

2019 Silver Duke of Edinburgh Expedition – Canoeing

Girlguiding Leicestershire are pleased to offer a DofE expedition by Canoe in 2019. There will be a maximum of 16 places available (2 teams of 8). Priority will be given to Girlguiding Leicestershire members; however, any remaining places will be opened to participants from across Midlands Region. We need a minimum of six to run the expedition. The lead supervisor for this expedition will be Dawn Scott, Girlguiding Leicestershire County Water Adviser and Level 3 Open Canoe Coach, with support from other suitably experienced Girlguiding members.

Before you can apply to join the expedition, you must:

- Be a member of Girlguiding, and remain a member throughout the expedition period
- Have registered to do your Silver DofE with Girlguiding
 - If there is a reason why you have not yet registered for Silver DofE, or you are registered elsewhere, please contact the County DofE Adviser asap to discuss.
- Have completed your Bronze DofE Expedition (any mode of transport) or completed Basic Expedition Training
 - If you have not completed your Bronze DofE or done equivalent training, please contact the County DofE Adviser to discuss
- Be able to swim 50m and be confident in/around water
- Have up to date First Aid knowledge (see FAQs)
- Be able to attend all of the training/preparation/expedition dates as listed below and agree to pay the fees according to the schedule listed below

Dates:

Introduction Session + Parents Meeting after	Saturday 16 March Approx 2-5pm	Leicester Outdoor Pursuits Centre
An initial canoe session to introduce you to the reality of a canoe expedition, the equipment you will use and to have a practice launching the boats and developing paddling skills. This session will be followed by a meeting for participants and parents to ensure all questions are answered <i>*If you have applied to attend the Girlguiding Leicestershire International Selection weekend on this date, please speak to the County DofE Adviser.</i>		
Paddle Training Days	Saturday 6 April Sunday 7 April	Nottingham
Learning to paddle, practicing skills and gaining control of the boat. This will also include a session of rescue skills for which wetsuits will be provided.		
Canoeing Expedition Days	Saturday 12 May - Sunday 13 May	Locations to be confirmed (one is likely to be in Leicestershire & the other near Nottingham)
You will do a full day paddle each day, gaining the additional skills that you need for completing an expedition afloat, including loading and unloading the canoe trailer.		
Expedition Planning	Homework - to be done in April/May	
Each participant will be asked to plan a section of the practice/assessed expedition. An evening will be available at County Office for the Supervisor to assist you with completing this.		
Practice Expedition	Saturday 25 May - Monday 27 May	Location to be confirmed
Qualifying expedition	Friday 16 August - Sunday 18 August OR Saturday 17 August - Monday 19 August (exact dates will be confirmed asap)	Location to be confirmed, likely River Trent

Expeditions are strenuous, so you should plan to have a rest day the before the expedition as appropriate – please do not plan to travel home from holiday or run a marathon on this date! Similarly, you should expect to be tired the day after the expedition.

Forms

You will be required to complete Girlguiding Permission Forms and Health Forms for each event. These will be provided when your place is confirmed.

Weather

Please note that water expeditions are far more susceptible to weather conditions than foot expeditions and therefore no expedition can be guaranteed. Where possible, alternative arrangements will be made, but if water levels are too high for safe paddling then an expedition may need to be cancelled at short notice.

FAQs

What First Aid knowledge do I need?

- You can do a First Response course (there is one on 10 March in Leicester specifically for DofE Participants) or may have knowledge from a St Johns or Red Cross course. Please contact Lucy if you have any queries.
- Additional first aid specific to water expeditions will be provided as part of the training sessions.

Why do I need to do Basic Expedition Training if I haven't done my Bronze DofE?

- There is much more to a canoe expedition than paddling along a river! You need to know how to select suitable food, use the stoves, put up tents, read the weather conditions and to be able to navigate on foot to a suitable point should there be an emergency and you need to go for help.

Why is a lot of the training taking place in Nottingham?

- Most of the training will take place in Nottingham as this is where the boats that you will use for your expedition are stored.

What about equipment?

- All costs have been calculated on the appropriate hire of equipment
- Every participant will be provided with a 40 litre and 12 litre dry bag for the transport of their personal kit - this has been included in the cost of the expedition and will remain the property of the participant at the end of the expedition. They will be issued at the first Training Day & will be used throughout the training & expeditions. Further storage barrels and bags will be available for use by each participant and team.
- Camping equipment will be borrowed/hired from Girlguiding Leicestershire for the training, practice and qualifying expeditions. Participants are welcome to provide their own camping equipment if they prefer, providing the Supervisor has seen it and confirmed that it is appropriate for this expedition.
- Participants will need to provide their own personal kit, including sleeping bags and good waterproofs.
- Returning borrowed equipment in a suitable condition forms part of the expedition

What if I am unable to attend one of the training dates?

