



The Ladies' College
Guernsey

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Friday 12th June

Dear Parents/Guardians

Duke of Edinburgh's Bronze Award – Postponed Expedition Section

Following my letter dated 19th March we are pleased to provide further information regarding your daughter's Duke of Edinburgh's Bronze Expedition Section. The new dates for this are now confirmed as below. Please note that these dates are still subject to meeting the Public Health guidelines of the time.

- **Practice Expedition Friday 18th – 19th Saturday September 2020**
- **Qualifying Expedition Friday 23rd – Saturday 24th October 2020.**
- **Due to the changes we will also be offering additional Practice/Qualifying dates (17th-18th October)**

We also had to postpone the after-school training session which will now take place on **Friday 11th September 16.15-18.30**. Before remote learning the girls had been attending regular training sessions at lunchtimes in the lead up to the expeditions. This afterschool session is to recap on important information and ensure that they are fully equipped for the challenges that they will face!

The Practice Expedition will be taking place on-island, from 16.15 Friday 18th September – 13.30pm Saturday 19th September 2020. While we are away from College the students will undertake more training, including team building and navigation exercises to familiarise themselves with using a map and to prepare them to follow a planned route. They will walk in predetermined walking groups and be remotely supervised by a qualified member of staff. During the course of the Practice Expedition the students will be working in their groups, to demonstrate their skills and teamwork, with a supervisor nearby to support if needed.

During remote supervision we will expect the girls to: stay within the boundaries of the area identified by the visit leader; return by the time agreed and to the location agreed; remain in their groups of 4-7 and, should they become lost, stay together in the same place until staff find them. They should keep their emergency mobile phone switched on and ensure that they have the staff contact numbers. They are always also expected to behave in a sensible manner.

The cost of each expedition is £25. Cheques should be made payable to 'The Ladies' College DofE' and labelled on the reverse with "DOFE" and your daughter's name. Payment is also possible via bank transfer: The Ladies' College Duke of Edinburgh's Award Scheme 60-09-20 74071246 Ref: Daughter's Name. **Thank you to those who already paid when sending in the original forms, your payments have been already transferred to the new practice expedition dates.**

Principal
Mrs A Clancy BA (Combined Hons)
Email: principal@ladiescollege.ac.gg

Registrar
Miss R McClean
Email: registrar@ladiescollege.ac.gg

Vice Principal, Bursar & Clerk to the Governors
Miss E Bridge MA Oxon, ACA
Email: bursar@ladiescollege.ac.gg

www.ladiescollege.com

A draft itinerary for the Practice Expedition is below, with some frequently asked questions and kit list. Medical forms and a confirmed itinerary will be sent out in September so they will be up to date.

Practice Expedition

Draft Itinerary: *(An updated itinerary will be given out before the trip to confirm details)*

After school	Briefing <ul style="list-style-type: none">- Safety briefing- Supervisor details/checks- Kit check Start of walk with supervisor <ul style="list-style-type: none">- Check Navigation- Safety Arrive at Cobo Scout Campsite TBC <ul style="list-style-type: none">- Pitch Tents- Cook Dinner- Team activities Lights Out
13.30pm Collection	Breakfast Strike camp Supervisor meeting to agreed check points. Group remotely supervised Debrief The Ladies' College

Emergency contacts for during the expedition:

Expedition leader: Mrs R Wooldridge 07781 142502

Please return the reply slip and payment if you have not already done so to College Reception or Mrs Wooldridge by 23rd June 2020

If you have any questions or queries relating to the expedition, which are not answered on the FAQ page, please do not hesitate to contact me on 01481 721602 or via e-mail at: rwooldridge@ladiescollege.ac.gg

Yours sincerely



Mrs. R Wooldridge
Duke of Edinburgh's Award Coordinator, The Ladies' College

Upper Four Duke of Edinburgh Award Reply Slip

Student Name:

Date of Birth:

My daughter can attend

- ☐ The after-school training on the 11th September 14.15 – 18.30
- ☐ Practice Expedition Friday 18th – Saturday 19th September
- ☐ Qualifying Expedition Friday 23rd – Saturday 24th October

If your daughter cannot make one of the above expeditions, please indicate if they can make Saturday 17th – Sunday 18th October as an alternative. Yes / No

- ☐ I understand that I will need to complete an OA4 consent form including medical information for the **Practice Expedition in September.**
- ☐ I understand that my daughter will be remotely supervised.
- ☐ I agree that my daughter will abide by the school's behaviour policy and understand that if my child breaks the policy or misbehaves, she may be sent home at my expense.
- ☐ I confirm that I am happy for my daughter to have photographs and videos taken of them on expedition as evidence of their participation, and agree that photographs can be used for the publicity of the DofE Award within school.

We have a limited supply of DofE kit at the College so please indicate below items your daughter would like to borrow if any.

