



Queen's Scout Award Duke of Edinburgh's Award



Suffolk County Explorer and Network Scouts 2015 Walking Expeditions

Dear Parents, Guardians, Section Leaders, Explorer Scouts and Network Scouts,

I am writing to you to explain how expeditions for The Duke of Edinburgh's Award (DofE) are organised and supervised in County.

As the same expedition can be used for both the Queen's Scout Award (QSA) and DofE, make sure both programmes have been registered for in advance.

The DofE has a full training programme that every DofE participant needs to undertake before they will be ready to take part in their qualifying expedition. This will include training in skills such as:

First Aid & Emergency procedures; Navigation & Map Skills; Camp Craft; Cooking; Teamwork; Observation and Recording; Awareness of Risk and Health and Safety Procedures; Country and Highway Code etc.

This training will take place in both theory and practical sessions. It is therefore important that Explorer and Network Scouts attend every session.

During this training the DofE Leaders/Supervisors will gradually give the team more and more responsibility so that when fully trained they are able to journey safely unaccompanied without the Supervisor present.

A practice expedition is arranged during which time the team have the opportunity to use all of the skills that they have learnt. One of these key skills is being able to make decisions for themselves without a Supervisor intervening. During the practice expedition, the team will therefore have opportunities to travel alone while the Supervisor will monitor progress remotely. If necessary, more than one practice expedition may be arranged, or additional training introduced to ensure participants are ready to move on to a Qualifying venture. Teams will not be allowed to undertake a Qualifying expedition unless the Supervisors are confident that they are ready to venture out alone, and have a good chance of success.

On the Qualifying expedition the team will at all times be supervised remotely. This means that a Supervisor will not constantly be accompanying the team, nor will they be in constant sight or sound of the Supervisor. However, the Supervisor will be in the vicinity and this allows the Supervisor to check on the team's safety and welfare whilst still allowing the team the experience of being on their own. The Expedition Assessor will meet up with the team on a few occasions during each day of the expedition and will also see the team in the evening at the camp site whilst a hot meal is being prepared.

All supervisors, team members and assessors are all unpaid volunteers and give their time freely for the benefit of the participants.

On the final page of this letter you will find all the training and expedition dates for 2015, all of which for the relevant award, Bronze, Silver or Gold must be attended. If the participant is unable to make one or more of the dates, please let me know as soon as possible and we will see what options are available.

Note: All activities will be run in accordance with The Scout Association's safety Rules. No responsibility for the personal equipment/clothing and effects can be accepted by the organisers and The Scout Association does not provide automatic insurance cover in respect to such items.



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Travel Arrangements:

Bronze - You must make your own arrangements to travel to training and expeditions which usually take place locally.

Silver and Gold - You must make your own arrangements to travel to training events (held locally). If costs allow we usually make use of mini-buses for the practice and qualifying expeditions and travel as a team. However, on some occasions this may not be possible in which case the teams may be required to make their own arrangements to get to the start venue, and home again after the expedition. Silver & Gold Expeditions will take place in unfamiliar territory, so travel to and from the expedition area will always be part of the planning required.

If you can lift share, this will help with your costs.

Kit & Equipment:

Both Group and personal kit can be hired from County if required or Suffolk County Education's store.- This kit is split between stores in Lowestoft and Ipswich and it is important that loans are booked well in advance as there is a limited amount of gear available. To view the available equipment please visit this website:

<http://www.suffolkdofe.co.uk/assets/Expedition-resources-and-downloads/2013-County-Camp-Store-Brochure-v1-1-MASTER.pdf>

For Scout expeditions orders must be placed through Bob Hannan, not via the website. Bob's phone number is 07966 208890 and e-mail address is bhannan@stokehigh.co.uk

We encourage participants who have their own equipment or have equipment borrowed from their Scout Groups to use these, and we will ensure they are familiar with the use of stoves and tents as part of the training events.

