

Duke of Edinburgh's Award

GOLD EXPEDITION SIGN UP DETAILS 2020-21

BEAUMONT SCHOOL - OPEN EXPEDITIONS



December 2020

Dear Parents/Guardians,

I am happy to provide details of the expedition section of the Duke of Edinburgh's Award. Activ are a DofE Approved Activity Provider (AAP) and deliver expeditions and adventure programmes across the UK for schools and youth groups. Please visit www.activadventures.com if you wish to find out more and if you would like more information after reading this letter, please feel free to watch our video presentation at www.activadventures.com/gold2020presentation.

Activ Adventures have been running COVID-secure expeditions since July 2020. At Beaumont School we would normally run the Gold expeditions as school trips however in 2021 they will be run as Open Expeditions. Open Expeditions are available to all, so participants may be from multiple schools. Where participants sign up from the same school we will always do our best to keep them together as a team. There are normally 3-4 Gold teams at Beaumont so if possible we would like to get all teams on the same expedition dates to give participants the same feeling as a school expedition.

We have created new COVID terms and conditions for 2021. In the event that Government advice changes or there is a future lockdown we will work with you to reschedule expeditions. If rescheduled dates are not suitable we will offer refunds. We hope this gives parents peace of mind in booking. Please see our full Terms and Conditions at www.activadventures.com/btc.

DofE Expeditions - Key Information

The expedition section is both challenging and rewarding. Here are some key points:

- Activ expeditions are run in line with guidelines set by the DofE Award. This includes the expedition [20 Conditions](#) and training frameworks.
- The Gold programme requires participants to complete training followed by a 3 day/2 night practice expedition (total 5 days) and a 4 day/3 night qualifying expedition (total 5 days including travel and prep).
- Participants walk in teams of 6/7, navigating their way along a pre-planned route through 'wild country' whilst carrying their kit, food, tents and cooking stoves in a rucksack (on average weighing 12-14kg), walking for approximately eight hours per day, cooking as a team and camping overnight in 3-person tents.
- Participants must take responsibility for their own health and safety as they will be remotely supervised for parts of the expeditions. They will encounter certain risks integral to the expeditions including (without limitation) walking on rough terrain, managing environmental hazards such as changeable weather, extended physical effort and feeling uncomfortable and tired. As outlined by DofE, self-reliance and completing expeditions with minimal external intervention is required.
- Participants must be in a good state of physical and mental health in order to safely and successfully complete the expeditions. Please declare to us beforehand any well-being or medical issues.

Open Gold DofE dates for 2021

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| Date TBC for a virtual meet - approx 2/3 hours after school | Pre expedition training - due to COVID restrictions we have moved our training online. The session will introduce you to the Gold expedition programme, discuss expedition areas, cover kit, equipment, and food and be an opportunity for you to ask questions. Practical elements such as first aid will be covered during the practice expedition. |
| Tuesday 6 - Saturday 10 April | Choose two of the expedition dates. Each date can be used as a Practice or Qualifying date providing there are enough participants to create a team. |
| Monday 26 - Friday 30 July | |
| Monday 16 - 20 Friday August | |
| Monday 25th - Friday 29th October | |
| Choose your own date | If the above dates are not suitable we will work with you to find a suitable date for your team. We would need a minimum of 6 people to create a bespoke date. |

Training

We provide comprehensive training to prepare participants for the expeditions and ensure they have all the skills required. This is delivered through online training, a mountain navigation day and continued throughout the practice. It is vital that training is attended and that all participants actively engage to gain the most they can. All training is supported by resources found in the Activ Guide on our website <http://www.activadventures.com/activ-guide/>.

Expedition Information

Information will be sent by email to parents and participants at least 3 weeks prior to events detailing the event, timings

and meet points. No travel costs are included in the expedition however travel plans are always suggested.

Expeditions typically have a meet time of 13:00 in the expedition area (depending on location). We estimate expeditions to finish from 15:00 in the expedition area however this depends on individual teams and the time they wake, leave camp and the speed they walk and navigate.

Responsibilities - Participant and Parent

Parents and participants must ensure they have expedition dates in their diary and keep up-to-date with the expedition information sent by email. Participant attendance and participation in training and expeditions is compulsory to complete the programme. Participants should take responsibility for their own fitness for the expeditions and should be able to comfortably walk for extended periods on rough terrain, carrying a rucksack of 12-14kg. The fitter participants are, the more enjoyable the expeditions. Participants must keep up-to-date with information about the expedition programme and ensure they are prepared for expeditions in line with the training they receive.

Parents should also support participants to be appropriately prepared, equipped and fit for the expeditions. Our Booking Terms and Conditions should be carefully read and understood by parents.

Expedition Consent and Medical Form

It is a requirement that parents submit consent and medical details to us before a participant can attend any event. These details are included in the online sign-up form for our expedition programmes. A copy of these details are emailed to you as confirmation and it is vital that you update us if any medical and/or emergency contact details change.

Costs and Payment

The cost of the expedition section of the Gold DofE Award is **£540.00**. This includes:

- 1 x online training session
- 1 x 5-day practice expedition
- 1 x 5-day qualifying expedition
- Qualified supervisors and trainers
- Accredited DofE assessors
- Administration for expeditions
- Campsite fees
- Use of group equipment, including tents, Trangia stoves, fuel, maps and compasses

This cost does not include: Food, travel, personal kit and equipment, personal insurance (please see 'Insurance' in our T&Cs) or costs incurred for additional training/expeditions or for changing expedition dates.

Further Information

Please visit our website at www.activadventures.com where you will find our [Activ Guide](#) and [FAQs](#). Our Activ Guide supports training delivered to participants and helps in selecting appropriate kit such as walking boots, waterproofs and rucksacks.

HOW TO SIGN UP FOR EXPEDITIONS

1. Please read our **Booking Terms & Conditions** at www.activadventures.com/btc.
2. Follow the link www.activadventures.com/open-gold-booking/ to complete our online sign-up form.
3. Either one or both expeditions can be booked.
4. Payment will be required at the end of the form. Either full payment or a deposit can be made at the time of booking.
5. Once the form and payment are submitted we will send you confirmation by email. Please keep this confirmation email for reference as it contains all expedition dates and details submitted.

Please contact us if you have any outstanding questions.

We look forward to seeing participants on their expeditions!

Best regards

Activ Adventures

