

OCEAN ROCK ADVENTURE



The Duke of Edinburgh's Award

Key information

Oldfield Bronze Expedition Season 2018- 2019





We will cover:

- What is involved in the Expedition Section
- Equipment and hire
- Clothes
- Food
- Dates + Locations



What is each Expedition about?

- Being a team
- Looking after each other
- Undertaking a journey on foot
- Being self sufficient
- Cooking, camping & navigating
- Being in the Outdoors!!





The Training Day

Today

- Planned expedition routes
- Brushed up on navigation
- Packed a rucksack
- Organised food menus
- Considered First Aid Scenarios and what to do in an emergency
- Countryside Code
- Expedition Aim





The Practice Expedition

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

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

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

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





The Qualifying Expedition

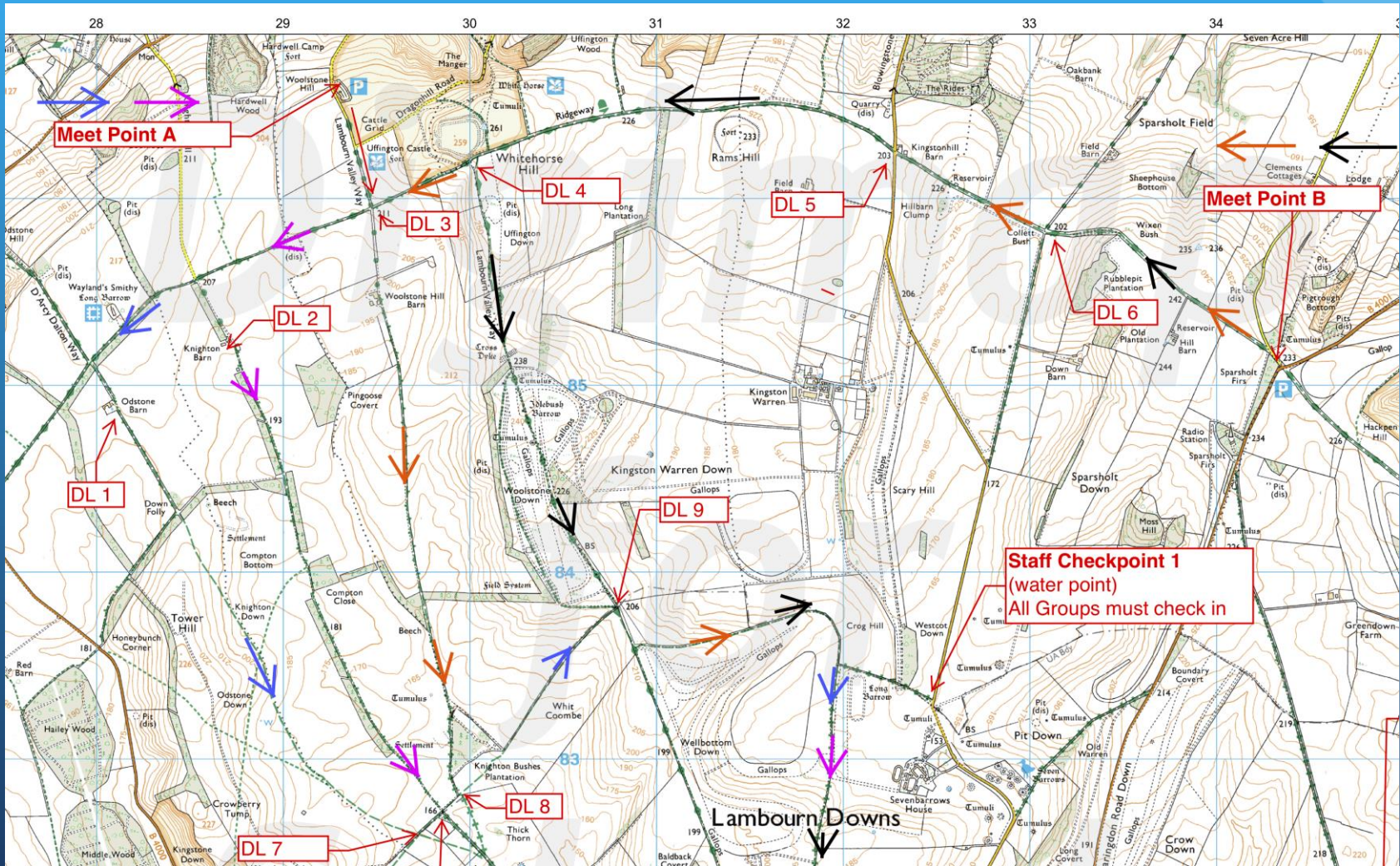
You will be assessed by one of our DofE Assessors

