



# DOLLAR ACADEMY



DOLLAR FK14 7DU  
SCOTLAND

January 2020

## Bronze DofE training expeditions – information for pupils and parents

Dear Parent,

Your son/daughter, as part of his/her Duke of Edinburgh's Award at Bronze level, has to take part in a training expedition involving two days of strenuous walking with one night camping in a tent. The purpose of this expedition is to familiarise candidates with the necessary expedition skills such as campcraft, navigation, load carrying and teamwork. This is in preparation for an unaccompanied assessment expedition which will take place in September or October next session.

All candidates **MUST** attend the after school expedition training and preparation sessions on the Wednesday and Thursday immediately prior to their weekend expedition. The times of these sessions are **Wednesday** 3.30 – 6.00 pm **Thursday** 3.30 – 5.00 pm

Candidates must also return school equipment to the expedition stores after school on the **Tuesday** (from 3.30 pm) immediately after their weekend expedition.

All Bronze training expeditions will take place in May of next term in the Ochil Hills and will be led by experienced members of staff who know these hills well. Each expedition will leave Dollar Academy around 4.00 pm on a Friday afternoon and will return sometime on the Saturday afternoon.

Training expeditions will take place on the following dates (Friday & Saturday):

**1<sup>st</sup> – 2<sup>nd</sup> May**

**8<sup>th</sup> – 9<sup>th</sup> May**

**15<sup>th</sup> – 16<sup>th</sup> May**

**22<sup>nd</sup> – 23<sup>rd</sup> May**

\*Boys who play **cricket** for the school team should consult their coach before choosing a date.

Girls who play **tennis** for the school team should consult their coach before choosing a date.

Candidates involved in the school **shooting team** or **pipe band** should consult with Mr Stewart before booking a date.

Each candidate must take part in *one* of these expeditions. There are **36** or **48** places available on each trip. A charge of £30 is made for our Bronze expeditions (this covers both May and Autumn expeditions).

Candidates who perform satisfactorily on the training expedition will be allowed to go forward for assessment. Competency in the following areas must be demonstrated:

- Physical fitness;
- General organisation;
- Care of equipment and cooperation with staff in expedition store procedures;
- Commitment to expedition training and preparation.

Each candidate must be thoroughly prepared for this venture. The walking is strenuous and involves carrying heavy rucksacks. A fair degree of physical fitness is required and candidates should be in good health. Candidates will be provided with a training booklet giving guidance on equipment as well as a check list of necessary kit and should note that carrying the correct equipment is compulsory. It is recommended that parents read this booklet as well since it contains much useful advice about what equipment needs to be purchased by pupils.

**Candidates who turn up without essential equipment or personal medication will not be allowed to continue with the venture.** Certain items of equipment can be hired from the school stores. The nominal cost of hiring individual items of equipment (such as tents and stoves) is indicated on the equipment list. A cash deposit of £20.00 per person is also payable which is *refunded* when equipment is returned in good order and on time. Fines will be imposed for equipment that is returned late or in a poor state.

Please note that the use of mobile phones by candidates is prohibited on these expeditions. The use of mobile phones or similar devices goes against the ethos of isolation and adventure which is an essential part of these trips. It can also lead to a false sense of security in remote mountain areas in which mobile phones often do not work. The inappropriate use of mobile phones on assessment expeditions could result in candidates failing that assessment. Candidates may take mobile phones but these will be sealed in a bag and may only be used in an emergency, or near the very end of the return journey as instructed by staff. A “real” camera can be carried if wished.

If you require further information please do not hesitate to contact me in school by e-mail at [dofe@dollaracademy.org.uk](mailto:dofe@dollaracademy.org.uk)

Yours faithfully,

Mr A Johns  
Expedition Organiser

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Please complete the parental/guardian permission slip and return to Mr Johns **in person** by **Monday 24<sup>th</sup> February**. Pupils who wish to be together in a tent (2 or 3 pupils) are advised to hand in their permission slips stapled together. You **must** have successfully submitted details for your other three sections of your award to your eDofE account before your form will be accepted.

I would like to share a tent with (one or two names):

**Bronze DofE training expedition PERMISSION SLIP**

Please complete and return to Mr Johns in person by **Monday 24<sup>th</sup> February 2020**

I ....., parent/guardian of .....in Form Class ..... have received the details of the Bronze DofE training expeditions and give permission for my son/daughter/ward to take part in a training expedition on ..... May.

I understand that in the event of serious accident or injury to my son/daughter/ward every effort will be made to contact me. Where this proves impossible, I hereby consent to my son/daughter/ward receiving any medical/surgical/dental treatment including a general anaesthetic and/or blood transfusion (please delete as appropriate), as considered necessary by the Medical Authorities present.

I understand that it may be necessary, in exceptional and emergency circumstances, for me or a nominated representative to travel to the site of medical treatment (which may be to the group's location) to take over responsibility for my son/daughter/ward.

Should my son/daughter/ward require treatment for minor ailments, I give permission for expedition leaders or their deputies to administer, as appropriate (*strike out whichever does not apply*):

- 1. paracetamol and/or ibuprofen (for relief of pain, fever or inflammation)
- 2. antihistamine (for relief of hayfever, insect bites or other allergic reactions)

I give details below of any other medication, prescribed or non-prescribed, that my son/daughter/ward may need to carry, or those to which he/she is allergic.

I furthermore give permission for expedition leaders or their deputies to help administer these medicines if required.

1. Current medical conditions or concerns of which expedition staff should be aware (please include any relevant condition already notified to the school):  
.....  
.....  
2. Medication required for this / these condition(s)  
.....  
3. Instructions for the administration of any medication being carried to treat the condition(s):  
.....  
.....  
.....  
4. I understand that if my child is not carrying the medication noted at (2) above at the time that the trip begins he / she will not be permitted to participate and I will be responsible for collecting him / her from the intended point of departure.

I can be contacted at the following one or two UK numbers at all times during the time of the trip:  
1. .... 2. ....

I will pay the expeditions fee of £30 using Parent Pay.

Parent signature..... Date .....