

April 2021

Dear Parent/Guardian

RE: Silver D of E Refresher Training and Assessed Expedition

The Government have recently announced that, providing phase 2 goes as planned, school trips can resume from 12th April 2021. We are keen to ensure Y11 have the opportunity to complete their Silver Award and are planning for this to take place during May Bank Holiday, in the Peak District.

D of E have introduced several temporary changes to the expedition section and we have spent time on planning to ensure expeditions are as safe and enjoyable as possible. A summary of our Risk Assessment is at the end of this letter.

School Based Refresher Training Walk – Sunday 2nd May 2021

On Sunday 2nd May, students will be required to attend an expedition training refresher day. Students should arrive at school via the service gate at 9:00am. The day will focus on expedition skills and will also involve a training walk around the local area which will be supervised by Lees Brook Staff. We expect the day to finish at approximately 1:30pm; however, this may vary due to walking speed, weather and navigation skills. Students will be allowed to call parents as the day progresses to give a more accurate finish time.

Students must come to school on the day with the following items.

- Small backpack – can be an old school bag
- Expedition clothing and waterproof coat and over trousers (see expedition kit list for clothing guidance).
- Waterproof hiking boots (can be borrowed from school on request)
- Woolly hat / gloves / sun hat & sun cream (weather dependent)
- First Aid kit and any required medication
- Sufficient water (no fizzy / energy drinks) - approx. 2.5l water.
- A packed lunch
- Snacks e.g. fruit, chocolate, dried fruit.
- Mobile phone
- Hand sanitiser
- A face mask should your child need transporting in a minibus during the local walk.

Peak District Expedition: Saturday 29th May to Monday 31st May 2021

For the Silver Assessed Expedition, students are required to complete a 3 day walking expedition. This will take place in and around the Peak District and **students will return home overnight rather than camping.**

Each morning, students will be dropped off at a start point for the day. Students will walk in groups, navigating their way along a planned route. Students will be remotely supervised, meeting up with Lees Brook Staff at checkpoints along the way.

For lunch, students will be required to cook a hot meal on a Trangia Stove. This should be an easy to cook boil in the bag / Wayfarer type meal, available from outdoor shops such as Go Outdoors, Millets & Blacks.

On arrival at the end point each day, students will have some time to reflect and discuss the route for the next day with their team, before returning home overnight.

Saturday Morning Kit Collection / Bag Packing

On the Saturday morning before the expedition begins, ALL students should arrive at school for 8:00am, entering via the service gate.

Students must bring their expedition kit in a bin bag / hold all, ready for packing their rucksack at 8:00am, before leaving for the Peak District at approx. 9:00am.

All kit, including food for the 3 days must be packed on the Saturday morning. Rucksacks will be transported to and from the Peak District by school and will be stored at school Saturday & Sunday night.

We have a limited supply of kit that can be loaned to your child at no extra cost (please see kit list). If your child requires any of these items for the expedition, please indicate on the reply form. Please be aware this is provided on a first come first served basis.

Transport To, From and During the Expedition

Transport will be provided by school. Please be assured that strict COVID-19 safety measures will be in place with guidance taken from HSE (please see risk assessment summary).

Parent Transport

You are welcome to provide your own transport for your child to and from the Peak District (a distance of between 25 and 30 miles from school).

We aim to arrive in the Peak District for approximately 9:30 to 10:00am each day. The afternoon collection time will vary each day and is dependent on walking speed / navigation and weather.

If you would like to provide transport for your child over the 3 day expedition and can be flexible with drop off / collection times, please indicate this on the reply form.

In certain circumstances, we may need to transport students by minibus during the expedition – such as to toilets or if a team member sustains an injury etc. For this reason, all students must bring with them a supply of face coverings.

Timings

Students using school transport must arrive at school by 8:30am on the Sunday and Monday via the service gate. (Any parents providing transport may go straight to the start point on these days). On the return journey, students will be allowed to call home to give an estimated time of arrival back to school. On arrival back at school, students will be free to make their own way home.

Mobile phones

We encourage students to bring mobile phones for emergency use. It is, however, against D of E conditions for students to use mobile phones for any other reason during their expedition. Because of this, students will have their phone sealed in a tamper proof bag, which can be kept with them for emergency use. If the bag is opened for any reason other than an emergency, or they are seen with a phone during the expedition, it may result in your child and their group failing the assessment.

Emergency Contact Details & COVID-19 Testing

If your child has consent for COVID-19 home testing, we ask that they test themselves the morning before the expedition begins. You must not allow your child to attend the expedition if they or anyone in their household have a positive test or have any symptoms of COVID-19.

Please provide any information about your child, such as medical conditions, medication or personal circumstances that may affect your child's performance whilst on the expedition. It is vital that leaders are aware of this for the safety and well-being of your child and others around them.

Should your child become unwell and need to go home, an emergency contact (parent / relative) must be available to call on to collect your child from the Peak District immediately.


Please confirm your up-to-date emergency contact details on the consent form. Please also indicate on the reply form if you are happy for your child to be given Ibuprofen / Paracetamol by the designated First Aider, should they require it during the expedition.

If you are happy for your child to take part in the Sunday refresher training day and 3 day Silver Assessed Expedition, please complete the online reply form below by **Tuesday 13th April 2021**.

