



# St Augustine's Catholic College

Wingfield Road • Trowbridge • Wiltshire • BA14 9EN  
Telephone: 01225 350001 • Facsimile: 01225 350002

*HEADMASTER: David Forster MA(Oxon) MSc NPQH*

Our ref: DF/CTR/ZGB  
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Dear Parent/Guardian

## **Duke of Edinburgh Bronze Award**

Please see the following information for parents from Wiltshire Outdoor Learning regarding a training day on the 9 March.

As a reminder, the kit list has also been included and for those parents who are still to give their consent, the consent form, which must be returned before 9 March for your son/daughter to be able to take part in the training day.

Yours sincerely

**David Forster**  
Headmaster



## **St Augustine's Catholic College Bronze Expedition 2019** **Parent information - year 9 group**

The Wiltshire Outdoor Learning Team (WOLT) will be providing the Bronze expedition for DofE participants on behalf of St Augustine's Catholic College this year.

We are a local company providing high quality outdoor activities and are licensed by the DofE charity as an Approved Activity Provider for the Expedition section. For more information about us and the work we do, please go to [www.wolt.org.uk](http://www.wolt.org.uk). If you would like to discuss anything relating to the expedition section, please contact our DofE Manager, Louise at [dofe@wolt.org.uk](mailto:dofe@wolt.org.uk)

Please note the dates for expeditions:

Practice expedition on **11/12 May 2019** (Bradford on Avon to Westbury)

Qualifying expedition on **8/9 June 2019** (Avebury to Barbury Castle).

### **Training Day Sat 9<sup>th</sup> March 2019**

This will take place at St Augustine's Catholic College from 9am to 4.30pm

During this event, our experienced staff will train your child in expedition skills they will need. This training day will include: safe use of stoves, choice of food for expeditions, First Aid and all the route planning and other preparation for the expeditions.

Participants should wear:

- Warm comfortable clothing that allows free movement.
- Some elements of the training will take place outside, so appropriate outdoor footwear should be worn and a waterproof coat is essential.

Participants should bring a packed lunch, drinks and snacks for the day. Water refills will be available during the day. Please also bring a notebook and pen to make notes of food etc to bring on expeditions.

At the start of the day the teams will be put together as all the day's activities involve whole team decisions. Teams will comprise 6 or 7 members. We therefore ask that your child comes to the training day with a good idea of the people they would like to be in a team with. Smaller groups can be put together with others to form the required team size.

## Consent Form



### IMPORTANT – PLEASE READ

- To ensure all activities are planned, agreed and safe for all, this form must be FULLY completed and returned BEFORE the day of activity, otherwise **you may not be able to participate**.

- If participant is **under 18 years of age** they will not be allowed to participate in activities unless this form has been **signed by their parent / guardian**.

Please ensure all writing is clear and easy to read

Activity	Bronze Duke of Edinburgh's Award Expedition Training / Expeditions 2019	Date(s) of activity	9 <sup>th</sup> March – 15 <sup>th</sup> September 2019
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Name of Participant			
Address & Postcode			
Date of Birth		Email	
Home Phone		Mobile	
DofE Centre/School you enrolled with			

#### Emergency Contact (Parent / Guardian if under 18)

#### Doctor

Name		
Address		
Postcode		
Telephone		Email of parent / guardian:
Mobile:		

#### Medical Information:

Have you ever had	Yes / No	Details (use separate sheet if necessary)
1. Heart trouble, angina, raised blood pressure?		
2. Asthma, bronchitis, tuberculosis or other lung conditions? <b>(Ensure you bring any inhalers).</b>		
3. Diabetes?		
4. Epilepsy, fainting attacks, migraine, severe head injury?		
5. Allergy to foods (e.g. nuts, dairy produce etc.)?		
6. Other allergic reactions (e.g. bee stings, detergent etc.)?		
7. Nervous illness, depression or other psychiatric condition?		
8. History of broken bones, muscle tears or tendon / ligament damage?		
9. Stomach, digestive, abdominal problems?		