- There are 20 conditions to meet - but by this stage you will have met most of them
- You will need a team aim
- As before Teamwork & attitude are the key to a successful expedition
- Passing is not a given, but your Assessor will give you every opportunity to meet the standard





Qualifying Expedition - Remote Supervision





Expectations

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

You will need to come prepared for the challenge -

Behaviour and Attitude are Key

Attitude is key, It's going to be tough, however you don't have to be an Olympic athlete





Equipment

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

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



Personal Equipment Hire Fees 2019



Sleeping Bag: £10

Sleeping Mat: £5

Rucksack: £15

Waterproof rucksack liner: £5

Waterproof Jacket: £10

Waterproof Trousers: £10

Should you wish to hire equipment from us you need to book this with us direct and the booking form will be on line from:

- Bookings need to be made by: **2019.**



What to bring and What NOT to bring!

Clothes

- Bring:
Sturdy boots
Good, taped waterproofs, with waterproof fabric
- Don't bring
Jeans, cotton hoodies
Vest tops, super short shorts!!

Use your kit list in your booklet







Food - an example day

Breakfast

- Porridge, Croissants or Brioche + Hot Drink (Hot Chocolate, Tea etc)

Lunch

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

Dinner

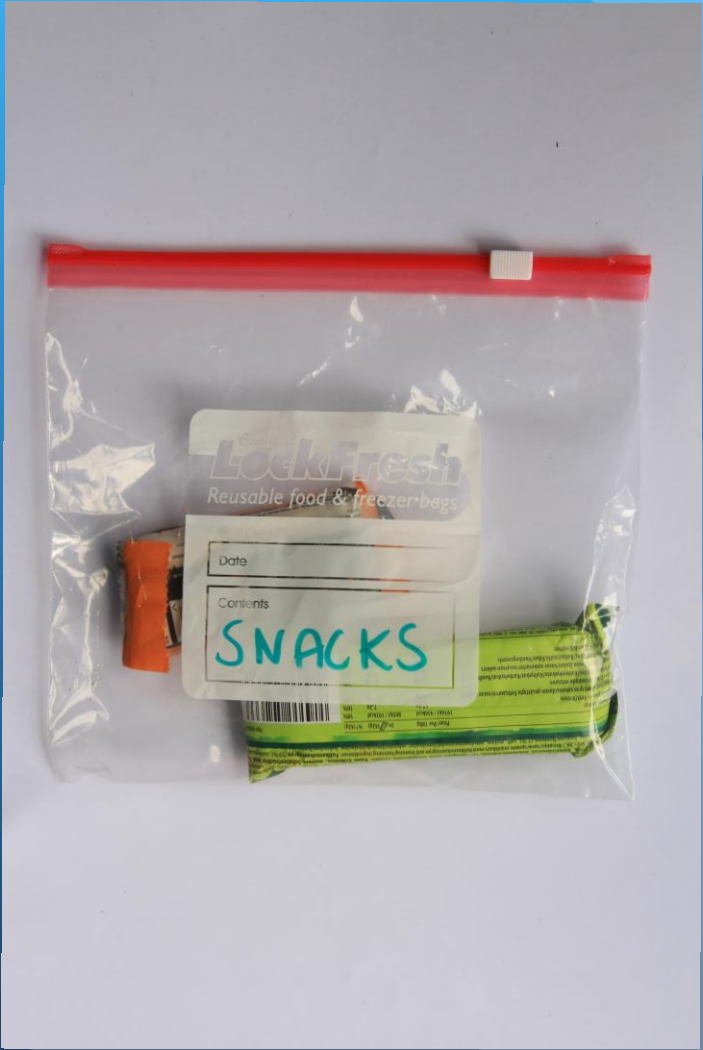
- 1 hot meal (We recommend Wayfarer Meals, for simplicity)
- NO POT NOODLES or sandwiches!
- Dessert can be Wayfayer or custard etc
- Every student must have a hot dinner + dessert

Snacks

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









What Not to Bring.....!





