



D^{of}E | THE DUKE OF
EDINBURGH'S AWARD



Princethorpe
College





- **Practice Expedition**
 - Lake District
 - Fri 13 April, 12 noon
 - Mon 16 April 2018, 8pm.



1. Sports hall in groups

- Briefing from PC staff
- Kit check

2. Travel to Lake District

- Approx. 5 hours

3. Set up Camp

- Discuss day 1 route
- Cook

4. 3 days of walking

Group kit provided:

- Maps and compass
- Tent
- Stove and Gas

Individual Kit required:

- Walking boots
- **Rucksack**
- **Sleeping bag**
- **Sleeping mat**
- **Waterproofs**
- Hat and gloves
- Clothing (dry and wet set)
- Toiletries and first aid
- Water, food, cup, bowl and spoon.

- 3 breakfast
- 3 lunch
- 3 evening meals
- snacks

Outdoor cooking is part of the challenge,
pot noodles are not considered an
acceptable source of energy!



1. Phones and social media

- Only allowed for emergency use, other use would result in deferred trip

2. Knives

- Not permitted or necessary for everyone's safety

3. Campsite courtesy

- Please be reminded that we are staying on a shared use site

How can I prepare?

1. Meet with your group
2. Check the kit lists in advance
3. Study the weather forecast

<http://www.mwis.org.uk/>

- Code of Conduct

Review and route planning **Princethorpe College** **- The Limes**

Fri 27 April 2018. 4 – 7pm.

Have you booked it?

Remember the forms...

<https://www.dofe.org/opportunity-finder/opportunity-for-dofe-participant/>



Assessor Reports



ASSESSOR'S REPORT PHYSICAL

Participant: _____
 eDofE ID No: _____
 Level: **Silver**

Activity: _____

Date started: ___/___/___ Completed: ___/___/___

Goals set by participant: _____

Assessor's comments:

Please write as much as possible, talking about training, teamwork (if applicable) and achievements. What you write will celebrate the achievement of the young person and will form part of their permanent record of their DofE programme.

Signature: _____

Assessor's first name: _____ Last name: _____

Assessor's position/qualification: _____

Assessor's phone number: _____

Assessor's email: _____

Participants should scan or photograph this page and upload to eDofE as evidence.



ASSESSOR'S REPORT VOLUNTEERING

Participant: _____
 eDofE ID No: _____
 Level: **Silver**

Activity: COACHING TEACHING AND LEADERSHIP

Date started: 1 / 9 / 15 Completed: 2 / 3 / 16

Goals set by participant: TO HELP THE U12 RUGBY TEAM SUCCEED IN THEIR MATCHES.

Assessor's comments:

Please write as much as possible, talking about training, teamwork (if applicable) and achievements. What you write will celebrate the achievement of the young person and will form part of their permanent record of their DofE programme.

_____ COMMITTED TO ASSISTING WITH U12 RUGBY TRAINING ON A WEDNESDAY EVENING AND TOOK OTHER OPPORTUNITIES TO COACH IN SPORTS LEADERSHIP SESSIONS. _____ WAS AWARDED LEVEL 2. HE LEARNT A LOT REGARDING TECHNIQUES FOR MANAGING A SMALL GROUP AND RUGBY SKILLS. THE SIDE ACHIEVED AN UNBEATEN SEASON. WELL DONE _____!

Signature: WMB.

Assessor's first name: WILL Last name: ROWER

Assessor's position/qualification: DOFE CO-ORDINATOR

Assessor's phone number: U12 RUGBY COACH

Assessor's email: _____

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Questions?

