

THE DUKE OF EDINBURGH AWARD SCHEME.

The D of E Award is open to all KGGs Students from the age of 14. The three award levels are BRONZE, SILVER AND GOLD. Each level has four sections, which are PHYSICAL, SKILL, VOLUNTEERING AND EXPEDITION. The Gold level has a fifth Residential section.

The registration fee for each level is £15 (£22.00 at Gold Level) paid by cheque via the school to Lincolnshire County Council – the operating authority. An information evening is held in March each year for Year 9 students interested in joining the scheme, starting in the September they enter Year 10. (provided they have reached 14 years of age at this point.) However anyone from years 10, 11 and Sixth form are welcome at this meeting. Students may join the scheme at any time during the year as long as they have reached the minimum age requirement for each level.

The D of E Award programme needs a high level of commitment which should prove enjoyable and rewarding to the student. The school supports the participant in many ways, for example through training sessions at lunchtimes and information sessions.

Once registered the student is added to the central database and can begin to complete the required sections immediately. All D of E paperwork is dealt with by the D of E Co-ordinator Mrs Clayton at school. She will monitor the progress through each section and will be available at lunchtimes for any queries. Training sessions for the requirements needed to go on an expedition are held 3 times a week at lunchtime. Days can change each term depending on the gym availability. All details can be found on the D of E Notice Board in the North Corridor at the school.

THE BRONZE AWARD REQUIREMENTS (14+ years old)

***TWO ELEMENTS TO BE COMPLETED OVER 3 MONTHS, ONE OF YOUR CHOICE TO BE COMPLETED OVER 6 MONTHS.**

VOLUNTEERING	3-6 months
PHYSICAL	3-6 months
SKILLS	3-6 months
EXPEDITION	Plan and train for a 2 day expedition. A minimum of six hours planned activity during the day – at least 3 of which must be spent walking. (15 miles / 24 km approx.)

More information on the requirements for Silver and Gold can be found on the D of E Website.

The expedition is very popular and enjoyed by all students. The aim is to work as part of a team, unaccompanied and self-reliant and have an agreed purpose. The group will have undertaken at least one practice expedition before the Qualifying expedition. The group must decide on an aim and purpose. The route is planned and a tracing done of their route for the assessor. The group will need to decide on a menu, have adequate food for over 2 days and emergency rations. The assessor may check on this. Think about weight, bulkiness and length of time to cook food taken. Remember as a team you have to carry the food and all of the equipment needed as a group in addition to the personal items taken along.

Think about equipment. Some items can be borrowed from school. However adequate notice should be given to the Co-ordinator Mrs Clayton. The time of year and weather forecast may affect the amount of kit needed. Allow plenty of time to gather equipment and pack for your expedition. Try to keep your rucksack weight to an absolute minimum. A general guide is a quarter to a third of your body weight. Expedition dates and information relating to them will be posted on the **VLE Site**. Please see the loan equipment details and conditions below.

KGGS D OF E EQUIPMENT LOAN CONDITIONS AND CHARGES.

THE SCHOOL DOES APPRECIATE THE COST OF EQUIPMENT FOR THE EXPEDITON, IN ORDER FOR YOU TO NOT GO OUT AND SPEND LARGE AMOUNTS OF MONEY ON ITEMS YOU MAY NOT USE AGAIN WE HAVE SOME EQUIPMENT AVAILABLE. . ALL EQUIPMENT MUST BE RETURNED CLEAN AND DRY AND RUCKSACKS EMPTY OF ALL LITTER ON THE RETURN DATE SPECIFIED ON THE LOAN FORM. IT IS THE RESPONSIBILITY OF THE GROUP TO REPORT ANY LOSS OR DAMAGE TO EQUIPMENT ON ITS RETURN. IN THE EVENT OF MAJOR DAMAGE OR NEGLIGENCE, FURTHER PAYMENT WILL BE NECESSARY TO REPAIR OR REPLACE THE DAMAGED EQUIPMENT. IN ALL CASES YOUR CO-OPERATION IS ESSENTIAL SO THAT THE EQUIPMENT IS MAINTAINED IN A SAFE CONDITION. THANK YOU.

SUGGESTED EXPEDITION KIT LIST.