Suffolk Scouts can provide: Trangias (to cook on) Maps, Compasses. If you have your own tent, Compasses, Stove etc. please bring them along. We have a limited number of tents available.

A kit check will be undertaken a few days prior to the expedition or if necessary before setting out to check that the participant has everything required, in addition to the booked borrowed equipment from us and/or the Suffolk County Education's Store

It is important that participants have adequate clothing to stay warm (or cool!) and also have waterproof outer garments suitable for the environment where the Expedition will take place. The Supervisors and other Leaders will help participants understand what personal equipment is needed, and what constitutes adequate Expedition clothing. It is not necessary for participants to have expensive branded clothing, but it must be adequate for the anticipated conditions, which even in summer can be demanding. I do not want any participant to feel excluded from the Expedition programme due to budget constraints, and I encourage any parents & guardians to call me well in advance if this is an issue. This can also be hired from Suffolk County Education's Store as previously stated.

Food:

Participants will need to bring all meals & cook as a group during an Expedition. Suitable meals and food will be discussed as part of the training, and participants will have an opportunity to practice cooking as a team.

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Medicine & other personal needs:

A Consent form is provided with this information to cover all the training and expeditions in 2015 and the participants will all have to ensure that they bring any personal medical equipment/medicine etc. with them and a personal First Aid kit. **Participants** are responsible for ensuring that the **CONSENT FORM** is updated prior to leaving for any training / expedition . So if a participant has have some additional medicine etc. (prescribed that week for say a sore throat we must be made aware of it and the information needs to be added to the consent form & inform your leader).

It is of vital importance that the Consent forms are completed accurately and provide details of any medical conditions or history which the Supervisor needs to be aware of, as they will be responsible for the participants' health and well-being when away from home. All information will be held in-confidence and only shared with other Leaders or health professionals on a need-to-know basis.

Mobile Phones:

Mobile Phones can be carried for **emergency use only**, not for calling friends/mum to say how bad the weather/leaders are etc. They will be sealed in a package at the start of the Expedition and must remain sealed until the Expedition has been completed. So if your "Aim of expedition" is it include photographs ensure that you bring a camera

Other electrical music devices not permitted, but musical instruments are!

If you have any questions about these arrangements please do not hesitate to contact me. Please remember that I work full time and may not be able to give an immediate answer or answer the phone during working hours, however I will endeavour to come back to you as soon as possible.

Details of each training / expedition etc. will be sent in good time to the Contact e-mail address provided on the consent form.

Catherine Nice
DofE Leader & Assessor
Suffolk Scouts

E-mail: CattNice@gmail.com
Tel: 07791 555523

Facebook Group "Suffolk Scouts DofE"

Anyone can join the closed group but you must e-mail me with your name so I can add you to the group.

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Please complete and return this section to Catherine Nice, 6 Warren Chase, Kesgrave, Suffolk, IP5 2WZ **ASAP** - no later than 3 weeks prior to the first event.

Event: County DofE Expeditions/training 2015	
Name of Explorer / Network Member:	D.o.B:
E Dof E No.	Level
Contact email and/or phone number: to be used for the e-mailed event information	
Home address:	
Explorer / Network Unit:	
Explorer / Network Leader name:	
Explorer / Network Leader contact email/number:	
Parent/Guardian/Next of Kin contact name, address & number during expedition (must be available to contact for expedition duration)	
First Aid Qualification - Name + Date	
Equipment required from County DofE Team / Suffolk County Council Camp Store	

I give permission for any of the attending leaders to transport my son/daughter in their own vehicle as part of their expedition **YES / NO**

Is he/she able to swim 50 metres and stay afloat for five minutes in light clothing? **YES / NO**

Emergency contact: **Phone:**

Doctor's name and contact details:	Details of any medications currently being taken:
Details of any disabilities, conditions, allergies, special needs or cultural needs that might affect this event:	Details of any infectious diseases he/she has been in contact with in the last three weeks:

If it becomes necessary for the above named young person to receive medical treatment and I cannot be contacted to authorise this, I hereby give my general consent to any necessary medical treatment and authorise the Leader in charge to sign any document required by the hospital authorities.

