Teams from tutor groups J, L, M, R & T.

The practice expedition is an opportunity to practice skills learned in class and on the training day, to make a few mistakes and to learn from these mistakes, when you come to the assessed expedition in June the navigation, camping and cooking will be more familiar to you and will make for a more enjoyable experience.

In preparation for the practice expedition have a look at the expedition kit list in this pack. Please do not over-pack. We often find that students have too many clothes and items which are totally un-necessary.

The rucksack which you carry should weigh no more than 25% of your body weight this includes all your team kit such as tent, stove, gas and a 1L bottle of water.

On the weekend of your practice expedition the following schedule applies:

Saturday:

- 8:45 Arrive Bennett Sports Hall for registration.
- 9:00 Meet your supervisor and prepare for leaving on expedition.  
Collect and check tents and stoves etc.  
Check routes are complete.  
Check personal equipment and if necessary, weigh rucksack.

Adamswell Scout campsite has the River Grom running through part of the camp. The River Grom and river banks are strictly out of bounds.

Sunday:

- 8:30 Teams should have left camp. We will make sure teams are up by 7am to cook their own breakfast and prepare a hot drink.
- 14:30 Teams will start arriving back at Bennett.

### **\*IMPORTANT: Parent Pick up.**

On arriving back at Bennett, teams will need to dry and clean the group kit, this includes erecting the tent to dry it, cleaning the stove, cleaning maps and other resources and signing all borrowed equipment back into stores.

If you have borrowed a school rucksack this can be taken home to be emptied and dried before returning on Monday ready for use the following weekend.

You are responsible for any kit which you borrow. This must be signed back into stock in the DofE Centre and not abandoned in classes or on lockers. We may make a replacement charge for kit lost, damaged or simply not returned.

The team will also be de-briefed by the supervisor and advice given on any further training that may be required before the assessed expedition in June.

**Participants should not call home without the supervisor's permission and, absolutely not before arriving back at school. When you receive a call, your son or daughter will give you a collection time. This will be about an hour after the team arrives back at school. Please do not arrive early as this will compromise the supervisor's task in ensuring that debriefing is effective and all equipment is properly returned.**

## Bronze Assessed Expedition Schedule, Bennett to Adamswell to Crowborough

Saturday 12<sup>th</sup> to Sunday 13<sup>th</sup> June

Teams from tutor groups A, C, F & G.

Saturday 19<sup>th</sup> to Sunday 20<sup>th</sup> June

Teams from tutor groups J, L, M, R & T.

Although the format of the weekend is largely the same as for the practice expedition the teams are observed by independent assessors to ensure that the team meet the '20 Conditions' for the Expedition Section.

### **Saturday**

- 8:45 Arrive Bennett Sports Hall for registration.
- 9:00 Meet your supervisor and assessor and prepare for leaving on expedition.  
The assessor will want to see a thoroughly well prepared and planned expedition.  
Collect tents and stoves, etc.  
Check personal equipment and if necessary weigh rucksack.

Adamswell Scout campsite has the River Grom running through part of the camp. The river and river banks are strictly out of bounds.

### **Sunday**

- 8:30 Teams should have left camp. We will make sure teams are up at about 7am to cook their own breakfast and prepare a hot drink.
- 14:30 Teams start arriving at Goldsmith's and will take about one hour completing their kit cleaning and expedition presentation.

The teams are walking from school to Adamswell Scout campsite on the first day.

The second day the teams complete their journey to Goldsmith's Leisure Centre in Crowborough.

Parent pick up from the leisure centre late afternoon. There are several tasks to complete before being allowed to go home. When you arrive at Goldsmith's you will be allowed to phone home with a pick-up time, **do not do this before the assessor says that it is ok to do so.**

Set up tents to dry, wash up and hand in group kit.

**Assessor de-briefing and expedition presentation.**

Pack away tents when dry

Return borrowed school kit (Parents can bring a bag/dustbin liner for personal kit).

5.00pm Approximate time for Last parent pick up.

Leisure Centre



# Walking Expedition Kit List

Maps, compasses, tents, stoves and fuel, hi visibility jackets and maps and map cases are supplied by the school. Other personal equipment is available to borrow. A small charge is made for the loan of some equipment.

Personal kit is checked by supervisors and assessors before every expedition, this is to make sure that all essential kit is being carried and non-essential kit is left behind.

Ideally on 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. Waterproof stuff sacks are ideal for this.

