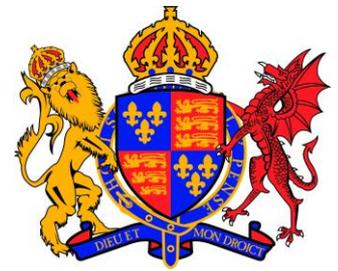




KING EDWARD VI SCHOOL SOUTHAMPTON



Dear Parents,

DofE BRONZE TRAINING DAY & QUALIFYING EXPEDITION – NEW FOREST TUESDAY 13 – THURSDAY 15 JULY 2021

A DofE Bronze training day & qualifying expedition will take place during the first week of the Summer break.

Participants should be wearing correctly fitted, serviceable and waterproof walking boots for the approx. 15-18km route each day. A full kit list and advice for first aid kits and emergency rations is at the end of this letter.

PLEASE ENSURE YOU HAVE COMPLETED THE ONLINE CONSENT & MEET THE PRE-EXPEDITION CRITERIA FOR COVID TESTING. PLEASE KEEP THE MEDICAL ROOM UP TO DATE WITH ANY MEDICAL ISSUES

COVID Specific Pre-Expedition Requirements:

- All participants should be completing their twice weekly Lateral Flow Device (LFD) tests.
- All participants should be able to prove a negative test result within 24 hours (during the Wednesday) on arrival Thursday (print out or show device result via sms/email).
- Anyone experiencing symptoms must not attend expedition.
- All participants must bring minimum 3 face masks for their personal use.
- All participants must bring own personal antibacterial gel for their personal use.
- All participants must take a LFD test prior to the return to school after the half-term.
- Should a participant exhibit symptoms during a school trip, the expectation is that Parents will collect the individual immediately.

Please follow the link to the Government [Guidance for Parents and Carers](#)

PAYMENT HAS BEEN MADE AS PART OF YOUR DofE ENROLMENT PROCESS

CONTACT DETAILS FOR EXPEDITION

Trip Leader / Staff: Mr Aellen / Mr Lawson / Mr Brown / Mrs Evans

Trip Mobile Phones 07787 222227 / 07787 222228

LOCAL BASE – KES RECEPTION 02380 704561

Please bear in mind that staff will spend large periods of time out of coverage in the New Forest (a text or answerphone message will eventually get a response)

All numbers should only be used in an EMERGENCY.

Routine contact via KES Reception: 02380 704561

PARTICIPANTS SHOULD ALSO BE ABLE TO SHOW COMMITMENT TO OTHER SECTIONS OF THEIR AWARD VIA AN UP TO DATE eDofE PROFILE SHOWING COMMITMENT TO ALL OTHER SECTIONS.

Date	Event	Location / Time
MONDAY 28 th June	KIT ISSUE (during Lunch)	DofE Store 1145-1300
	Rucksack packing & brief for exped	1600-1715 (free for late buses)

Please be prompt for all meeting times.

The following itineraries are pertinent for the event. You are requested to ensure that the timings are adhered to for safety reasons.

Whilst a little different, we hope the itinerary will challenge and grow the participants skills outdoors in readiness for their qualifying expedition and for those that wish to progress to the Silver level of the Award.

Participants will be staying at Wellington Sports Ground, utilising the internal spaces – so ensure you have a roll mat and sleeping bag for the floor!

Tuesday 13th July 2021

Arrival at KES	0800 – LFD Test Check / Kit Check – Access via Hill Lane Gate
Activity	Trangia lesson 0830 Breakfast 0900-1000 (Supply your own food with a partner) Pacing 1000 Shelters / Throw Ropes / Emergencies 1040 Drive to NF 1130 Lunch 1200 (Supply your own food with a partner) Nav Practical 1330-1700 Return to KES 1700 Briefing for Exped 1745 Parent Pick up 1815
Depart KES for home	1815 – Pick up at Hill Lane Gate

For the Wednesday training day, participants should pack as if they are on their expedition and bring food to be able to cook a breakfast meal and lunch meal with their “cooking buddy”. The Tuesday night can then be utilised for any corrections prior to the expedition proper on the Wednesday.

Wednesday 14th July 2021

Arrive KES	By 0800 – Hill Lane Gate / Meet Assessor
Activity	A full walking day in New Forest
Move to Wellington	By 1700 (minibus)

Participants will be split by Gender and encouraged to distance in the sleeping areas. Cooking and any free time should be spent outside whilst at Wellington.

Thursday 15th July 2021

Wake	0600 – Breakfast / Ablutions / Pack & clean up
Activity	A Full walking day in the New Forest
Pick up from KES	1700 – parental pick up via Hill Lane Gate

FOOD Participants should have eaten a good breakfast and be well hydrated prior to arrival in readiness for the day’s efforts. A substantial packed lunch, a personal flask of hot drink, and a minimum of one litre of water are required by each participant as well as sufficient snacks to help them survive the days.

