



**“Be Inspired & Achieve Together”**

28<sup>th</sup> February 2022

Dear Parent/Carer

**Re: DofE Gold Navigation Refresher Training Day 12<sup>th</sup> March 2022**

In preparation for the expeditions to take place in July we wanted to take the opportunity for the group to get together for a practice walk to refresh some basic skills. The planned route is a simple walk in the local area starting and finishing at the Academy. We will do some basic training on the school site before we set off and training will also take place as we walk. Initially a member of staff will walk with the group, and we will run through basic emergency scenarios and highlight key navigation principles. As the group becomes more confident they will be given more independence and will be remotely supervised at checkpoints along the predetermined route walking sections without staff presence. Emergency contact details will be provided to the group if needed and staff will be in very close proximity throughout to help if needed.

The Training day will take place on Saturday 12<sup>th</sup> March. The day will start at 9:00 and students should meet at the Academy's main reception. The day will finish back at the Academy at approximately 15:00.

The July expeditions will have some changes to the traditional Gold format to take account of the uncertainty surrounding COVID restrictions and to minimise the costs to the participants but will comply fully with the adapted award criteria from DofE head office. They will take place in the White Peak area of the Peak District; the Practice will take place from the evening of Friday 1<sup>st</sup> July to the late afternoon of Sunday 3<sup>rd</sup> July, and the Qualifying will take place from the early morning of Saturday 23<sup>rd</sup> July to the late afternoon of Tuesday 26<sup>th</sup> July.

The Practice expedition will consist of two separate day walks that have been planned by the candidates with two nights camping. The Qualifying expedition will consist of four day walks (eight hours activity each day) that have been planned by the candidates with three nights camping. Over the coming weeks we will start the planning of routes for both the Practice and Qualifying expeditions.

Equipment for the Navigation Training Day

A day walking back pack large enough to hold the items below (we have some in stores that we can loan if needed)

- Waterproofs (jacket and trousers)
- Spare warm jumper/fleece, spare socks, spare t-shirt
- Personal first aid kit (to include blister plasters, antiseptic wipes and any medication they may need if you are happy for them to self-medicate)
- Packed lunch and snacks for the walk
- Water bottle(s) to carry at least 1ltr (water will be available during the walk if top ups are needed)
- Sunscreen
- Walking boots or shoes that provide a suitable level of support (not trainers).

It is essential that we have accurate and up to date contact and medical information for all of our participants. Please complete the consent and information form by **9am on Wednesday 9<sup>th</sup> March 2022** using this link:

<https://forms.gle/opeWsfksvbebJb7B9>

Any participant without a completed consent form will be unable to attend the Training Day.

If there are questions about the information contained here please feel free to contact me or ask the participant to drop into the DofE drop in session in A201 every Thursday at 15:15. Can I encourage participants to log in to the eDofE site/app and keep the section activity records and any assessor reports up to date.

**Group Email Contact:** [ahagolddofe@arnoldhillacademy.co.uk](mailto:ahagolddofe@arnoldhillacademy.co.uk)

Yours faithfully

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