Remember things go wrong!

You may capsize

You could get lost

You may be tired

You may get frustrated

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



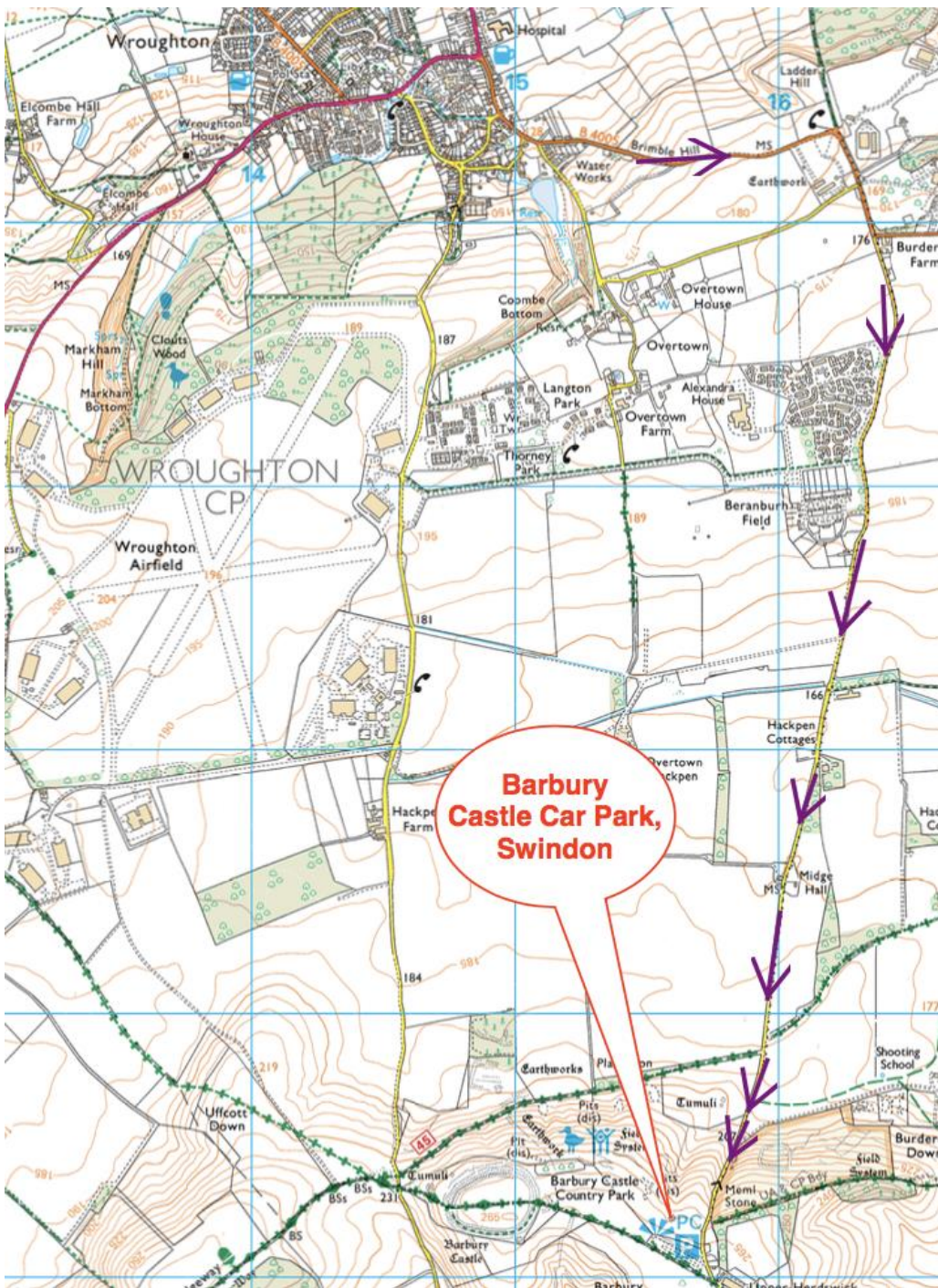
Timings: Bronze Practice Expedition

Drop off: Sat. 6th July 2019 @ Barbury Castle Carpark, SN4 0QH

- Blue teams 1-3: 09.30
- Green teams 4-7: 10.00
- Red teams 8-11: 10.30

Pick up: Sun. 7th July 2019 @ Barbury Castle Carpark, SN4 0QH

- Blue teams 1-3: 14.30
- Green teams 4-7: 15.00
- Red teams 8-11: 15.30



Barbury Castle
Country Park,
Swindon,
Wroughton,
SN4 0QH
(Postcode works
on Google Maps)

Timings: Bronze Final Expedition

Drop off: Sat. 28th Sept. 2019 @ Uffington
WhiteHorse National Trust carpark, Sn7 7QJ

