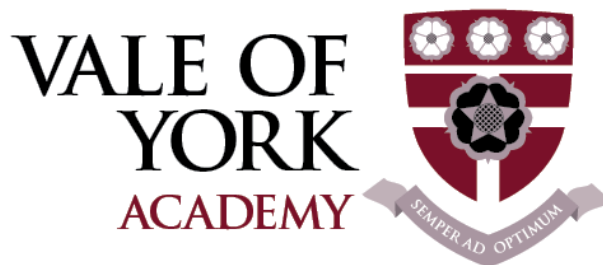




Principal:
Mr Toby Eastaugh BA Hons MA NPQH



January 2023

Dear Parents/Carers,

Y9 Bronze DofE Training Information

Firstly, it's great to have so many students who have signed up to complete their Bronze Duke of Edinburgh Award in 2024! This is the start of 3 great awards and it would be amazing for you to support your child to achieve their Bronze and future awards.

The dates are below for the Y9 Bronze award –

Day 1 - Training Skills day - **Saturday 3 February 2024** (At Vale of York)

Day 2 - Training walk - **Sunday 9 March 2024 (Byland Abbey)**

Day 3 & 4 - Overnight Expedition - **Saturday 11 and Sunday 12 May 2024** (Castle Howard area, camping at Lakeside Holiday Park, Coneysthorpe)

Training Day 1 - Saturday 3 February 2024 (At Vale of York)

Students should meet in G40 at 8.55am. School will be open from 8.50am.

One of the days will be a long training walk and the other will be training and planning on the school grounds (both inside and outside). Below gives an idea of how Saturday will look.

DAY 1

BRONZE TRAINING		
Timing of day	Session - Group 1	Session - Group 2
8.40am	Mid Yorks Arrival and set up	
8.55am	Welcome to students - Plan of the day	
9.00am - 9.50am	<u>Route Planning</u> ROOM - G40	<u>Food and Cooking</u> ROOM - G41
10.00am - 10.10am	BREAK - 10 minutes	
10.10am - 11.00am	<u>Food and Cooking</u> ROOM - G41	<u>Route Planning</u> ROOM - G40
11.00am - 11.15am	BREAK - 15 minutes	
11.15am - 12.05pm	<u>First Aid (CPR and Major Incidents)</u> ROOM - G41	<u>First Aid (Minor Injuries)</u> ROOM - G40
12.05pm - 12.35pm	LUNCH - 30 MINUTES	

Vale of York Academy

Rawcliffe Drive, Clifton (Without), York YO30 6ZS

Tel: 01904 560000

Email: hello@voy.hslt.academy

Website: voy.hslt.academy

12.35pm - 1.25pm	<u>First Aid (Minor Injuries)</u> ROOM - G40	<u>First Aid (CPR and Major Incidents)</u> ROOM - G41
1.25pm - 1.35pm	BREAK - 10 minutes	
1.35pm - 2.05pm	<u>Packing a Bag/Equipment</u> ROOM - G41	<u>Tent Pitching</u> School field
2.05pm - 2.35pm	<u>Tent Pitching</u> School field	<u>Packing a Bag/Equipment</u> ROOM - G41
2.35pm - 2.45pm	<u>20 conditions of DofE / EDofE</u>	<u>20 conditions of DofE / EDofE</u>
2.45pm - 3.00pm	Conclude the day - Q & A	
Logistics		
<u>Route Planning - in classroom</u> - Students work in teams to construct a route card for the expedition		<u>Tent Pitching</u> - All students to put up a tent on the school field
<u>Rucksack Packing/Equipment</u> - See examples of packed bags and try them on to see what weight students prefer - Go through equipment list and what to pack - Discuss importance of looking after feet/clothing and lining the rucksack, roll mat etc		<u>Food and Cooking</u> - Make a menu (use menu plan and flashcards) to come up with the food needed for 2 days - Discuss allergies/calories needed - Using Trangia (outside) to boil water – Demo and then all teams practice
<u>First Aid, CPR</u> - Use of CPR dummies to teach procedure - All students discuss how to treat a casualty should this occur - All students have a go at CPR and recovery position - Scenarios if time		<u>First aid, Minor injuries</u> - Brainstorm potential injuries that could occur when on a DofE Expedition - Plan how to treat these injuries - Try to bandage a sling/head injury etc - Discuss use of phones/who to call and when - Scenarios if time

Training Day 2 - Sunday 9 March 2024 (Byland Abbey)

Students to **meet outside the front of the school gates at 8.30am**. Minibuses will leave at 8.45am to drive to Byland Abbey which is around a 40 minute drive.

We will walk on a circular walk of approximately 14km. Each group will be out walking with a teacher all day learning navigation, country code and how to be safe on country roads.

We will aim to be back to school for around 3pm but we cannot guarantee this as it depends on how fast the groups walk. Students can send a text or phone parents as we leave Byland Abbey with any updates.

DAY 2

BRONZE TRAINING	
Timing of day	What to do
8.40 - 8.50am Parents drop off students.	Students are directed to their named teacher who then does the general safety briefings. Additional waterproofs loaned out as required.
9.00am Teams staggered from the start	In walking groups, students start on their training walk, 90% on public footpaths.
9.00 - 2.30 In teams	Topics covered by staff during the walk - Highway code Country code Navigation and Emergency procedures Using a map and compass Group management and safety
2.30pm onwards	Students collected by parents (please await a text/call from students)

What to Wear and Bring each day

- Wear outdoor clothes that can get *muddy* - check the weather forecast beforehand and dress appropriately (waterproof coat and trousers if any possibility of rain, sun cream and sunhat if any sun, extra layers if cold.)
- Wear comfortable, sturdy walking shoes or walking boots. (trainers are OK as long as they have thick, sturdy, supportive soles.)
- Bring a comfortable backpack to carry lunch and waterproofs in.
- **Bring packed lunch/drinks/snacks** (*not* pot noodles - there will not be a kettle!)
- **Any asthma inhalers/epipens/other essential medications** that students may use.
- A pen for taking notes.

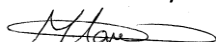
Following the training weekend

After training, the expeditions are supervised remotely using checkpoints though staff do stay on the same site at Bronze level. We will be **camping at Lakeside Holiday Park, Castle Howard, YO60 7DA**. Please be aware that under DofE rules, participants are only allowed to use a mobile phone in case of emergencies so will be out of contact with you for the duration of the expedition.

Qualifying Expedition	The accommodation will be in tents (shared with friends) which are provided by school to use.
11/12 May 2024	Qualifying Expedition – 2 days, 1 night. Meet at school at 8.15am Sheriff Hutton to Coneythorpe on a circular route. Camping at Lakeside Holiday Park in Castle Howard.

If you have any further queries please don't hesitate to contact me at m.rampling@voy.hslt.academy

Yours faithfully



Mr M Rampling

Head of Sport and Enrichment