

## Expedition



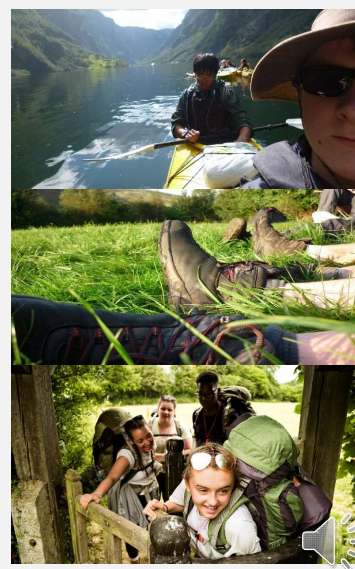
**Getting into the great outdoors and spending a night away with your friends – your expedition will give you lifelong memories.**

As part of a small team, you'll plan your aim, do some training to make sure you're prepared, and know what you're doing, plan a route — then spend two to four days and up to 4 nights away.

During the expedition you have to be completely self sufficient- carrying all of the equipment and food you are going to need.

Your expedition will improve your resilience, communication, teamwork and leadership skills.

You'll come home with a rucksack full of washing — and an experience you won't forget.



## Changes to the Expedition



Due to the Covid-19 Restrictions we are currently living under some changes have been made to the expedition section to enable us to deliver the award.

- Currently schools are not allowed to run residential trips
- Year group bubbles must be kept separate
- All of our expeditions last year were cancelled- we have to fit them in this year.

We are going to take advantage of the 'Restricted Spaces' Expedition option for Bronze and Silver to help us deliver the award.

We are hoping to resume normal residential expeditions after Easter for the Gold Practice Expeditions and all Qualifying Expeditions.



## Bronze Year 9



### **Bronze (Year 9)**

**Training:** A series of 12 weekly videos and tasks to be completed between January and Easter. Participation on the expeditions will be dependent on these being completed.

**Bronze Training/Practice Weekend: 15-16 May:** Saturday spent in school completing training challenges. Sunday spent on a local day walk, and will include navigation training.

**Bronze Route Planning evening: Wednesday 16 June:** A session afterschool to complete the route planning ready for the Qualifying weekend.

**Bronze Qualifying Weekend: 11-12 September:** A 2 day Qualifying weekend, including assessment on Navigation, camp craft, first aid and team work based in the Peak District.

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## Silver Year 10



**Training: 27 and 28 February:** In school completing one day of training activities and one day route planning.

**Silver Practice 12-14 March:** This would be for all the students who started Bronze last year as their Qualifying expedition, and would also count as the Silver Practice for those who sign up. This would start in school on the Friday evening, and continue on the Saturday to assess the necessary skills needed for an expedition. On the Sunday we would complete a local day walk, including some navigation training.

**Silver Qualifying 2-4 October:** This is planned to take place in the Edale area of the Peak District, and would take place from the Saturday morning until Monday evening.

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## Gold Year 12



Training: 27 and 28 February: In school completing one day of training activities and one day route planning.

Gold Practice: 24-28 June: This is planned for the South Lakes. We travel on the Thursday due to distance, and students start the expedition on the Friday. The expedition will include some time working on Navigation skills with experienced leaders.

Gold Qualifying: July 2022 (TBC): North Lakes.