- Blue teams 1-3: 09.30
- Green teams 4-7: 10.00
- Red teams 8-11: 10.30

Bronze Final location (Drop Off): Uffington, SN7 7QJ



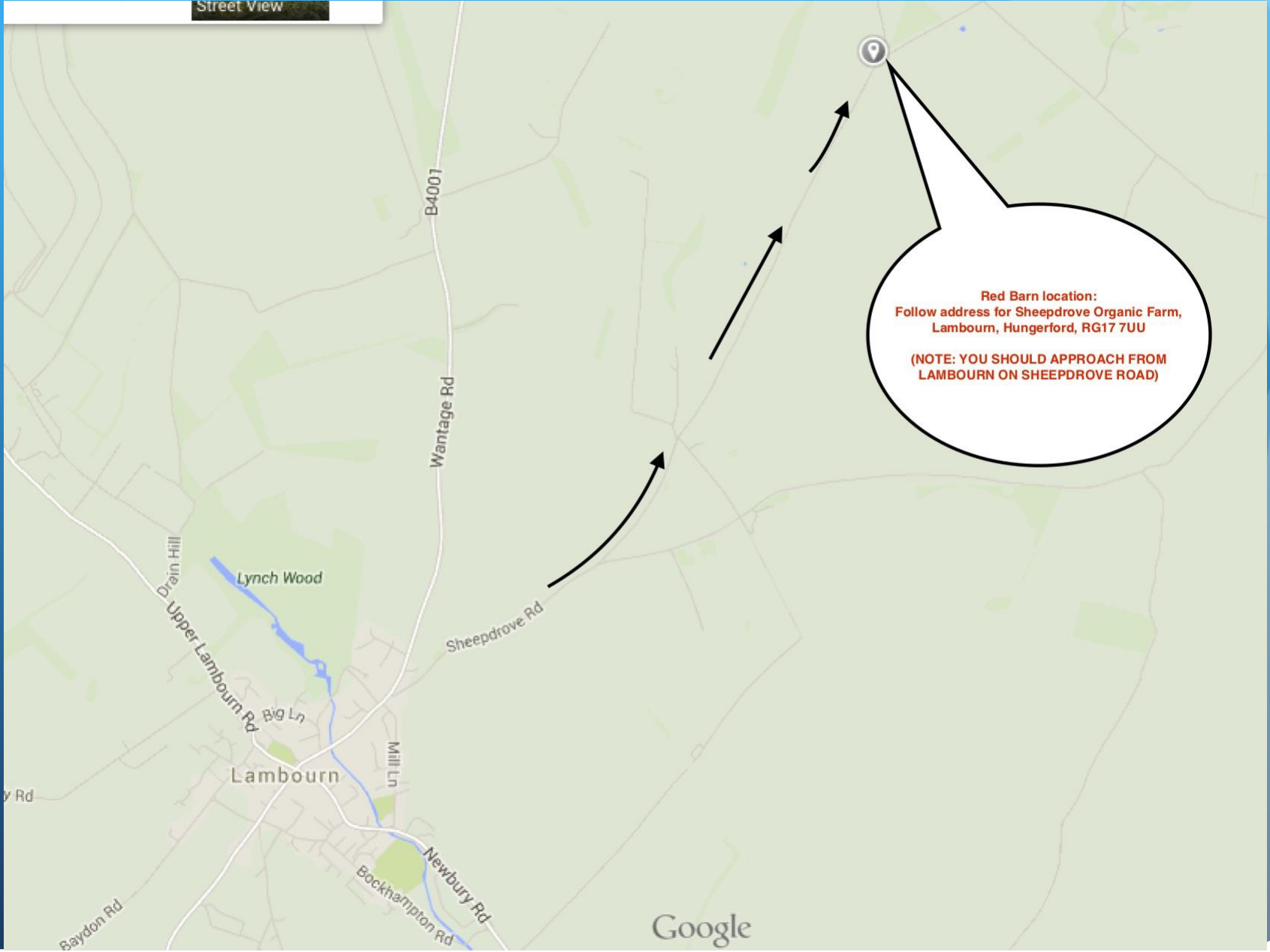
Timings: Bronze Final Expedition

Pick up: Sun. 29th Sept. 2019 @ SheepDrove Organic Farm, Lambourn, RG17 7UU

- Blue teams 1-3: 14.30
- Green teams 4-7: 15.00
- Red teams 8-11: 15.30



Street View



Red Barn location:
Follow address for Sheepdrove Organic Farm,
Lambourn, Hungerford, RG17 7UU
**(NOTE: YOU SHOULD APPROACH FROM
LAMBOURN ON SHEEPDROVE ROAD)**