Teams should formulate their cooking plan for a shared stove, and should take steps to increase hygiene whenever sharing equipment. Each team needs to have the following:

Breakfast – A hot meal

Lunch – Snacks and items not requiring cooking – If you prepare a flask in the morning that should be for personal use only.

Dinner – A hot meal and a dessert

CONSENT FORM An EVOLVE Consent Request will be sent to parents – please complete this online and submit ASAP to aid trip planning.

5. Participants have been issued with a Discount Card (registration required) for GoOutdoors (or participants can download a voucher from their eDofE profiles). This is located near Southampton dock gates. Blacks / Millets / Cotswold Outdoor will also honour this discount. By far the most important item will be a proper pair of Walking **Boots** and suitable socks. You are strongly encouraged to use the fitting service that outdoor shops will provide.

6. COVID 19 – All participants are to ensure they have facemasks and anti-bacterial hand gel readily available. Furthermore, the expectation is that participants will maintain their personal distance from each other and staff wherever possible during the day. If you wish to congregate & socialise, ensure this is done outdoors and socially-distanced wherever possible.

A reminder that anyone exhibiting any of the symptoms of COVID-19 Should make no attempt to attend this expedition.

P Barnes

P R C Barnes (PRCB)
DofE Manager & Educational Visits Coordinator
King Edward VI School
Wilton Road
Southampton
SO15 5UQ

Thursday 10th June 2021

Telephone 02380 799251

Email dofe@kes.hants.sch.uk

Attached:

DofE COVID BRONZE Kit List
DofE First Aid Kits / Emergency Rations



EXPEDITION SECTION
COVID-19 KIT LIST
BRONZE NEW FOREST

All DofE participants should ensure they have the following equipment for current expeditions being conducted as day-walks.

Items in green can be provided by KES DofE Store.

Wearing / Protection	Food & Water
Boots (Serviceable, waterproof, ankle support) Walking socks Lightweight walking trousers Wicking base layer Thermal mid-layer Fleece/Windproof outer layer 2 x face masks Anti-bacterial hand gel	1 litres of drinking water Personal flask with hot drink Hi-Energy snacks Sealed emergency rations <u>Food for 2 days to include:</u> Substantial packed lunch for day 1 snack packed lunch for day 2 1 cooked breakfast 1 evening meal & dessert
Clothing	Personal & Emergency Equipment
Waterproof Jacket with hood Waterproof Trousers Warm hat & Sun hat Gloves Spare warm layer Spare trousers Spare mid layer Spare socks & underwear Trainers for overnight stay	Map Sheet Watch Compass & Whistle Matches (lighter can also be carried) Torch with spare batteries Small penknife/multi-tool Personal first aid kit incl. medication Notebook & Pen Small amount of money
Personal Camping Equipment	Group Camping Equipment
Rucksack Mug & Bowl / K F S (or Spork) Toilet paper Small wash kit (toothbrush, paste, wipes, small towel, sanitary items) Washing up kit (sponge/scourer, washing up liquid, tea towel) Mobile phone (waterproofed and switched off for the duration of exped) Karrimat (Rollmat) & Sleeping Bag	These KES issued items will be shared amongst team: 1 + Emergency Shelter (Bothy) 2 x Survival Bags 1 x Throw Line 2 x HI Viz Vests Trowel Trangia Stoves & Gas

All items should be waterproofed in bags. The main compartment of the rucksack should be lined by a waterproof rucksack liner or rubble sack.

DofE Expeditions – First Aid Kits & Emergency Rations

It is a requirement of the Award that each participant carry the above, specific for their needs taking into account: Allergies, Existing medical conditions, blisters and pain relief, as well a common first aid items:

FIRST AID KIT

First Aid Kits can be bought (off-the-shelf) at outdoor centres/chemists or individually assembled and put in a rugged waterproof bag/box. A suggested first aid kit list is as follows:

Triangular Bandage	Crepe Bandage
Sterile Wound dressings	Plasters
2 pairs disposable gloves	Safety pins
Tweezers	Burn dressing
Anti-histamine cream	Pain relief (paracetamol/ibuprofen)
ANY MEDICATION FOR EXISTING CONDITIONS–PLEASE ENSURE STAFF AWARE!	
Dedicated Blister plasters (COMPEED)	Antiseptic wipes / cream
Sterile adhesive dressings (Melolin)	Small safety scissors
Zinc Oxide tape	Eye wash
Rehydration sachets	



EMERGENCY RATIONS

A small waterproofed bag/box containing enough high energy food-stuffs that would sustain an individual for an extra 24hour duration. This food would need to be non-perishable. A suggested pack would contain:

Chocolate Bar
Pack of Jelly
Cup-a-Soup Sachet
Kendal Mint Cake
Cereal Bar
Haribo type sweets
Dried Fruit/Nuts

