Bishop Wordsworth's School

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OSWORTH

Dear Parent/Guardian

5 September 2018

Duke of Edinburgh Bronze Award – Training Sunday 9 September 2018

As you are aware, Mr Paul Webb of H5 Adventure is leading the Bronze Duke of Edinburgh Award Expeditions for the school again this academic year and has planned a one day training event to be held at school. This day will be supported by myself and members of H5 staff. H5 Adventure's aim is to make the expedition experience challenging and safe, leaving the boys with a sense of achievement as they complete their Expedition element, thus boosting their self-esteem. The topics covered will ensure that your son/ward is prepared to cope with expedition conditions.

- Route planning
- Navigation
- First aid
- Emergency procedures
- Danger identification and avoidance
- Equipment choice and procurement
- Menu planning
- Camp-craft
- Camp cooking and hygiene
- The country code and highway code
- Deciding what to take, how to pack
- Making sure backpack fits
- We will start at 0830 so arrival no later than 0815; due to the hire of the sports hall there is NO parking at school, so please drop and go! A register will be taken in the morning and afternoon; the boys will not be permitted to leave the school site at any time. We appreciate that with the summer break your son/ward may not have all the necessary equipment. H5 will do another check before they start their practice expedition.
- Can you please ensure that your son/ward comes prepared and suitably dressed for an
 expedition, with his DofE handbook. H5 can then check and highlight the importance of being
 properly dressed, especially with regards to footwear and wet weather protection, (not
 showerproof etc). To avoid mud being taken into classrooms can you make sure your son/ward
 also has a spare pair of trainers to wear whilst indoors, in a named carrier/boot bag.
- Can you also encourage him to plan and bring along something suitable to cook on a single trangia stove, plus extra food and drink to keep him going throughout the training day.

We will use the tents from our DofE cupboard to practice putting them up, taking down and repacking. This will be done in any weather conditions during the day. If the weather is wet we ask that each group takes a tent home to dry and air. We will provide fuel for trangias. Your son/ward will be covered by the school insurance whilst on the school site. We aim to finish at 1700.

Please also ensure that we have current emergency contact details and details of any medical conditions, and that your son has all the necessary medication with him. Please contact Sarah Hayward sah@bws.wilts.sch.uk if you need to update this information. For further information on DofE, please contact Mrs Nute on <u>amn@bws.wilts.sch.uk</u>.

Yours sincerely

J M Oldham DofE Co-Ordinator