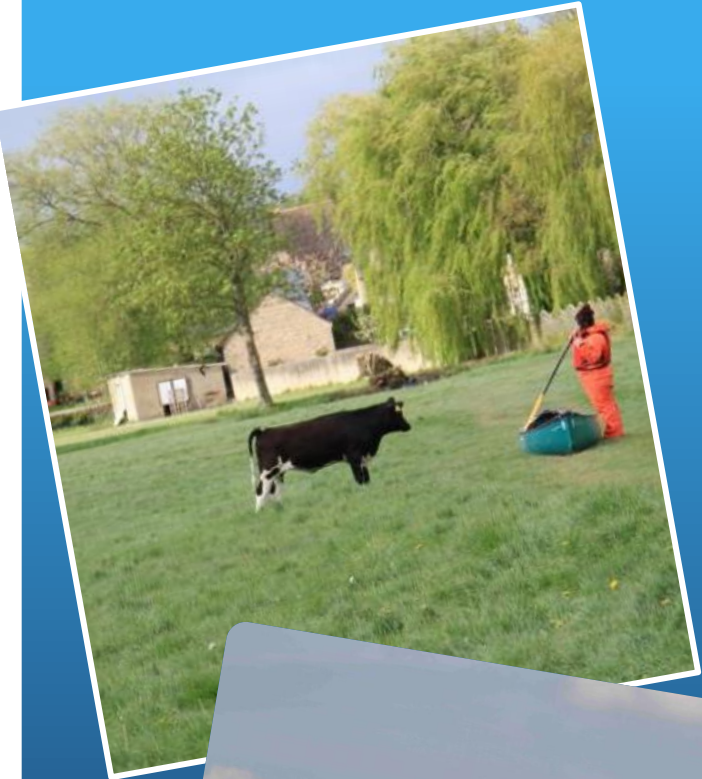


How can parents help.....

1. First point of contact is Mr John
2. Make sure the participants leave home with medication and kit
3. Make sure participants are healthy and able for the Award
4. Don't call the young people - call school/ then us if you have concerns



We will really look forward to working with you all and see you complete your Award





What next.....

We will complete your eDofE reports online

Remember you need to complete all sections to get your award

Get Fit!!!!!!!!!!!!

