



City of Norwich School  
An Ormiston Academy | *Excellence in all*

# THE DUKE OF EDINBURGH'S AWARD



**CNS DofE**

**Expedition Information Evening.**

**Tuesday 12 March 2024.**

## The story so far.....

### 2023-2024

**170 students** currently registered on their Bronze, Silver or Gold Award at CNS. One of the largest provisions in the country.

**100 students** receiving their DofE Award next week at the CNS DofE Awards Celebration Evening.

Nearly **2000 hours** of Volunteering in the local community by CNS students in the past 12 months.

Students are actively working towards their Volunteering, Physical & Skill sections. The next section towards their award is the expedition.

# Expedition

## Aim

- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.

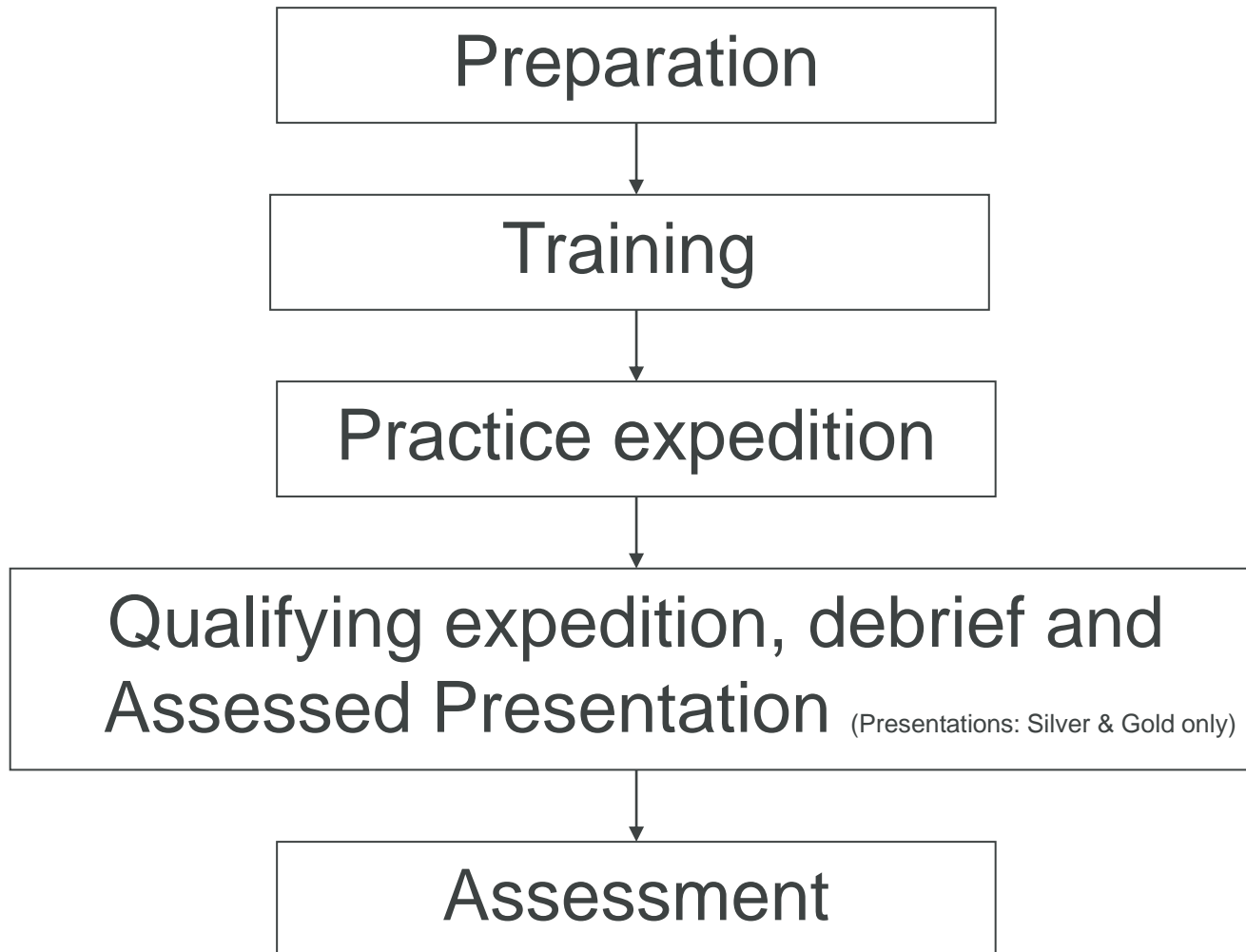


## Benefits of Expedition

- Gain an appreciation of and respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Develop and demonstrate enterprise and imagination.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and the ability to accept consequences.
- Gain skills to reflect on personal performance.
- Learn through experience.
- Learn to manage risk.



