

School and Expedition: Nottingham Free School Bronze Walking - Residential Training

Date(s) of Activity: Sat 12 May 2018 - Sun 13 May 2018

Start Location: Beaumanor Hall Outdoor Centre, Woodhouse, Leicestershire LE12 8TX

Finish Location: Beaumanor Hall Outdoor Centre, Woodhouse, Leicestershire LE12 8TX

Times: Arrival - Sat 10:00:00 AM; Pick-up - Sun 3:00:00 PM

Karos Adventure Leaders: Andy, Claire, Howard, Emma, Sam, Chris

Travel to/from Training Location

- Coach/minibus: If your school is transporting the participants to and from the location for training by coach or minibus, please see their separate letter for details of what time to meet at school and expected return time at the end of the activity.
- Car: If you are dropping off or collecting participants at the start & finish locations, please can you ensure you arrive at the start & finish locations by the times stated above, and that you are familiar with where to go and the time needed to get there. This is very important for the safety and wellbeing of all participants, especially in bad weather as waiting around in exposed car parks can increase the risk of hypothermia and other safety concerns.

Bad Weather Procedure and General Communication (including Out-of-Season arrangements)

All our activities will take place in most weather condition, including wet weather. However, in extremely bad weather we may need to postpone this event for safety reasons. We will review in the days preceding the event and make a decision as early as possible. We will liaise directly with the school and details will also be posted on our web site and on our Facebook and Twitter feeds. We will also update our Facebook and Twitter feeds with general progress of the training when necessary and if there are any changes to start/finish procedures - such as known road closures or changes in times.

Web site: www.karosadventure.com



facebook.com/karosadventure



twitter.com/@karosadventure

Karos Adventure Emergency Contact

Emergency Contact Name: Karen

Contact Number: 07933 861367

The above emergency contact is only for the period whilst this activity is taking place. If you have any queries or concerns prior to or following this activity, please can you contact your school/college initially, as they will then liaise with ourselves where required to respond to your query.

Important Information regarding our DofE Expedition Training

Equipment

Personal Equipment

Participants will need all equipment as detailed in our DofE Kit List. For further details regarding clothing, equipment and rucksack packing, please refer to our Factsheets on our web site.

- **PLEASE ENSURE YOU HAVE WARM CLOTHING, HAT, GLOVES, WATERPROOF JACKET & TROUSERS.**

Group Equipment

- We will provide participants with tents, stoves, gas, maps, map cases and a group first aid kit.
- Teams will need to bring group camping items e.g. Brillo pads, long-handle matches/lighter, bin bags.

Participants will be asked to sign our Group Equipment Contract when the kit is issued and are expected to look after all items of equipment issued to them and return them in a good condition to their supervisor at the end. Please be aware that, regrettably, we will have to charge the full replacement cost for any of our equipment is lost or damaged through misuse, and serious misuse may prevent the participant or their team from successfully completing their training.

Food

Participants must bring food for all meals that they will need during this activity. Please refer to the Factsheet on our web site regarding suitable food. Remember:

- **DO NOT** bring food that needs to be kept in a fridge or freezer (including meat and dairy).
- **DO NOT** bring heavy tins and glass bottles/jars.

We do encourage participants to bring food that is high in energy content. Further details and suggestions of what to bring are on our factsheets.

Itinerary

Navigation Training

- Map Skills - confidence in reading maps, symbols, grid references, direction, distance, time.
- Navigation - finding your way using maps, setting the map and walking in the right direction.
- Countryside Code and "Leave no waste" policies - on route and at camp.
- Safety and Managing Risks whilst on an expedition, including safety on country roads.
- Expedition First Aid - being familiar with what injuries could occur on an expedition and treatment.
- Understanding what to do in the event of an emergency, where and how to get help.
- How weather, food and equipment can affect the expedition.

Planning and On-Site Training

- Tent pitching and camp site management.
- Cooking safely using a gas Trangia stove and fuel management (cooking your evening meal).
- Review your Practice Expedition routes, including Aim and routecards.
- Review of what kit and food you will need for your expedition, including menu planning.

Factsheets

We have created a series of factsheets, which provides details of what is involved on the expedition, and what you will need, including kit list and ideas regarding menus. It is important that participants and parents are familiar with the information contained in these factsheets as this will help you to prepare for the Expedition, especially the 20 Expedition Conditions, Kit List and our Code of Conduct.

To access the factsheets on our web site - Username: **Karos**

Password: **Award**

Thank you for taking part and we look forward to meeting you at the Training.