## Expedition kit list

### **Personal clothing. Adjust for the number of days on expedition.**

- Strong soled walking boots (trainers are not permitted)
- Thick trekking socks. One pair per day. (School/sport socks are not suitable and do not cushion the foot)
- 1 pair of walking trousers – **no jeans/jogging bottoms**
- Shorts if suitable weather
- 2 shirts/T Shirts
- Warm jumper
- Fleece – cotton hoodies are too heavy, particularly when wet and are difficult to dry
- Underwear-clean for each day.
- Waterproof jacket, with hood – essential that it is waterproof
- Waterproof over-trousers
- Clothes to sleep in (kept dry).

### **Personal kit –**

- Rucksack 65ltr minimum (70/80 litre recommended for Gold Award)\*\*
- Rucksack waterproof liners (or waterproof stuff sacks or strong plastic bags/rubble bags)
- 3 season sleeping bag + liner\*\*
- 4 season sleeping bag + liner for Gold award
- Sleeping mat\*\*
- Personal first aid items / medication
- Watch
- Small quantity of money to make a telephone call
- Notebook and pen or pencil
- Head torch and spare batteries
- Emergency rations in a sealed bag
- Packed lunches, (Bronze x2, Silver x3 Gold x4)
- Snacks and sweets, cereal bars etc.
- 1 litre Water bottle
- Knife, fork, spoon; plate, mug and bowl
- Toiletry bag (Tooth paste, tooth brush, small hand towel/flannel, wet wipes)
- Whistle
- Woolly hat & gloves
- Sun hat / cream / sun glasses
- Emergency survival bag\*\*
- Trekking poles\*\*
- Toilet paper & nappy bags - Gold award only
- Gaiters – Gold award only.

### **Group kit (to be divided amongst the group)**

- Tent, cooking stove and fuel\*
- Small bottle of washing up liquid & scorer sponge
- Tea towel

- Trowel-Gold award only
- OS Map, compass & map case, high vis Jacket, permanent pens\*
- Digital camera
- Plastic bags for rubbish
- Team food-main meals only
- Gas lighter or 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, placed in a water proof bag and kept in rucksacks with first aid kits and only used in an emergency or an important need to contact their supervisor.

On assessed expeditions venture projects requiring photography should be completed with a small digital camera rather than a phone camera. This will avoid the temptation to (just checking) use the phone.

Clothing for expeditions should be one set of clothes to walk in and one set to wear in the tent and to sleep in, this set must be kept dry.

There is a large selection of specialist kit available, if you have any questions about expedition equipment then please do not hesitate to speak to me, the most important single item will be your walking boots.

Buy your boots in plenty of time and go for some walks, although modern boots do not need 'breaking in' you should wear them in to reduce and even to avoid painful blisters. Wear boots with two pairs of good quality walking socks to reduce the likelihood of blisters.

Following the eDofE account training you will receive a discount card for use in Blacks, Milletts and Go Outdoors. Cotswold in Tunbridge Wells will also offer a 10% discount to DofE participants.

# Water Expeditions

As you would have read earlier in this information pack the expedition requires you to complete a certain amount of expedition training, a two-day practice expedition and an assessed expedition. Expeditions are overnight staying at commercial campsites on the river Medway and Thames.

At the bronze level this can be completed in an area relatively close to the school, however, apart from the Medway we don't have any rivers large enough in Kent and Sussex for a two day expedition and we cannot repeat the assessed on the same stretch of river as the practice. Therefore, the practice expedition is on the Medway from Tonbridge to Maidstone and the assessed on the Thames from Abingdon to Pangbourne. In both cases paddling downstream.

Here are the dates for the compulsory training and expedition weekends that you need to attend in order to complete the bronze award on the water by canoe, kayak or bell boat.

## **2021 Calendar of compulsory events for canoe and kayak expeditions**

Once enrolled you must attend sessions, as called, to activate and set up the eDofE account.

Saturday 6 <sup>th</sup> March	Expedition Training day
Saturday 24 <sup>th</sup> April	River and paddle training at Tonbridge
Saturday 3 <sup>rd</sup> to Sunday 4 <sup>th</sup> July	Practice expedition weekend. Tonbridge to Maidstone
Friday 24 <sup>th</sup> to Sunday 26 <sup>th</sup> September	Assessed expedition weekend. River Thames Abingdon to Pangbourne.

Canoe teams are made up of participants from several tutor groups. Therefore, to complete training in school you will need to go to the allocated tutor room for training sessions and your whole team will attend one or other of the training days.