- ☐ Large Rucksack
- ☐ Sleeping bag
- ☐ Sleeping/Roll mat

(Note: All other equipment Tent, Trangia, Map and Compasses, will be provided please see attached kit list for more details)

To be completed if you did not fill in the initial form before the Covid 19 restrictions.

- ☐ I understand the trip costs outlined in the attached letter, and that initial payment of **£25 for the Practice Expedition** is due back with this form by 23rd June payable to the 'The Ladies' College DofE' (A further £25 will be due for the Qualifying Expedition)
 - ☐ Cheque included
 - ☐ Date of Bank transfer

Parents/guardian signature:

Date:

Print name:

Please return this form to the main school office or Mrs Wooldridge by 23rd June 2020

Further information – Covering the Frequently Asked Questions

Medical & Consent Form

Please ensure that you have completed the OA4 form and advised us of any medical conditions and medication that your daughter needs. Please ensure that she brings all relevant medication with her on the expedition and that she lets the group supervisor know that she has it.

Please ensure that you make us aware of any medical updates before the expedition and that you have included a contact number in the event of an emergency.

Groups

During one of our lunchtime sessions, we will be organizing the girls into groups of 4-7. Grouping can sometimes cause some friction amongst friends and if this is the case, each will select two friends and then I will do my best to sort the groups. Any problems please advise your daughter to speak to me in private or by e-mail if easier.

Food

Your daughter will have a meal plan for the Practice Expedition, which she will have made during a training session before the trip. We suggest that they buddy up into their tent pairs or threes and decide between them what they are going to take. The plan should have a main meal for the Friday night to cook on the Trangia, breakfast for Saturday and snacks to keep them going and hot drink. (Plus some emergency rations.)

Kit

The College will provide the girls with tents, Trangia stoves, Gas, Maps compasses etc. Walking boots are not necessary at this expedition level and a good pair of sports trainers will suffice. However, if you wish to invest in walking boots for the future, then I strongly advise that they are ankle high boots, and already broken in before use during the expedition. We do have a small supply of other items including Rucksacks, sleeping bags and roll mats so if you need these please ensure you have identified this on the reply slip. (Note: if buying any kit at Mountain Warehouse, Millets, Blacks, Cotswolds Online etc DofE participants do get a discount if they show their DofE card.)

Fitness

I strongly advise that your daughter does some pre-expedition fitness training over the coming weeks to ensure that her packed rucksack fits well and that her shoes are comfortable. On the Practice they will be walking between 1.5 – 3 hours per day, and on the Qualifier a minimum of 3 hours per day.

Mobile phone

Groups will be required to carry two mobile phones for use in emergencies only. We do not provide these and so teams are to agree who brings their emergency phone and ensures that it's fully charged for the expeditions. All other phones need to be switched off or left at home.

First Aid kit

Your daughter requires a small first aid kit for her personal use; this only needs the usual items such as plasters, antiseptics and a blister kit such as Compeed.

Aftercare of equipment

Any equipment that your daughter has borrowed from the College needs to be signed in and out. It should be returned in a clean condition ready to use again and any damages noted so they can be dealt with.

DofE Kit List

Clothing

Got it	Packed it	Equipment
		Walking boots (<i>Broken in</i>) or trainers
		Walking socks (<i>plus spare pair</i>)
		T-shirts
		Fleece/Jumper (<i>Not hoodies or heavy jumpers</i>)
		Walking Trousers/ tracksuit bottom/ leggings
		Underwear
		Warm hat
		Gloves
		Sun hat & Sunglasses
		Waterproof/windproof jacket
		Waterproof trousers
		Warm nightwear (<i>Thermals? Or consider leggings and a long sleeve top?</i>)

Personal Kit

Got it	Packed it	Equipment
		Rucksack (<i>65 litres</i>) (<i>needs waterproofing with rucksack liner or thick bin sack</i>)
		Sleeping mat (<i>in waterproof bag/bin sack</i>)
		Sleeping bag (<i>2-3 season</i>)
		Wash kit & personal hygiene items
		Towel
		Small amount of toilet paper or wet wipes
		Watch
		Whistle
		Torch (<i>spare batteries</i>)
		Personal First Aid Kit (<i>including personal medication</i>)
		Emergency rations (<i>can be a snack and hot drink</i>)
		Water bottle (<i>1-2 litres</i>)
		Knife, fork & spoon (<i>or spork</i>)
		Plate / Bowl
		Mug
		Notebook & pen / pencil (<i>for making notes for final presentation</i>)
		Sun cream
		Food

Group Kit

Got it	Packed it	Equipment
	Provided	Tent
	Provided	Trangia Stove
	Provided	Gas
		Scouring pad / Brillo Pad (<i>To clean pans</i>)
		Tea Towel
		Plastic Bags (<i>for rubbish etc</i>)
	Provided	Survival bag (<i>for extreme weather recommended for Silver and Gold only</i>)
	Provided	Maps
	Provided	Compass
		Matches (<i>in waterproof container</i>)