



## Edgbarrow School A guide to your DofE Expeditions

# OGG RID A DVENTURES

### Off Grid Adventures: Expedition Provider



#### <u>What we offer:</u>

- 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





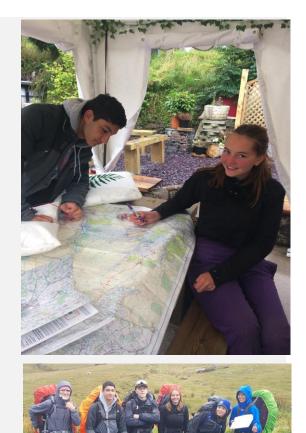
### What does the Bronze Expedition Section involve?

#### <u>Bronze Walking</u>

- ✓ 18<sup>th</sup> March: training in school.
- ✓ 22<sup>nd</sup>-23<sup>rd</sup> April: two days' training and an overnight camp in the South Bucks area.
- ✓ 17<sup>th</sup>-18<sup>th</sup> 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-
- Practising walking in a selfdirected 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?

#### <u>Silver Paddling</u>

- 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 (6<sup>th</sup> is the day of arrival)

We also offer Silver Walking Expeditions (subject to numbers)



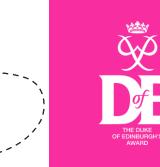






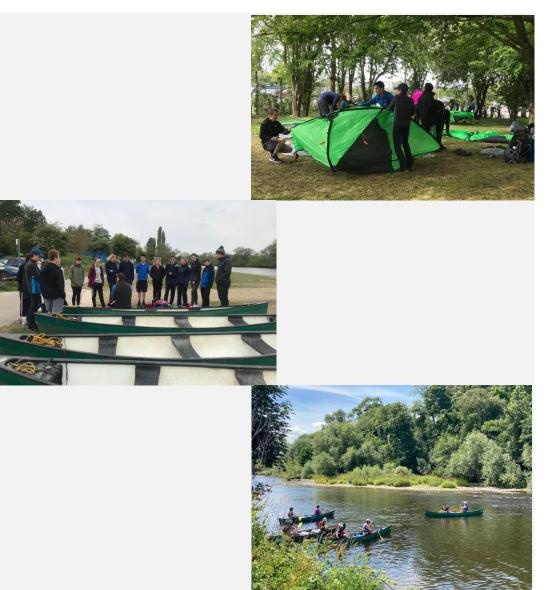
# What do we cover on the Practice Expedition?





 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 selfdirected team leading to bein

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