## **Bronze Canoe, kayak and Bell Boat Training and Expeditions**

### **Expedition Training: Saturday 24<sup>th</sup> April, River Medway**

**Aim:** Fun and informative introduction to Bronze water-based expeditions in a relaxed environment.

**Objective:** Instructing DofE Canoe Expedition skills, including; necessary boat handling, navigating and operation of river locks, camp craft, teamwork, safety and navigation.

Participants to pack for day training on the River Medway. You will require a packed lunch, bottle of water and some snacks.

Include a towel and dry set of clothes.

Waterproof jacket, trousers, and warm fleece.

Staff:	Lisa Griffiths. Volunteer paddle sport coaches.
Transport:	School minibus and canoe trailer.
Participants Boats:	Bennett Canoes and kayaks.
Transport	Start: Parent Responsibility & Minibus return to school

### **Saturday 24<sup>th</sup> April:**

8:00	Participants to arrive at school if transport by minibus to Tonbridge is required.
8:30	Leave for Tonbridge
9:00	Participants to arrive at Tonbridge by parent transport Lower Castle Field car park. Access via The Slade. Nearest postcode is: TN9 1HR
9:45	Unload all barrels, boats and personal Equipment from Trailer
10:00	Barrels, sample tents and stoves, lesson on packing and loading boats
10:30	Distribute map case, map/compass per boat
11:00	Launch Boats Set 100m course to ascertain paddling speed of each team to record on maps. Paddle warm up to the Fen
12:00	Packed lunch-no cooking or stove use
13:00	Rescue techniques. You may get wet during this exercise. More specific drills for Canoe participants, boat and equipment recovery to shore. Exit river and hot chocolate. Change into spare clothes.
14:00	Leave Tonbridge All participants return to Bennett. Clean down canoes and return equipment to C1 to dry overnight.
15:00	Parent Collection

## Practice Expedition Saturday 3<sup>rd</sup> to Sunday 4<sup>th</sup> July

Aim: As part of the twenty conditions of the expedition section all participants must complete a successful practice expedition prior to attending an assessed expedition.

Award Participants will complete a closely supervised 2-day and one-night river expedition from Tonbridge to Allington lock in Maidstone with an overnight camp at East Peckham.

Staff:	Lisa Griffiths Volunteer paddle sport coaches
Transport:	School minibuses, canoe trailer and box trailer
Participants Boats:	6 x Bennett Canoes and kayaks
Transport	Arrival: Parent Responsibility Return to school by minibus.

### Saturday 3<sup>rd</sup> July

8:30 Participants to arrive at Tonbridge Lower Castle Field car park  
9:00 Unload boats and equipment  
Pack barrels with all expedition equipment, camping equipment and personal kit.

Expedition starts from the slip-way to Wateringbury marina,  
Closely supervised by paddle sport coaches and school staff.  
Bank support from Bennett volunteer staff.

Stopping at locks for rests and packed lunch

16:00 Arrive and camp at Marina Campsite, Wateringbury.

River and Banks strictly out of bounds apart from exiting the water and retrieving boats.  
No swimming in the Medway.

22:00 Lights out.

Sunday 4<sup>th</sup> July

8:00 Early start, breakfast and break camp.  
Ready to paddle

Stopping at locks for rests and packed lunch.

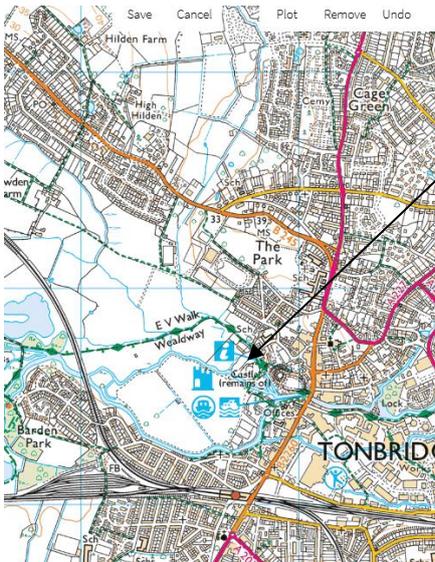
14:00 Anticipated arrival time at Allington lock, Maidstone, subject to river and lock gate traffic.  
Load trailers with boats and equipment.

All participants return to Bennett in school minibuses to help clean and sort out equipment for drying.

16:00 Estimated time of parent pick up from school  
Students will phone to confirm a more accurate time once we leave Maidstone for the journey home.



Lower Castle Field Car Park TN9 1HR



## **Assessed Expedition: Friday 24<sup>th</sup> to Sunday 26<sup>th</sup> September**

**Aim:** Participants to undertake a remotely supervised 2-day, 1-night expedition with a venture project, assessed by an external DofE Assessor.

