

# Gold DofE Paddling Expedition 2022

In 2022 we are offering a Gold DofE expedition on the water! Our paddling expedition will give you the opportunity to explore the waterways of the Midlands in a different way, with participants using open canoes, stand up paddleboards & maybe also kayaks. This is an expedition that will challenge you in new ways but will give you memories that will last for a long time.

You do not need previous paddling experience but you **MUST** be able to swim, be comfortable around water, and if you've had a go at canoeing/kayaking/paddleboarding before that would really help! During the training, you will learn how to paddle various craft, how to pack your kit to keep it dry and how to deal with some of the very unique situations you will come across. You will also be required to complete rescue training.

## Dates (you must attend all sessions – please double check the dates as they are designed around the Leicestershire school holidays):

The initial training will take place at Holme Pierrepont as that's where the boats are.

1. **Sunday 20 March** at Holme Pierrepont. Times tbc. Welcome to Gold DofE session – a short water-based session followed by a discussion of everything you need to know about the Gold expedition
  - *If you decide after this session that you do not wish to complete a paddling expedition, you can withdraw from the expedition for a full refund less the £25 deposit. If we can fill your place, the remaining £25 will be refunded.*
2. **Sat 18 June** at Holme Pierrepont: Initial Paddle Training. This will be a full day but you will go home to sleep.
3. **Sun 19 June** at Holme Pierrepont: More Paddle training + rescue skills (which will involve getting very wet - sorry!). Another full day on the water.
4. **Sat 25 June** – location tbc, but in Leicestershire. Day Paddle – a full day paddling along a canal/river where you will bring your bags, check your kit & learn to load the boat as well as practicing your skills over a longer period of time. You will go home overnight.
5. **Sun 26 June** – location tbc, but in Leicestershire. Day Paddle – a full day paddle along a canal/river using all of the types of craft. There will be some time to finalize your practice expedition.
6. **Mon 18 – Weds 20 July 2022:** Practice Expedition
  - This will take place on the River Soar through Leicestershire. Full details of timings/locations will be provided nearer the time but this is a full expedition where you will be carrying all your kit and camping overnight. We expect that the expedition will finish at or near Holme Pierrepont.
7. **Sat 23 – Tues 26 July 2022:** Gold Qualifying Expedition.
  - This will take place on the River Trent and you will need to make your way to the start point near Stafford fairly early on the Saturday. We expect that the expedition will finish at Holme Pierrepont.



## Very Important:

- Please note that Water based expeditions are far more susceptible to weather & river conditions than foot expeditions and therefore no expedition can be guaranteed. For instance if the river is in flood we will not be able to paddle safely. In this situation we will look to reroute onto another river or canal, or may need to move the expedition forwards/backwards by a day, however if water levels are too high for safe paddling then an expedition may need to be cancelled at short notice. Refunds would only be able to be made less any costs already incurred.
- Thurs 21 & Fri 22 July are designated rest, recovery & restock days. These days are to rest after your practice expedition, get your kit clean & dry and restock your food etc. You may also need to amend your plans for your qualifying expedition as a result of your practice. Please do **NOT** plan to do any significant activity on these days, you will need the rest!
- You will need to complete a presentation after the expedition – dates tbc.
- There may be additional Zoom sessions to support the expedition planning. Each of the participants will be given one day of either the practice or assessed expedition to plan.

## Cost:

- The cost for the 2022 Gold DofE Paddling expedition (including all training, practice & qualifying expedition) will be £250. If you have not already done so, you will also need to pay the Gold DofE registration fee of £32.
- A deposit of £25 is due as soon as possible to reserve your place. A further payment of £25 will be due by 20 February. Further payment instalments of £50 will then be due on 20 March, 20 April, 20 May and 20 June

Every participant will be provided with a 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. This will be issued at the first Training Day & will be used throughout the training & expeditions. The expedition fee also includes all paddle training; campsite fees; usage of the boats, buoyancy aids, tents, stoves, additional barrels/drybags for kit etc; transportation of the boats from their storage facility to the start points of the training days/expeditions & back again; supervisor & assessor costs and a very special limited edition badge. You will arrange food for your expeditions within your team.

## First Aid:

- If you have not completed First Response or an equivalent First Aid course within the last 3 years (eg for your Silver DofE) you will need to complete a First aid course prior to your expedition.
- Specific first aid training relating to the expedition will be given during the training days.

