

Principal: Mark Woodhouse

Brandon Road  
Swaffham  
Norfolk  
PE37 7DZ  
T: 01760 721480 E: [office@tnha.org.uk](mailto:office@tnha.org.uk) <http://tnha.org.uk/>



20<sup>th</sup> May 2022

Dear Parent/Carer

### **Silver Duke of Edinburgh Award Qualifying Expedition letter**

We are very pleased to confirm the details of the Qualifying Silver DofE Expedition which will take place on the weekend of Saturday 28<sup>th</sup>, Sunday 29<sup>th</sup> and Monday 30<sup>th</sup> May 2022. We have arranged for the students to camp on the Saturday night at Forest Park Camp Site in Cromer (NR27 0JR) and at Mill Farm Camping (NR28 0LA) on Sunday night. All participants are now well on the way with the Skills, Volunteering and Physical aspects of the scheme, have completed the practice expedition and thus have only the final Expedition Section to accomplish in order to complete the award.

#### **Kit List**

Please find along with this letter the kit list for the expedition. Please pay attention to this list and make sure that participants have all that is on the list for the expedition. Items of particular importance are:

- Waterproofs (jacket and trousers)
- Spare warm jumper/fleece
- Spare socks
- Personal first aid kit
- Torch and whistle
- Packed lunch and snacks for the walk
- Water bottle(s) to carry at least 2 litres
- Sunscreen

#### **Food**

Participants will need to bring their own food for the Saturday and Sunday evening meal, Sunday and Monday morning breakfast, and lunch/snacks on both days. Students have completed training on suggested menus within school.

#### **Pre-training**

By the commencement of the expedition, all students should have completed all aspects of the expedition training within school. This will have included the following:

- Navigation and route-planning
- Cooking
- Campcraft
- Packing a rucksack and kit care
- How to minimise risk and deal with incidents
- Behaviour and the countryside code

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Students will also be required to attend a refresher training session on Friday 20<sup>th</sup> May 2022 which is mainly focussed on administering first aid.

### **Qualifying expedition**

On the morning of Saturday 28<sup>th</sup> May, students/parents will need to make their own arrangements to get the students to the start point by 09:30am where they will meet with their Expedition assessor and complete a kit check. Students are reminded that the expedition will involve a minimum of 7 hours journeying time within which they should complete their Expedition aim. Students may bring with them items to support with their aim which is not on the kit list however they are responsible for whatever they choose to bring. In addition, students will be allowed to bring with them their mobile phones for use in an emergency only. Students should have their mobile phones wrapped in cellophane in their bag for inspection at their kit check on the morning of 28<sup>th</sup> May.

### **20 conditions**

Along with this letter please find the 20 conditions that need to be met for the successful completion of the qualifying expedition at Silver level. These are really important and participants should be familiar with them. They should be used as guidelines for the qualifying expedition. Please take note of item 13 on these conditions which describes the requirement for groups to be independent and unaccompanied. Once DofE staff are satisfied that groups have shown competence in the necessary skills to safely walk independently in the countryside then supervision will be changed from 'close' to 'remote'. In practice this means that groups will walk several miles through the countryside, across roads and through town without a member of staff. We track the groups from a distance on foot and will arrange to meet at 'checkpoints' along their route at specified times. Each group has at least one qualified member of staff to support.

All participants will be continuously assessed over the course of the Expedition and will need to demonstrate their competence in all skills learnt.

### **Medication, Medical Conditions and Injuries**

Participants will need to be in good health and able to undertake three days of physical activity including walking a long distance carrying a heavy rucksack. Please inform us either on the consent form (or nearer to the expedition by email) of any medication currently being taken, medical conditions of which we should be aware or relevant injuries. Participants are responsible for bringing their own medication. In the unlikely event of an incident on the Expedition, parents will be contacted immediately however please refrain from trying to contact your child during the hours of the expedition. If you do urgently need to contact them, please contact myself first on the school trip mobile number which is 07510 382779.

**Please complete the expedition consent and information form by Monday 23<sup>rd</sup> May 2022.**

Should you have any questions about the DofE generally or specific to the expedition please do get in touch. My email is [d.king@tnha.org.uk](mailto:d.king@tnha.org.uk).

Kind regards.



**David King**  
**Duke of Edinburgh Award Manager**