<https://forms.office.com/Pages/ResponsePage.aspx?id=vKabCBGkfEqtvBDxHV7-s4WdukQ4QP9GpaPH9zpl4J9UOEdKV1IVQ0xCTDI4NVhMOE5INjFQQIVJVS4u>

Please don't forget to follow us on Twitter: **@DofELeesBrook1** to get live updates of your youngster's expedition. I wish your youngster every success in their assessed expedition. Should you have any queries, please do not hesitate to contact me.

Yours faithfully



Alex Waterhouse
D of E Manager

Personal kit Provided by Student		
Item	Description	Check
1	Expedition Food – 3 sealed Boil in Bag Wayfarer Camping Meals to be eaten for lunch each day. Hot Chocolate / Tea / coffee with powdered milk. (Hot drink is optional)	
2	Emergency food (wrapped in plastic bags and labelled e.g. cereal bar, dried fruit, jelly)	
3	Hat - baseball cap in hot weather & woolly hat in colder weather	
4	Gloves (for cold weather expeditions)	
5	Knife, fork, spoon, bowl & mug - small & light weight (plastic only)	
6	Bin bags x4 - For keeping things dry & rubbish etc.	
7	Personal medication (if applicable)	
8	Sun cream (high factor - essential if hot weather)	
9	Hand sanitiser and packet of wet wipes - small / pocket size	
10	Face Covering including spares (spares to be kept in a sealed waterproof plastic bag)	
11	Torch – with full batteries	
12	Walking clothes - plus one spare set for emergency (t-shirt / shorts / tracksuit bottoms / fleece / underwear) NO JEANS	
13	Hiking socks (two pairs)	
14	Watch	
15	Water bottles - plastic ideally; 2 x 750ml bottles or 2 x 1 litre bottles	
16	Whistle for emergency help	
17	Personal first aid kit – including Compeed Blister Plasters	
18	Survival bag (e.g. Hi Gear Survival Bag from Go Outdoors £2.25)	

Group kit One Per Walking Team		
Item	Description	Person responsible
19	Matches (in waterproof container) no lighters	
20	Tin opener (if needed)	

Kit available to loan from school (or provide yourself)		
We have limited supply. Please indicate on the online consent form if you need to borrow any of the following items		
Item	Description	Check
21	Hiking Boots - High enough sides to protect from ankle injuries	
22	Waterproofs - coat and over trousers. Coat must have attached hood. Breathable fabric and fully waterproof.	

Kit provided by school This kit will be provided to all students.		
Item	Description	Check
23	Trangia stove & Gas Bottle	
24	Rucksack (65L) - (you can provide your own rucksack)	

It is important to bring suitable clothing for unpredictable weather. Day 1 could be torrential rain and very cold with gale force winds day 2 could be warm and sunny. Be prepared! Should you have any questions, please ask your leader.

Lees Brook School Return Home Expedition

Risk Assessment Summary for Students, Parents & Guardians

Hazard / Activity	Control Measures
Illness / COVID-19 Symptoms	<ul style="list-style-type: none"> - Follow existing school protocol. Parents are asked to make school aware if their child is exhibiting any symptoms of COVID 19, prior to expedition. - Students who have consent for COVID-19 home testing are asked to conduct a test the morning before the expedition begins - If a child develops symptoms of COVID-19 during the expedition, they will be isolated and the child's emergency contact will be called to collect them. An emergency shelter tent may used whilst waiting for collection. - Parents to be available at any point to collect child (this is standard expedition policy) - There will be sufficient staffing on expedition to allow for full supervision in such situations.
Borrowing / Sharing of kit	<ul style="list-style-type: none"> - Used boots / coats will be quarantined for 72 hours and not lent to anyone else within this time period. - Extra copies of maps / route cards will be made to reduce the need for close contact between students whilst navigating - Group kit such as compasses may be shared between group members as they are in the same bubble.
Transport to and from expedition area.	<p>School Transport (HSE guidance has been referred to)</p> <ul style="list-style-type: none"> - Students will be spaced out where possible and must face forward. - Students will be divided up between available vehicles to aid social distancing. - Students will stay in same vehicle and sit on same seat for return journey. - Masks should be worn by the driver and passengers at all times (unless medically exempt) - A lidded bin will be fixed on board for used masks / tissues. - Hand sanitiser to be used by all occupants before boarding the vehicle - Passenger area windows to be open to aid ventilation. - Driver will open and close passenger door and coordinate boarding & disembarking to reduce crowding <p>Parent Transport</p> <ul style="list-style-type: none"> - Parents may transport their own child by car to the start point of the expedition and collect them from the finish point of the expedition. - Parents must be punctual and must bring photo identification - Students must sanitise hands on arrival (when they leave the car)
Potential need to pick up groups in minibus during expedition.	<ul style="list-style-type: none"> - All students should bring a face covering should they need transporting in the minibus at any point during the expedition (transport to toilets etc.) - Hand sanitiser to be used by all occupants before boarding vehicle
Sanitation Touching stiles and gates. Use of public / shared toilet facilities	<ul style="list-style-type: none"> - Students reminded to use toilets before leaving home / school - Public / private shared toilet facilities may be used by students. - Students will be briefed on hygiene / hand sanitation - Students are required to bring with them hand sanitiser and wet wipes
Food and Cooking	<ul style="list-style-type: none"> - Students to sanitise hands before cooking / eating - Students will remain socially distanced from each other. - All food cooked must be simple to cook / Wayfarer type food pouches (D of E recommended food). The food is ready cooked and is heated on the stove, in the sealed bag. This makes cooking and cleaning up safe and simple. - Washing up bowls / liquid / tea towels will be provided.