I enclose a cheque for £ (please make cheques payable to "Suffolk Scouts D of E Account")
I have noted the arrangements above and agree to the named young person taking part. I understand that the event Leader reserves the right to send any participants home if deemed necessary.

Signed: **Date:**

Relationship to young person (if under 18):

BASIC EQUIPMENT FOR EXPEDITION

(Not everything is required, this is only a guide and some of this can be borrowed from Group Kit or Suffolk County Council Camp Store via Bob Hannan)

	To Wear	Eating	Cleaning	Sleeping	Others
INDIVIDUAL	shirt activity trousers not denim jeans fleece/jumper socks 1 pair per day underwear shorts sun hat woolly / fleece hat base layer walking boots gaiters waterproof top waterproof trousers light shoes for campsite	mug knife, fork & spoon or spork plate bowl water bottle or Platypus (2 litres minimum total, more if hot) Emergency Rations 1,500 cal	toothbrush towel toothpaste soap shower gel shampoo	sleeping bag sleeping mat sleeping bag liner night wear	watch sunscreen sunglasses rucksack liner / drybags / rubble sacks camera pencil / paper DofE identity card personal first aid kit including your medication money for phonebox/showers head torch & spare batteries Rucksack For Gold Exped – day rucksack also for training day
GROUP	2 x maps 2 x compass 2 x waterproof map cases 2 x routecards 2 x Hi Viz jackets whistle	FOOD for whole expedition 2 x stoves fuel - meths / gas sig bottle if meths pans matches wooden spoon	washing up liquid tea towel scourer	tents poles pegs tent repair kit	group first aid kit



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BRONZE

Training Weekend – Friday night 17 April to Sunday 19 April 2015

Navigation Day – Sunday 21 June 2015

Route Planning + Kit Check – Sunday 12 July 2015

Expedition – Saturday 18 July to Sunday 19 July 2015

Expedition – Saturday 10 October to Sunday 11 October 2015

Cost for training and Two Expeditions £60

Payable in 3 instalments of £20 on 31 March 2015, 1 June 2015 and 1 August 2015.

SILVER

Training Weekend – Friday night 17 April to Sunday 19 April 2015

Route Planning Day Sunday 10 May 2015 Last day for Routes to be submitted for checking!

Navigation Day – Sunday 21 June 2015

Route Planning – Sunday 12 July 2015 – Last day for Routes to be finished after checking!

Expedition – Sunday 25 October 2015 to Wednesday 28 October 2015

Anticipated Cost for training and One expeditions £130 *

Payable in 3 instalments, £40 on 31 March 2015 and 1 June 2015 and £50 on 1 September 2015.

GOLD

Training Weekend – Friday night 17 April to Sunday 19 April 2015

Route Planning Day Sunday 10 May 2015 - Last day for Routes to be submitted for checking!

Navigation Day – Sunday 21 June 2015

*Last Planning – Sunday 12 July 2015- Routes have to be final versions as need to be submitted to DofE Board the next day **or the expedition will not take place***

Expedition – Tuesday 25 August 2015 to Monday 31 August 2015 (additional night Sunday 30 for celebration meal and travel home / additional sightseeing on Monday 31, this cost is not included)

Anticipated Cost for training and One expeditions £170 *

Payable in 3 instalments, £60 on 31 March 2015 and 1 May 2015 and £50 on 1 July 2015.

*

Please note that the cost for training and expeditions includes a 10% amount to cover for equipment used as this is expensive and needs to be replaced from time to time, Should the trip come in under budget refunds may be given. The cost of fuel and mini-bus hire is the largest part of the Silver and Gold Expeditions and this can vary considerably.

Please makes cheques payable to 'Suffolk Scouts D of E Account' (can include pre-dated cheques for future instalments) and send to Catherine Nice with the Consent Form, details are included on this form.