



## Thomas Telford School

### 2011 –12 Silver, Duke of Edinburgh Award Expedition Training Programme



Note that all training is finished before the start of GCSE's and the Practice and Final Expeditions are after the examinations.

You will need to buy maps, (2 per group) Harlech and Bala No18 Outdoor Leisure Series Waterproof maps. The cheapest place to purchase these is at – [www.Dash4it.co.uk](http://www.Dash4it.co.uk), also 15 7” tent pegs each.

Cost: £100 including log book, Practice and Final Expedition and assessment. It does not include travel by train on Practice and Final or camp site fees. Payable by January 26<sup>th</sup>.

All sessions at TTS are from 4.15pm to 5.40pm on Thursdays unless stated otherwise on the programme.

Dates and Times	Activity	Notes (for students and staff)
October 20 <sup>th</sup>	Introduction. Programme, Letters and consent forms etc. Explanation of - eDofE. E mail to M Pugh. The 20 conditions of assessment for expedition.	*Power point. Need group list.
November 24 <sup>th</sup>	Wild Country Camping. Black Hole !!!!! Planning for next training day.	*Power Point Forms returned.
January 26 <sup>th</sup>	Emergency procedures – a very important session looking at what to do when things go wrong. Start Practice Planning	*Power point Need maps by this date OL18 Money due in.
February 23 <sup>rd</sup> .	Equipment - coping in wet weather for 3 days. Suitability of personal equipment. Continue practice planning.	Give out details for training day.
March 22 <sup>nd</sup>	Mountain Hypothermia – causes, signs, treatment. Final planning.	Give out all details for Final and Practice Expeditions.
<b>Saturday March 24<sup>th</sup> . Meet TTS 9.0am.</b>	An accompanied days walk to look at all aspects of navigation and moving as a group in a more serious area than at Bronze Level.	Area – Long Mynd/Church Stretton. Travel by coach.
May 3 <sup>rd</sup>	Final Expedition Planning.	
May 24 <sup>th</sup>	Details for Practice and Final Expediton. Final planning. Menu and food planning.	
<b>*Wednesday June 27<sup>th</sup> , Meet TTS 8.00am.</b>	Final pre expedition check before your expeditions. Equipment issue.	Bring along maps and route planning. Meet by store.
<b>Saturday June 30<sup>th</sup> to Mon July 2<sup>nd</sup> .</b>	Practice Expedition – Snowdonia, Harlech area. (see separate detail sheet issued in March)	Travelling by train to Snowdonia with your expedition group.
<b>Saturday July 14<sup>th</sup> to Mon 16<sup>th</sup> July.</b>	Final Expedition – Snowdonia, Porthmadog area. (see separate detail sheet issued in March)	Travelling by train to Snowdonia with your expedition group.