- The training dates are mandatory – you need to attend them all in order to gain enough skills to enable you to complete the expedition.
 - *If you have applied to attend the Girlguiding Leicestershire International Selection weekend & would therefore be unable to attend the Introductory session on 16 March, please speak to the County DofE Adviser immediately.*
- If you have an injury that prevents you canoeing, or are ill on the day of the training, you must contact the Supervisor as soon as possible to discuss options.
 - You may be asked to attend and observe if you are not able to canoe.
 - If you miss a core skill session due to illness or injury, you should expect to attend an alternative session as detailed by the supervisor – this would likely be in Nottingham on a Saturday morning.

How much will it cost?

- The total cost of the training and expedition is £175 max
 - If we have 16 participants, the final cost is likely to reduce as some costs will be split between more participants
- Payment can be made in instalments, and all payments are non-refundable:

Upon Application: Non-refundable Deposit £25	By 20 March £50 Instalment	By 10 May £50 Instalment	By 30 June £50 Final instalment
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- If you withdraw from the expedition before 20 March, you will forfeit your deposit. It may be possible to transfer some of this to an alternative expedition with Girlguiding Leicestershire.
- If you withdraw from the expedition after this, you will forfeit all monies paid & will be liable for the full expedition amount unless your place can be filled.

What does the cost include?

- The fee payable includes all the training, the practice and qualifying expeditions.
- The fee includes:
 - Campsite fees and water fees payable during training sessions
 - hire of the boats, buoyancy aids, camping equipment, dry barrels & all other equipment
 - Two drybags that participants keep afterwards
 - Assessor & supervisor costs etc
- The fee does NOT include:
 - Travel to and from trainings/expeditions (Participants will need to make their own way to/from the expedition and training events – you are encouraged to share transport)
 - Personal kit such as sleeping bag and clothing
 - Packed lunches during training events and food whilst on expeditions. Expedition teams will arrange this between them

What about the rest of the Silver DofE award?

You will be expected to show progress on the Volunteering, Skills & Physical sections of your award, in order to have them signed off before your qualifying expedition.

Before the Paddle Training Days, you will be expected to:

- Have up to date First Aid knowledge (see FAQs)
- Have entered all your activities on eDofE and have had them approved by your leader
- Have completed at least one section of your Silver DofE or provide evidence that you are progressing well
- Before the Qualifying Expedition in August you will be expected to:
- Have completed the other three sections of your Silver DofE or provide evidence that you are very close to completing them

How do I sign up?

- You need to complete the attached form and return it with a £25 deposit to Lucy Faulds, Girlguiding Leicestershire DofE Adviser, as soon as possible. Cheques made payable to: "Girlguiding Leicestershire Senior Section"
- All places will be allocated on a "first come, first served" basis. Any places remaining after 7 October 2018 will be offered to other members of Girlguiding Midlands.
- Please ensure that you provide an email address that is checked regularly as all further information will be sent by email. You will also be invited to join a private Facebook group for the event where you will be able to communicate with other participants

I have another question ...

- Please feel free to contact the County DofE Adviser on leicsdofe@gmail.com



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Personal details:

Name:	Date of Birth:
Contact Email Address:	Girlguiding Membership Number:
Contact Telephone Number:	eDofE Registration Number:

If you are not currently registered to complete your DofE with Girlguiding Leicestershire:

Organisation that you are registered with:	
Name & contact details of your DofE Leader:	

Have you previously completed your Bronze DofE Expedition? Yes / No

What First Aid certificate/experience do you have? None First Response / other first Aid (please specify) /

Can you swim at least 50m and feel confident in/around water? Yes / No

What canoeing or other water sport experience do you have? (don't worry if it isn't much, but please be honest with us!)

Is there anything else you feel we should know at this stage? (It would be very useful to know now about allergies, medical conditions etc)

I enclose a cheque* for £25 being a non-refundable deposit to reserve a place on the Silver DofE Canoeing expedition in 2019. I have read the payment schedule and understand that I will be liable for the full expedition payment if I withdraw after 20 March 2019.

Signature of DofE Participant: _____ Signature of Parent/Carer: _____

(*Cheques made payable to: "Girlguiding Leicestershire Senior Section" - if you prefer to pay by bank transfer, please contact Lucy for account details)

Return this form with your deposit to:

**Lucy Faulds
 Girlguiding Leicestershire DofE Adviser
 16 Bramble Close
 Leicester
 LE3 8JN**