Bronze AWARD
Parents Information Evening
The DofE is…

You achieve an Award by completing a personal program of activities in four sections:

- **Volunteering**: undertaking service to individuals or the community.
- **Physical**: improving in an area of sport, dance or fitness activities.
- **Skills**: developing practical and social skills and personal interests.
- **Expedition**: planning, training for and completion of an adventurous journey in the UK or abroad.
# Bronze Award (Yr 9 and Above)

<table>
<thead>
<tr>
<th>Volunteering</th>
<th>Physical</th>
<th>Skills</th>
<th>Expedition</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 months</td>
<td>3 months</td>
<td>3 months</td>
<td>Plan, train for and complete a 2 day, 1 night expedition</td>
</tr>
</tbody>
</table>

All participants must undertake a **further** 3 months one of the sections: Volunteering, Physical or Skills.
Volunteering categories

- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a charity or community organisation
Physical categories

- Team sports
- Individual sports
- Water sports
- Racquet sports
- Dance
- Fitness
- Extreme sports
Skills categories

- Creative arts
- Science and technology
- Care of animals
- Music

- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Games
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.
The expedition process

- Preparation
- Training
- Practice/Trial expedition
- Qualifying expedition, debrief and presentation
- Assessment
Equipment - Clothing

- **Footwear**
  Requires ankle support,
  Must be broken in.
- **Make sure you have**
  suitable socks

**Trousers**
Activity trousers – NO
DENIM
Equipment - Clothing

- General Clothing
  Thin layers – thermal, t-shirt, microfleece

Weather
  Full waterproofs – sun hat-sun screen
  Light clothing to cover and protect.
  Winter clothing for the evening/Night
Equipment

Compass

Watch
All DofE students need to carry a personal 1\textsuperscript{st} Aid Kit

All students should have had their 1\textsuperscript{st} aid Training and have received the DofE recommended list. You do not have to spend lots.

<table>
<thead>
<tr>
<th>Personal First Aid Kit</th>
<th>Item needed (all this is included in the Lifesaving Camping First Aid Kit &amp; Blister Kit)</th>
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</thead>
<tbody>
<tr>
<td>Got It</td>
<td>Packed It</td>
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<tr>
<td>At least 2 pairs of disposable vinyl (latex-free) disposable gloves</td>
<td></td>
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<tr>
<td>A large individually-wrapped sterile unmedicated wound dressing</td>
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<tr>
<td>An individually wrapped sterile unmedicated wound dressing</td>
<td></td>
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<tr>
<td>An assortment of individually wrapped sterile unmedicated adhesive dressings (e.g. Melolin squares)</td>
<td></td>
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<tr>
<td>An individually wrapped triangular bandage</td>
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<tr>
<td>2-3 individually wrapped antiseptic wipes</td>
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<tr>
<td>Crêpe bandage</td>
<td></td>
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<tr>
<td>Large safety pins</td>
<td></td>
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<tr>
<td>Small pair of safety/medical scissors</td>
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<tr>
<td>A pair of tweezers</td>
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<tr>
<td>Assorted adhesive plasters (e.g. zinc oxide, fabric strip, waterproof)</td>
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<tr>
<td>Microporous (medical) adhesive tape (or fabric adhesive tape)</td>
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<tr>
<td>Blister plasters/blister kit</td>
<td></td>
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<tr>
<td>Chiropody felt</td>
<td></td>
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<tr>
<td>Burns wound dressing</td>
<td></td>
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<tr>
<td>Eye wash (can also act as a wound wash)</td>
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</tbody>
</table>
School have equipment that students can borrow during the term when the expeditions run.

Kit is expected to be returned clean and dry
Broken Kit due to miss use will be charged – a deposit will be taken of £25

Duke of Edinburgh have equipment recommendations
If you are planning to buy equipment but are unsure please ask for advice
Equipment

Tent
  3 Person tent

Rucksack
  60+ Litre

Trangia
  Cooking stove

Sleeping bag
  Minimum of 2 season
    - Sleeping bag Liner
Practice Weekend

Students will start at Rickmansworth at 8am
PHONES

Students are not permitted to use phones over the weekends.

No GOOGLE MAPS!
No Music Players
1st Bronze DoE session tonight for our 60 year 9 applicants. We sorted groups, tents and started on the highway and countryside codes.

Pitstop at fleet services staff coffee required eta at school is approx 19:00
Payments

Cost is £115

1st payment is £60 20th of October 2018
Final payment is due 17th May 2019
At the front

Code of Conducts to be signed

Volunteering details