| Level  | Duration          | Minimum hours of planned activity each day  |
|--|-------------------|---|
| <b>Bronze:</b>   | 2 days & 2 night  | At least 6 hours during the daytime (at least 3 of which must be spent journeying)  |
| <b>Silver:</b><br><b>Assessed</b>                            | 3 days & 3 nights | At least 7 hours during the daytime (at least 3½ of which must be spent journeying) |
| <b>Gold:</b><br><b>Yr12-Practice</b><br><b>Yr13-Assessed</b> | 4 days & 4 nights | At least 8 hours during the daytime (at least 4 of which must be spent journeying)  |





## Training Checklist – lunchtime sessions in school.

1<sup>st</sup> aid & emergency procedures – (Qualified course)

\*Bronze 4 hour course.

Awareness of risk & health/safety issues.

Navigation & route planning.

Camp craft, equipment & hygiene.

Food & cooking.

Country, highway & water sports codes.

Observation, recording & presentation.

Teambuilding.

Proficiency in the mode of transport

## Expectations of the Expedition section

Your expedition must be by your own physical effort, without any motorised or outside assistance.

**\*\*Your expedition must be unaccompanied and self-sufficient.**

**\*\*Your expeditions must be supervised by an adult who is able to accept responsibility for the safety of you and your team.**

Your expedition must have an aim.

You must be properly equipped for your expedition.

**\*\*You must have completed the required training and practice expeditions.**

**\*\*You and your team must plan and organise your expedition.**

You must be assessed by an approved accredited Assessor to the DofE.

There must be between four and seven people in your team.

Your overnight accommodation should be camping.

**You should cook and eat a substantial meal each day.** -students plan their menu/meals within their groups for the entire duration of the expedition. Students must have breakfast with a hot drink on each morning of the expedition. Lunch on their journey. Evening meal back at campsite.

You must create and deliver a presentation after your assessed expedition to complete the section (Silver & Gold only).

***Don't forget that all your team must meet these conditions!***



## Student Expectations

- To attend DofE meetings throughout the academic year.
- To have completed the three sections two weeks before doing the Assessed Expedition.
- To log on to eDofE.org on a regular basis.

## Parent/Carer expectations

- To ensure your child has the appropriate equipment & kit through purchase or school hire (complete & submit online microsoft forms by Wednesday 27 March).
- Organise transport to & from the expedition venue for your child (\*Bronze only).
- Payment for the cost of the expedition. My School Portal, cash or cheques made payable to CNS.
- We are not able to issue refunds after 1 April 2024.

## CNS Staff Team.

- Excellent success rate.
- 10 years experience – over 50 expeditions.
- Rigorous trip safety protocols.
- Mountain Leader (Summer) qualified staff.
- Medic on every expedition.
- External Expedition Assessors.
- **Remote supervision:** *A level of indirect supervision which allows a group to undertake an independent journey/activity whilst ensuring the supervisors can exercise their duty of care as appropriate.*
- GPS trackers.

## Kit & Equipment:

Walking boots (with ankle support) are essential kit that every student must have. Without walking boots students will not be able to take part in the expedition.





| Equipment                          | Do you need to borrow this?<br>Yes/No                            |
|------------------------------------|--|
| Tent                               | CNS  |
| Rucksack                           | CNS  |
| Trangia stove                      | CNS  |
| Fuel bottle<br>(for Trangia stove) | CNS  |
| Waterproof jacket                  | CNS<br>Size:   |
| Waterproof trousers                | CNS<br>Size:   |
| Sleeping mat                       | CNS  |
| Compass                            | CNS  |
| Sleeping bag                       | CNS  |
| Sleeping bag liner                 | CNS  |
| Walking boots                      | You must provide your own walking boots<br>(with ankle support). |

**School behaviour expectations:** these apply on expeditions. Any student not adhering to these expectations will be sent home. Parents will be expected to collect their child.

