

Bronze Expedition Guide, Payments and Consent Forms

Training Day- Thursday 11th May 2023

All Teams- Please meet in the playground after the S3 English Exam

Your training day will involve taking part in practical campcraft and navigation training led by Outlook adventures. You will be based at school using the school grounds and rotate around different stands over the course of the day working in your teams. Please ensure that you have completed and uploaded your routes cards to your discussion channel on your team as discussed in our meetings. Please also come with outdoor clothing as you will be outside all day.

Expedition Dates

Expedition A- Teams 1-6 - Monday 15th and Tuesday 16th May.

Expedition B- Teams 7-13 - Wednesday 17th and Thursday 18th May

Timings- Please meet in the playground at 8.45am. Returning on the second day approximately 3.30pm-4pm. Timings are approximate therefore allowing for teams to complete their DofE routes.

Please note that all borrowed equipment must be cleaned properly and handed back into the school when we arrive back. All teams must stay until each team has cleaned and handed in all of their equipment.

Location- Expeditions will take place in Mugdock Country Park and surrounding areas.

Staff- Young people will be supported on their expedition with highly qualified instructors from **Outlook Adventures Scotland** and supported with school staff.

Accommodation- Camping overnight at Auchengillan Scout camp.

The link below takes you to the website of the campsite should you wish to explore further. <https://www.auchengillan.com/page-accommodation.html>

Travelling by bus and/or train

ROUTE CARDS:

You are required to complete a Route Card for each day of the Expedition. Each group has been issued a route planning pack and individual copies of the training booklet issued too. Master on line copies of maps and route colours can be found under the files tab on Teams as well as hard copies of maps in your expedition packs. Please ensure you use the blank maps with no coloured route traces on to highlight your route, putting pencil crosses at each stop/leg you make.

These should be uploaded to Teams in time for your training day.

FOOD:

Please SUPPLY YOUR OWN FOOD, WATER & SNACKS. Cooking- You will be required to cook hot food on the Trangia stove. Teams can cook as a team or individually.

Please DO NOT bring any nuts on expedition. Please see training materials on teams for menu planning.

Medical

It is vital that Mrs Lake and your group instructor are aware of any medical conditions including allergies. Please ensure that any **asthma inhalers or medication are brought with** participants on their expedition.

All medical information should be up to date on your consent forms. If there are any changes to medical information on your consent form before your expedition please let Mrs Lake/ Mrs Letford or the school office know as soon as possible.

CLOTHING AND FOOTWEAR:

Participants should come prepared for poor weather. Hyndland Secondary will provide tents, cookers (Trangia), fuel, compasses, maps/map cases and rucksacks. Whilst we also have a supply of walking boots, water proofs and sleeping mats we do not have enough to cater for everyone and priority will be given to funded places. It is therefore essential that each team fills in the kit request form in school on time to ensure we can let people know in advance if we can not supply anything requested. Despite this we are able to meet demand in the majority of cases.

Individual kit:

- **Rucksack:** this should be an expedition rucksack not a school bag. The school do have a stock of these and can be issued out if participants do not have one.
- **Food and water-** participants who receive free School meals will be provided with their lunch but should bring their own additional snacks.
- **One set of spare clothing** including socks (please note that **JEANS are NOT allowed on expedition**)
- **Waterproof Jacket** (please note this must be waterproof not shower proof)
- **Waterproof bottoms**
- Pencil
- Route cards and compass (**you should bring your groups completed route card** and the school will provide compasses per group and map cases. Mrs Lake will print your route cards from Teams and these will be laminated ready for your expedition.
- **Boots with ankle protection/support** should be your first choice of suitable footwear for the expedition. (Please let Mrs Lake know if you have any problems with this. **Ankle support is vital to prevent accidents on rough and slippery terrain**)

- **Each group will carry a tent/emergency shelter, fuel and a Trangia cooking stove between the group members.**
- **Group First Aid kit** (One will be issued by the school and **participants are expected to carry a basic personal First Aid kit with blister plasters, plasters, micropore or zink tape etc.** These can be obtained in Poundland, any chemist etc.
- **Hat and gloves**
- Participants should wear walking trousers if you do not have walking trousers, leggings are good and track suit bottoms. NO JEANS, a long sleeve top base layer, with fleece or jumper on top.

EXPEDITION AIM/PROJECT

An expedition aim/project must be chosen and researched as part of your expedition journey. It might be appropriate to choose a project specific to the location e.g. Mugdock to 'discover & document' as much as possible about the area, it could be about the wildlife, group morale, species of trees, sampling of soils or water, create a story, poem, movie, songs etc.

Details of your project should be included on the back of your route card. This should show what activity you will be carry out for each leg of your journey on your route card. Ideas and details of expedition aims/projects can be found in the training booklet and on the Duke of Edinburgh website. Remember that every year we submit the best and most creative ones to complete in Glasgow City Council's Most Creative Expedition Project Award. We have won this award 3 times and it would be great to keep the trophy this year!

This is an essential part of passing your expedition section and your assessors from Outlook Adventures will be looking for this as part of your training day in April along with your completed route cards.

Please note that to **complete the full award participants must complete ALL 3 days. Should a participant need to drop out or decide not to come on any of the days the full cost of award is still paid** as the Mountain Leader qualified instructors have been booked based on enrolment numbers and as per to the agreement contract signed when you enrolled in the award.

Should illness occur there is a possibility of attending an expedition with another school but this would likely incur an additional cost to cover their instructors and is dependent upon spaces. Glasgow City Council do also run open group expeditions however there is no guarantee of a place. If a day is missed there is a possibility of joining our Bronze group in the next session 2023-2024.

Outlook Adventures Scotland EMERGENCY CONTACT: Stuart Ritchie Lead Instructor Outlook Adventures.

Expedition Mobile- [07826526808](tel:07826526808)

Home Base Contact- [0141 249 0063](tel:01412490063)

Hyndland Secondary School- 0141 582 0130 (Mrs Lake or Ms Letford)

PAYMENT AND CONSENTS

ALL PARTICIPANTS should have **paid in full by Monday 1st May 2023 and consent forms completed.**

A number of people have already paid Outlook Adventures using the link provided upon enrolment. If anyone has still not paid and are not funded by the School, please can you use the link below and make payment.

PLEASE NOTE ALL PAYMENTS MUST BE MADE BEFORE A PARTICIPANT CAN ATTEND EXPEDITION. (A receipt of payment is automatically sent via Outlook Adventures directly to the person making payment once it has been paid.) This is your record of payment.

NO payments should be made directly to Hyndland Secondary. The link from Outlook Adventures is now live and can be completed anytime. **The cost of the Award is £142.** Those in receipt of Free School Meals will receive full funding and only complete consent forms if not already done so.

The payment link:

www.outlookadventures.co.uk/shop/ols/categories/hyndland-dofe-expeditions

Consents - There will be two consent forms to complete and these are ready to complete online.

One for Hyndland Secondary School via Parent Pay-

Please can parent/guardians log into Parent Pay, accept the consent form and then return it with the appropriate details. If you need a copy of any usernames or passwords our school office can provide these. Link to Parent Pay login:

<https://app.parentpay.com/public/client/security/#/logout?next=auth.login>

One for Outlook Adventures: This can be completed now.

Outlook Consent form *if under 18 to be completed by parent/guardian): www.outlookadventures.co.uk/consent-forms

Pupils will not be able to attend without payment in advance or consent forms.

If you have any questions regarding any of the information above, please see Mrs Lake or Ms Letford or contact us on: 0141 582 0130 or email:

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