Individual

Walking Boots ** Please note : Training shoes (or similar) are NOT ACCEPTABLE

Woollen (Thick) Socks

Lightweight trousers/track suit bottoms

Shorts, (depends on weather, and whether you can cope with insect bites overgrown footpaths with long grass and nettles)

Suitable T-shirt/shirt

Jumper/fleece**

Waterproof jacket and trousers**

Hat Gloves (Sun Hat)

Toiletries (Minimum)

Small towel

Food/Drink

Personal first aid kit.(Or team)

Sleeping Bag

Karrimat,

Drinks bottle, Dish mug spoon fork (knife if necessary)

T Towel, pan scrub sponge

One spare change of clothes (Complete change)

Torch/spare batteries

Food (Breakfast/pack up/evening meal(s) for duration of expedition (group organised)

Spare emergency food (this may be checked by the assessor)

Matches.(Long Safety)

Group

Tent (two or three person)*

Stove (trangia)*

Group First Aid* Carried by Leader.**

Map/Compass*

Fuel***

Delete matches from this bit please

- * Available to borrow from school.
- ** Small number of these items available to borrow from school.
- *** Provided by School.

BRONZE AWARD REQUIREMENTS (14+ YEARS OLD)

VOLUNTEERING 3-6 MONTHS *

PHYSICAL 3-6 MONTHS*

SKILLS 3-6 MONTHS*

EXPEDITION Plan and train for expedition over two days. A minimum of six hours planned during the day – at least three of which must be spent walking. (15 miles/24 km)

*TWO ELEMENTS TO BE COMPLETED OVER 3 MONTHS, ONE OF YOUR CHOICE TO BE COMPLETED OVER 6 MONTHS.

The expedition is very popular and enjoyed by all students. The team of between 4-7 will be unaccompanied self-reliant and have an agreed purpose. The group will undertake at least one practice expedition before the qualifying expedition. It is expected that all teams will attend training sessions so that they are fully prepared to undertake the qualifying expedition.

The groups plan a route and complete a route card with a tracing of their route for the assessor.

They must decide on a menu for over two days, with emergency rations. The assessor may ask to check this. They must think about the weight and bulkiness and length of time to cook food. It is important to remember all equipment, food and own clothes will need to be carried. Try to keep rucksack weight to an absolute minimum. A general guide is a quarter to a third of your body weight.

Allow plenty of time to gather all equipment for the expedition. Some items can for a small refundable deposit be borrowed from school. However adequate notice should be given to the co-ordinator Mrs Clayton. The time of year and weather forecast may affect the amount of kit needed.

Please see the loan equipment details and conditions below

KGGS D OF E EQUIPMENT LOAN CONDITIONS AND CHARGES.

The school does appreciate the cost of equipment for expeditions, in order for you not to go out and spend large amounts of money on items that you may not use again please see the list of equipment available.

Each member will be asked to sign the terms and conditions loan form and to be mindful of the conditions set out.

ALL EQUIPMENT TO BE RETURNED CLEAN AND DRY AND IN THE CONDITION AS IT WAS BORROWED. RUCKSACKS EMPTY OF ALL LITTER. TRANGIA'S TO BE THOROUGHLY CLEANED OF ALL FOOD TRACES. TENTS TO BE DRIED AND RE PACKED CORRECTLY. COMPASS/MAPS RETURNED. ANY FOOTWEAR/CLOTHING RETURNED CLEAN. IT IS THE RESPONSIBILITY OF THE GROUP TO REPORT ANY LOSS OR DAMAGE TO EQUIPMENT ON ITS RETURN.

A DEPOSIT OF £2.00 WILL BE REQUIRED FROM EACH MEMBER OF THE TEAM AT THE TIME OF BOOKING BORROWED EQUIPMENT. THIS WILL BE REFUNDED AFTER ALL THE EQUIPMENT HAS BEEN RETURNED IN THE SAME CONDITION IT WAS BORROWED AND ON THE AGREED RETURN DATE. FAILURE TO DO THIS WILL RESULT IN THE FORFEIT OF SOME OR ALL OF THE DEPOSIT. IN THE EVENT OF MAJOR DAMAGE OR NEGLIGENCE, FURTHER PAYMENT MAY BE NECESSARY TO REPAIR OR REPLACE THE DAMAGED EQUIPMENT.

IN ALL CASES YOUR CO-OPERATION IS ESSENTIAL SO THAT THE EQUIPMENT IS MAINTAINED IN A SAFE CONDITION.

ALL TRAINING DATES, EXPEDITION DATES AND EXPEDITION INFORMATION WILL BE POSTED ON THE VLE FOR YOUR INFORMATION.

MRS A. CLAYTON
D OF E CO-ORDINATOR KGGS.