

School and Expedition:	<u>Nottingham Free School Silver Walking</u>
Activity:	<u>Navigation Training Day</u>
Date(s) of Activity:	<u>Sat 28 April 2018</u>
Where to meet:	<u>Longshaw Estate (Woodcroft Car Park), Owler Bar Road, Fox House S11 7TZ</u>
What time to meet:	<u>9:00 AM</u>
Additional Info:	<u>Parking Fee applies - Pay & Display £3.50 upto 4 hrs; £5 for 4+ hrs.</u>
Finish Location:	<u>Longshaw Estate (Woodcroft Car Park), Owler Bar Road, Fox House S11 7TZ</u>
Finish Time:	<u>3:00 PM</u>
KA Leaders:	<u>Howard, Stuart, Philippa, Gary</u>

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

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 in the local area 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

Participants **must** be fully prepared for a day spent outside and be able to deal with whatever the weather situation and conditions underfoot that they will face. Therefore, it is vital that they have the appropriate clothing, kit and food.

<u>Wearing</u>	<u>Carrying</u>
<ul style="list-style-type: none">• Walking Boots - either leather or fabric, MUST have ankle support.• Outdoor clothing suitable for an expedition*• Waterproof Jacket• Waterproof Overtrousers• Warm hat (e.g. beanie hat)• Warm gloves (preferably waterproof too).• Gaiters - optional but recommended at Silver & Gold for moorland	<ul style="list-style-type: none">• Day rucksack (approx. 25litres). This must have 2 padded shoulder straps.• Packed lunch, drinks & snacks (bring plenty!).• Water - at least 1 litre in a drinking bottle.• Spare jumper/fleece wrapped in waterproof bag.• Small First Aid Kit, containing plasters, antiseptic wipes, blister pads etc.• Personal medication if applicable e.g. asthma inhaler, epi-pen, etc.

* Please do not wear clothing that has a high cotton content e.g. jeans, cotton T-shirts, cotton leggings etc. Clothing made from manmade fabrics, such as nylon and polyester, are better - e.g. football tops, sports tops etc.

Itinerary

This is a navigation training day designed to increase your confidence in navigation, and to develop and learn new skills at Silver level, such as using a compass for bearings and direction-finding. The training will take place in your expedition teams, with each team bring accompanied by a Karos Adventure Expedition Leader. The walk is approx. 10km, with breaks for tuition, scenarios and lunch.

- Introduction and initial briefing with your Team Leader, including kit checks and safety briefing.
- Map Skills - refresher from Bronze on symbols, grid references, direction, distance, height, time.
- Navigation - advanced navigation skills and using features in open moorland areas,
- Interpreting shapes of hills from contours and identifying features in the land.
- Compass Skills - using the compass for bearings and navigation.
- Understanding closures of land due to land management, shooting etc. and where to find info.
- Countryside Code and how to be a good citizen in the countryside
- Safety and Managing Risks whilst on an expedition.
- 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.
- "Leave no waste" policies - on route and on a camp site.

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.