**Supervisors:** Chris Morris – Bennett Memorial School  
Lisa Griffiths – Bennett Memorial School

### **Friday 24<sup>th</sup> September Preparation and Travel to Wallingford**

9:00	Participants arrive in C1 with kit Check equipment and load box van and canoe trailer Depart Bennett for Wallingford, Oxfordshire. School minibuses
12:30	Arrive Wallingford Campsite – Lunch – Packed lunch required Set up camp Canoe practice paddle on the Thames near campsite Kit check and pack for expedition Assessor checks equipment and routes
18:00	Evening meal provided. Pizza/Chinese takeaway
20:00	Tidy campsite
22:00	Participants in tents – no noise.

### **Saturday 25<sup>th</sup> September- Expedition Day 1**

7.30	Participants up and Breakfast (we will provide cereal, brioche rolls porridge, tea and coffee) Tents Down, clear camp and load boats
8:30	Drive to Abingdon Marina for start of expedition
9:00	Arrive Abingdon Ben Bullen Adventures start expedition and supervise participants on the water
15:00	Teams start to arrive at Wallingford Camp Tents up Store boats and equipment properly Prepare evening meals Assessor observes to ensure 20 conditions are met Participants provide and cook evening meal
22:00	Latest lights out and no noise

### **Sunday 26<sup>th</sup> September - Expedition Day 2**

7:00	Participants up and prepare own breakfast
8:00	Staggered Start as each team is ready Ben Bullen Adventures supervise participants on the water
14:00	Team start to arrive at Finish at Pangbourne/Whitchurch-on-Thames lock Equipment sorted Trailers loaded
16:00	Depart Pangbourne
18:00	<u>Approx.</u> Arrive Tunbridge Wells, Bennett Memorial School.

Please note: participants will need packed lunches and snacks for three days. Friday – Sunday.

The school will provide a takeaway meal or food for cooking Friday evening and Saturday breakfast. Participant provide their own expedition food and should plan their menu as a team. This must include one evening meal and one breakfast in addition to three packed lunches.

A small amount of cash may be brought to buy a snack if time allows a stop on the way home.

Participants will be allowed to call home during the return journey with a collection time. Please note that participants will be expected to secure and tidy away equipment on arrival at school before going home.

Tents and other equipment, if not dry on Sunday, will need putting up on the school field. On Monday on return to school teams will need to take down tents, pack and hand back to store in C1.

Remember to follow and re-tweet all our expeditions on our Twitter page [@BennettDofE1](#)

# Canoe, kayak and bell boat expedition kit list

Maps, compasses, tents, stoves and fuel are supplied by the school. Other equipment is available to borrow. All specialist equipment relating to the mode of transport is supplied. This includes buoyancy aid, helmet, paddle, watertight barrels.

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 paddle in and one set to wear in camp and sleep in, this second set must be kept dry. Waterproof stuff sacks are ideal for this.

## **Expedition Kit List**

### **Personal clothing. Adjust for the number of days on expedition.**

- Old trainers or beech shoes. These will get wet and muddy
- Lots of pairs of socks and a dry pair of trainers
- 2 pairs shorts/trousers. No jeans or jogging bottoms- these will not dry when wet.
- 2 shirts/T Shirts
- Warm jumper
- Fleece – Cotton hoodies are too heavy, particularly when wet and are difficult to dry.
- Underwear
- Waterproof jacket, with hood – essential it is waterproof
- Waterproof over-trousers
- Clothes to sleep in. (kept dry)

### **Personal kit –**

- Waterproof stuff sacks for all personal kit. These will be placed in watertight barrels.
- 3 season sleeping bag + liner\*\*
- 4 season sleeping bag + liner for Gold Award
- Sleeping mat\*\*
- Personal first aid items / medication
- Watch
- Small quantity of money to make a telephone call
- Notebook and pen or pencil
- Head Torch and spare batteries
- Emergency rations in a waterproof bag
- Packed lunches, (Bronze x2, Silver x3 Gold x4)
- Snacks and sweets, cereal bars etc,
- 1 litre Water bottle
- Knife, fork, spoon; plate, mug and bowl
- Toiletry bag (Tooth paste, tooth brush, small hand towel/flannel, wet wipes)
- Whistle
- Woolly hat & gloves
- Sun hat / cream / sun glasses

\* 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, placed in a water proof bag and kept in rucksacks with first aid kits and only used in an emergency or an important need to contact their supervisor.

On assessed expeditions venture projects requiring photography should be completed with a small digital camera rather than a phone camera. This will avoid the temptation to (just checking) use the phone.