10. Blood disorders?		
11. Bladder, urinary problems?		
12. Severe hearing or visual impairments?		
13. Are you suffering from, or are you a carrier of, any infectious diseases, or have you travelled from an area where you may have been exposed?		
14. Have you been treated by a doctor in hospital within the last two years for anything other than a minor complaint?		
15. Are you taking any medication? (If so, please state the condition being treated, name of medication, dosage details and <b>ensure that you bring enough.</b> )		
16. If female, do you know or suspect that you are pregnant? (If so state at what stage of pregnancy you will be when starting your activity with us.)		
17. Do you have or suffer from, any other diagnosed medical or physical condition or is there anything else you wish us to know about? (Including ADHD, ASD etc.)		
Any other details you wish to make the organisers aware of (medical / confidential / behavioural difficulties etc.):		

**Statement of Risk:**

The Wiltshire Outdoor Learning Team places safety as a top priority. Adventurous Activities involve some risks for the people taking part, and the team aim to keep these risks as low as possible. The chances of serious injury are extremely low, but the chance of minor injuries (bruises, bumps and – less likely – cuts and minor fractures) are a possible result of taking part in Adventurous Activities. The Wiltshire Outdoor Learning Team will minimise the actual dangers by:

- Carrying out a careful assessment of all risks before commencing the activity
- Only using experienced instructors with appropriate qualifications for the activity
- Giving clear safety instructions to everyone participating
- Ensuring equipment and clothing is well-maintained and suitable for the activity and environment
- Ensuring activities are within the capabilities of the participants
- Asking participants to supply information about any medical conditions and necessary medication
- Ensuring good hygiene standards are kept

We expect participants to co-operate with the Wiltshire Outdoor Learning Team's instructors to ensure the safety of all participants, and answering questions honestly about any medical conditions or other information relating to health and safety.

**Images:**

I agree that photographs and/or video can be taken of my son / daughter / ward / myself and that they may be used for celebration, publicity, marketing purposes or Assessor reports.

**Signature:**.....

**Date:**.....

**Consent:**

I agree to my son / daughter / ward / myself taking part in the activities outlined above. I understand that my son / daughter / ward / myself will take part at his / her / my own risk, and accept that no responsibility for accidents or injuries or loss or damage to personal property rests with the supervisory staff, unless proven to be caused by their negligence. I declare that to the best of my knowledge my son / daughter / ward / myself is competent and medically fit to participate in the activities as part of the group. I agree that medical treatment will be given if necessary and in case of emergency. I understand the information on this form may be stored digitally. I understand that a similar activity may be substituted due to safety factors or weather conditions. I agree to let the Wiltshire Outdoor Learning Team know if any of the above details change during the period my son / daughter / ward / myself are on the course.

**Name of participant (or parent / guardian if under 18)**.....

**Signature:**.....

**Date:**.....

Please return this form to St Augustine's Catholic College by 1<sup>st</sup> March 2019

## **Expedition Kit:**

We have included an expedition Kit List overleaf for your information. If you have any concerns or would like to discuss kit requirements, please don't hesitate to contact us at [dofe@wolt.org.uk](mailto:dofe@wolt.org.uk)

## **Bronze/Silver Expedition Kit List**

Please note: If you have any difficulty providing these items, please talk to the DofE leaders who may be able to lend kit to you.

- ☺ **Rucksack – should be minimum 60 litre in size**
- ☺ **Sleeping bag, sleep mat and small pillow if wanted.**
- ☺ **Waterproof jacket (and waterproof trousers if you have them)**
- ☺ **Sandals/flipflops to change into at campsite (optional)**
- ☺ **Hats (woolly hat and sunhat whichever is appropriate)**
- ☺ **Gloves**
- ☺ **Small torch**
- ☺ **Personal First Aid kit**
- ☺ **Toiletries/personal hygiene items**
- ☺ **Plate/bowl/mug (plastic is best) and cutlery**
- ☺ **Emergency rations (high energy foods eg nuts, glucose tablets, oat bars, chocolate)**
- ☺ **Long sleeved T-shirts (extra thin layers provide warmth but are not bulky in your rucksack) or jumper/fleece to wear in bed. Leggings/longjohns for warmth if weather is cold.**
- ☺ **Extra pairs of socks**
- ☺ **Water bottle filled with fluid (minimum 1 litre)**

### **Shared team items:**

- ☺ **Washing up kit (sponge, washing up liquid, tea towel)**
- ☺ **Matches**
- ☺ **Sun cream SPF 30+ recommended)**
- ☺ **Rubbish bags**

### **Clothes to wear:**

- ☺ **Walking boots or sturdy trainers. Sports trainers are not suitable.**
- ☺ **Cotton trousers or tracksuit bottoms (no jeans)**
- ☺ **Tee shirt (vest tops are not suitable)**
- ☺ **Non-bulky pullover or thin fleece**
- ☺ **Two pairs of socks**

**Top Tip** – take a look at the weather forecast to ensure you are packing appropriate kit for the weather you are expecting!

WOLT provides stoves, maps and compasses. We can also lend tents and rucksacks on request.