



Edgbarrow School A guide to your DofE Expeditions



Off
GRID
ADVENTURES

Off Grid Adventures: Expedition Provider



What we offer:

- ✓ Experience in delivering and managing DofE programmes
- ✓ A quality experience for young people
- ✓ Appropriately qualified instructors
- ✓ Appropriate safeguarding checks on all those we employ as instructors and assessors
- ✓ Knowledge of the areas used for expeditions alongside dynamic risk assessments
- ✓ Appropriate licenses to carry out expeditions across the UK

Please have a look at our website to find out more:

www.offgridadventures.co.uk



What does the Bronze Expedition Section involve?



Bronze Walking

- ✓ 18th March: training in school.
- ✓ 22nd-23rd April: two days' training and an overnight camp in the South Bucks area.
- ✓ 17th-18th June: two days' qualifying expedition with one overnight camp in the Chilterns.



What do we cover on the Training Day in school?



- ✓ Kit list
- ✓ Rucksack packing
- ✓ Basic First Aid and DRSABC
- ✓ Qualifying route planning
- ✓ Menu planning

Participants also receive a Bronze Expedition Guide which has lots of useful information and help with preparing for the expeditions. Speak to Mrs Rice if you don't receive yours.



What do we cover on the Practice Expedition?



- ✓ Emergency Procedures
- ✓ Putting up/taking down tents
- ✓ Cooking food on Trangia stoves in teams
- ✓ Two days practising navigation skills
- ✓ Working on the group's project/aim
- ✓ Practising walking in a self-directed team leading to being remotely supervised.



What happens during the Qualifying Expedition?



A DofE Qualified Assessor will assess how the teams combine all the skills learnt during the training days and the practice expedition including:

- ✓ Campcraft
- ✓ Working as a team
- ✓ Two days walking as a team– whilst being remotely supervised
- ✓ Work on the team's project/aim
- ✓ DofE 20 conditions



What is remote supervision?



Remote Supervision is when the safety and well-being of a group is monitored from a distance, with limited direct contact with the group

- We train the groups to be self sufficient
- We are confident in the ability of each group
- We will have current knowledge of the expedition area
- We carry out area risk assessments in advance and dynamically
- We have the ability to move fast and efficiently to reach the participants
- We supply a mobile phone to each group – no personal phones are allowed



What does the Silver Expedition Section involve?



Silver Paddling

- ✓ 27th - 30th April: four days' training and three overnight camps on the River Thames, near Reading
- ✓ 6th - 9th July: three days' qualifying expedition with three overnight camps on the River Wye, Wales (6th is the day of arrival)

We also offer Silver Walking Expeditions (subject to numbers)



What do we cover on the Practice Expedition?



- ✓ Emergency Procedures
- ✓ Putting up/taking down tents
- ✓ Cooking food on Trangia stoves in teams
- ✓ Three days on the water practising water skills
- ✓ Working on the group's project/aim
- ✓ Practising paddling in a self-directed team leading to being remotely supervised.



What happens during the Qualifying Expedition?



A DofE Qualified Assessor will assess how the teams combine all the skills learnt during the training days and the practice expedition including:

- ✓ Campcraft
- ✓ Working as a team
- ✓ Three days paddling as a team– whilst being remotely supervised
- ✓ Work on the team's project/aim
- ✓ DofE 20 conditions



Any questions?



The DofE Award is an amazing adventure people never forget.

To find out more about the expedition and the whole Award, please speak to **Mrs Rice**.

Thank you.

www.offgridadventures.co.uk