Clothing for expeditions should be one set of clothes to paddle in and one set to wear in the tent and to sleep in, this set must be kept dry. It is often cold on the water, wind proof layer on top is often essential.

There is a large selection of specialist kit available, if you have any questions about expedition equipment then please do not hesitate to speak to me.

Following the eDofE account training you will receive a discount card for use in Blacks, Milletts and Go Outdoors. Cotswold in Tunbridge Wells will also offer a 10% discount to DofE participants.

## Further Expedition Information and Tips:

### **Important 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 Bare feet**

It is very common for participants to kick their shoes off and sometimes walk around bare foot. **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 have water containers for you to refill from during the day. The campsite has drinking water available in all the fields.

Expedition equipment can become very expensive, if you feel you are likely to continue with the higher levels of the Award then investment in some quality equipment can be justified, however, do look at the budget suppliers such as Go Outdoors, Decathlon, Milletts, Blacks etc., all of whom have their own brand kit.



### 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 for us to re-fill at checkpoints.

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.**

### **Essential Equipment**

The following **must** be brought as the supervisor will request to see them before the team set off:

#### **Waterproofs**

All participants **must** have a waterproof jacket (with hood), we will not allow anyone to undertake a walk without a waterproof jacket. Waterproof trousers are strongly recommended.

#### **Emergency Rations**

Sealed bag or container of chocolate goodies with a hot drink (chocolate sachet or cup a soup), something high energy and comforting. Rations will be inspected by the assessor and must only be eaten in an emergency.

#### **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.

#### **Mobile Phones**

The use of mobile phones for calling, texting or social media use is not permitted. This is to encourage the sense of independence within the team. Phones must be switched off and placed in a water proof bag, kept in rucksacks and only used only in an emergency or an important need to contact the supervisor.

**Expensive electrical items, cameras etc. are discouraged, camping, rain and electronics do not mix!**

**Phones or musical items emitting loud music will be confiscated.**

#### **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!

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**Bennett DofE Centre** *Directly Licenced Centre*

Surname: \_\_\_\_\_ Forename(s): \_\_\_\_\_ (M/F)

Date of Birth: \_\_\_\_\_ Year & Tutor Group: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number (Including STD Code): \_\_\_\_\_

\* Mother's/Father's daytime telephone number: \_\_\_\_\_

Parent email (for award information only): \_\_\_\_\_

Special Dietary Requirements: \_\_\_\_\_

**Special Medical Requirements:** \_\_\_\_\_

Doctor's Name & Telephone Number: \_\_\_\_\_

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

**Bronze expedition training day (for ALL participants – whether walking or canoeing)**

Saturday 6 <sup>th</sup> March	Training Day (Tutor Groups A, C, F & G)	Adamswell Campsite
Sunday 7 <sup>th</sup> March	Training Day (Tutor Groups J, L, M, R & T)	Adamswell Campsite

**Please tick if completing a walking expedition**

Sat 24 <sup>th</sup> – Sun 25 <sup>th</sup> April	Practice Expedition (Tutor Groups A, C, F & G)	T/Wells and Weald
Sat 8 <sup>th</sup> – Sun 9 <sup>th</sup> May	Practice Expedition (Tutor Groups J, L, M, R & T)	T/Wells and Weald
Sat 12 <sup>th</sup> – Sun 13 <sup>th</sup> June	Assessed Expedition (Tutor Groups A, C, F & G)	School to Crowborough
Sat 19 <sup>th</sup> – Sun 20 <sup>th</sup> June	Assessed Expedition (Tutor Groups J, L, M, R & T)	School to Crowborough

**OR**

**Please tick if completing a river based expedition**

Saturday 24 <sup>th</sup> April	River Training	River Medway, Tonbridge (non-residential)
Sat 3 <sup>rd</sup> – Sun 4 <sup>th</sup> July	Practice Expedition	River Medway, Tonbridge to Maidstone
Fri 24 <sup>th</sup> – Sun 26 <sup>th</sup> Sept	Assessed Expedition	River Thames

- 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 these 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 to be given, should the necessity arise.

Award Enrolment

I would like my son/daughter to be enrolled on the Duke of Edinburgh's Award Scheme and shall pay £100.00 for walking expeditions or shall pay the 100.00 deposit for canoeing expeditions.

**Parent's Signature:** .....

**Print Name:** ..... **Date:** .....

Please return scan/photo and return by email to [chatfield@bennett.kent.sch.uk](mailto:chatfield@bennett.kent.sch.uk) or post to C.Morris, Bennett Memorial Diocesan School.