



Princethorpe
College

Practice Expedition

- Princethorpe Local Area.

Group A - Sat 21 April, 9am – Sun 22 April 2018, 4pm.

Group B – Sat 28 April, 9am – Sun 29 April 2018, 4pm.

1. Sports hall in groups

- Meet instructor
- Group and individual kit handed out (bring stuff in sports bag)
- Briefing from PC staff
- Set out with instructor

2. Set up Camp

- Cook
- Discuss day 1

3. Day 2

- Breakfast
- Set out on walk – remote supervision

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.

- 1 breakfast
- 2 lunch
- 1 evening meal
- 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

4. Navigation

- Your assessors are looking for you to demonstrate your knowledge, if you are lost follow relocating procedures, short cuts however would result in deferment

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/>

Missing forms

- Code of Conduct
- Consent form
- Personal kit
- Group kit

Review and route planning

Princethorpe College

- The Limes

Thursday 17 May
4 - 7pm.



Assessor Reports



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 DoF programme.

Signature: _____

Assessor's first name: _____ Last name: _____

Assessor's position/qualification: _____

Assessor's phone number: _____

Assessor's email: _____



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 DoE programme

COMMITTED TO ASSISTING WITH
HIRE 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: BOWER

Assessor's position/qualification: DOFE CO-ORDINATOR

Assessor's phone number: 012 RUGBY COACH

Assessor's email: _____

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



Questions?