### **Mobile Phones:**

Mobile phones must be switched off, handed to the designated staff member and sealed in a waterproof bag upon arrival at the expedition venue. The mobile phones are then returned to students. Mobile phones must remain sealed and switched off for the duration of the expedition unless there is an emergency.

This policy is for the following reasons:

- **Health & Safety:** students need to be fully aware of their surroundings on their expeditions to be aware of the various risks/dangers they may encounter, such as vehicles etc.
- **Teamwork & group cohesion:** students are working together for the duration on the expedition and therefore do not require the distraction of a mobile phone.
- Safeguarding.
- **In case of emergency** the sealed mobile phone can be opened & switched on (with full battery) to call the school trip phone and emergency services if required.
- **Trust:** the student groups travel for the majority of the expedition as staff exercise remote supervision. The mobile phone policy is intrinsic to trust of the student groups. Staff use GPS trackers allocated to each group to monitor progress as well as checking in on the groups face to face on their journey.

*Any student who is found with a mobile phone that has not been declared will be sent home from the expedition. It is the parent/carers responsibility to collect the child from the expedition venue.*

*\*Please see the Contract of Agreement on the expedition forms link.*

## In Case of Emergency: Procedure.

- Keep calm: remember your training.
- Give first aid & make casualty comfortable.
- Assess situation & agree plan.
- Ring Trip Phone & send SMS with time, location & key information.
- Press SOS button on GPS tracker.
- Dial 999 if required.
- If needed, 2 persons go for help at nearest habitation (if possible).

Do not ring anyone else outside of the expedition setting.

Trip leader will assess the situation and will make phone calls home if necessary.



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# Expedition dates and locations

## Bronze

### Bronze Training Expedition: £60

#### **Group A:** North Norfolk

Thursday 18 April (arrive by 5.30pm) – Saturday 20 April (pick up 3.45pm)

#### **Group B:** North Norfolk

Thursday 25 April (arrive by 5.30pm) – Saturday 27 April (pick up 3.45pm)



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# Expedition dates and locations

## Yr12 Gold 'Direct Entrants'

Yr12 Direct Entrants Training Expedition: £20

**Yr12 Direct Entrants: North Norfolk**

Wednesday 17 April (arrive by 5.30pm) – Saturday 20 April (pick up 3.45pm)





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# Expedition dates and locations

## Bronze

### Bronze Assessed Expedition: £60

**Group A:** N Norfolk.

Thursday 6 June (arrive by 5.30pm) – Saturday 8 June (pick up 3.45pm)

**Group B:** N Norfolk.

Thursday 13 June (arrive by 5.30pm) – Saturday 15 June (pick up 3.45pm)

## **Campsite Rules:**

- Students are only allowed into their own tents, no one else's tent.
- No ball games/frisbee etc.
- Lights out & quiet at 10pm.

## **Drop-off (Bronze):**

- By 5.30pm.

## **Pick-up (Bronze):**

- Students will be dismissed at 3.45pm providing all student groups are back, equipment returned and debrief has been completed.

# Expedition dates and locations

## Gold - Cumbria

Yr12 Gold Practice Expedition: £260.

Yr13 Gold Assessed Expedition: £260.

Location: Cumbria.

Monday 1 July (arrive at CNS school gym by 8am)

-

Friday 5 July (return to CNS by 9pm approx).

- Transport provided by CNS.



# Expedition dates and locations

## Silver

**Silver Assessed Expedition: £160**

Derbyshire Dales.

Monday 15 July (arrive at CNS school gym by 8am)

-

Thursday 18 July (return to school by 9pm approx.).

- Transport provided by CNS.

The Consent & Medical form will be sent out this week via Microsoft forms.  
Please complete and submit by Wednesday 27 March.

Mr Lee  
CNS DofE Manager

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[www.cns-school.org/The-Duke-of-Edinburgh-s-Award-Scheme/](http://www.cns-school.org/The-Duke-of-Edinburgh-s-Award-Scheme/)