



Start your Bronze DofE



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Introductions



- **Structure of DofE at Arnold Hill Spencer Academy**
- **Recap of the four sections of the Bronze Award**
- **Completing the award**
- **The Expedition section in more detail**
- **Any questions?**

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What is the DofE?



The DofE's a life-changing adventure they don't want to miss.

It's about going the extra mile – learning new skills for work and life, getting fitter, making a difference and broadening their horizons.

Millions of young people in the UK have already done their DofE.



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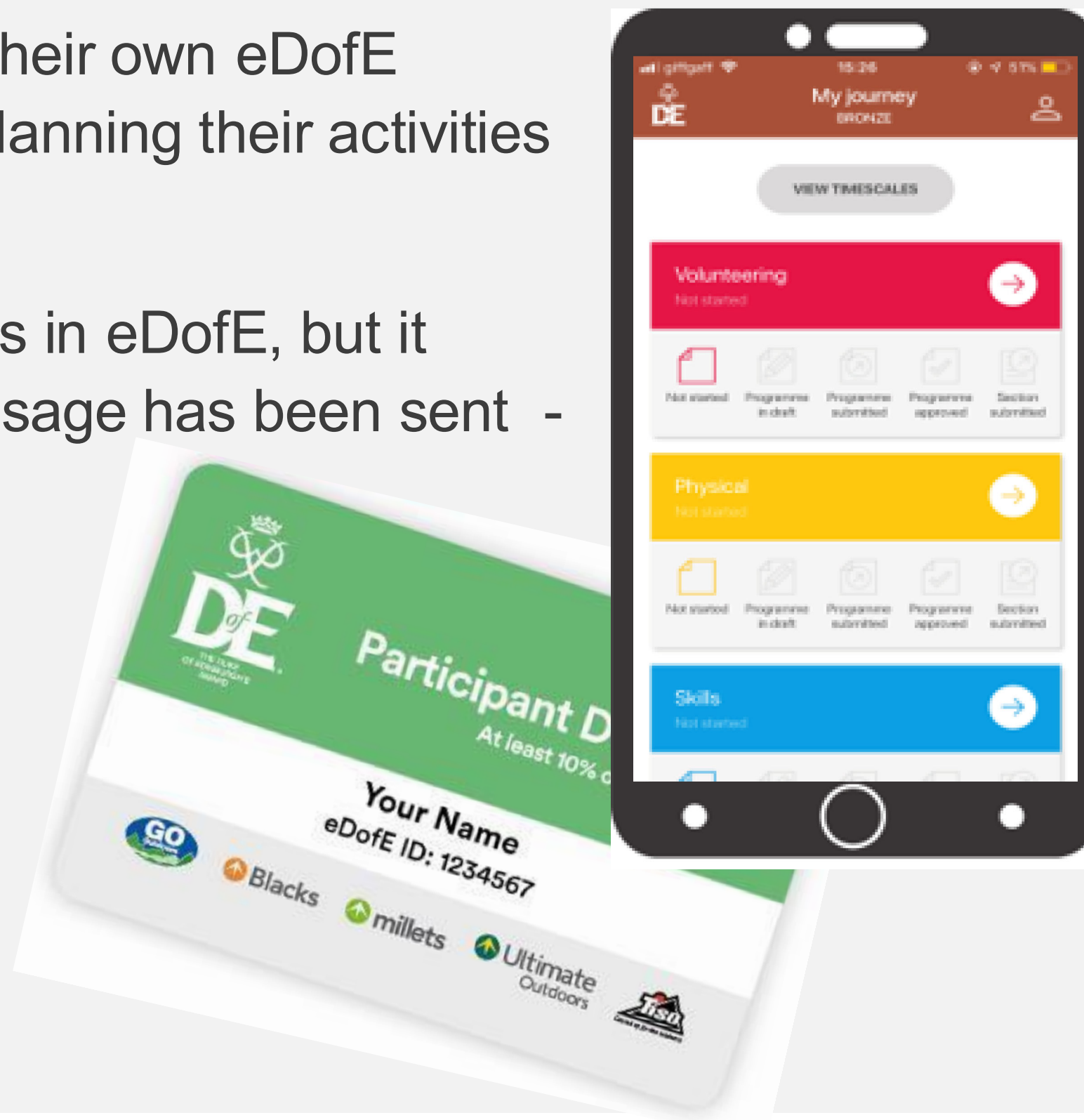
Welcome Pack and eDofE



They have already been set up with their own eDofE account, so they should already be planning their activities online and using the free DofE app.

They can send and receive messages in eDofE, but it doesn't give them an alert that a message has been sent - so they will need to log in to check.

They will receive their Welcome Pack once they have registered their account, as well as their personalised DofE Card, which will give you and your family discounts in DofE's five recommended retailers.



How do I choose my activities?

There's loads to choose from — most activities can count towards their DofE.

Maybe they want to try something new? Or get better at something they already do? Their DofE can be whatever they want it to be.

Activities for each section take a minimum of one hour a week over a set period of time, so they can fit in around their studies and life outside school.

Bronze (Year 9+)	Volunteering 3 months	Physical 3 months	Skills 3 months	Expedition 2 days 1 night
	Plus a further 3 months in either the Volunteering, Physical or Skills section			

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Volunteering



Volunteering's all about taking action and making a difference to other people's lives.

Maybe they're interested in animals or tackling climate change? Or they want to raise money for a cause that means a lot to them?

From coaching a local football team or collecting for a foodbank to starting a campaign, they'll give up their time to help others and change things for the better.

It's extremely rewarding, helps grow their confidence and independence — and can give them the chance to experience the world of work too.

Over

3/4

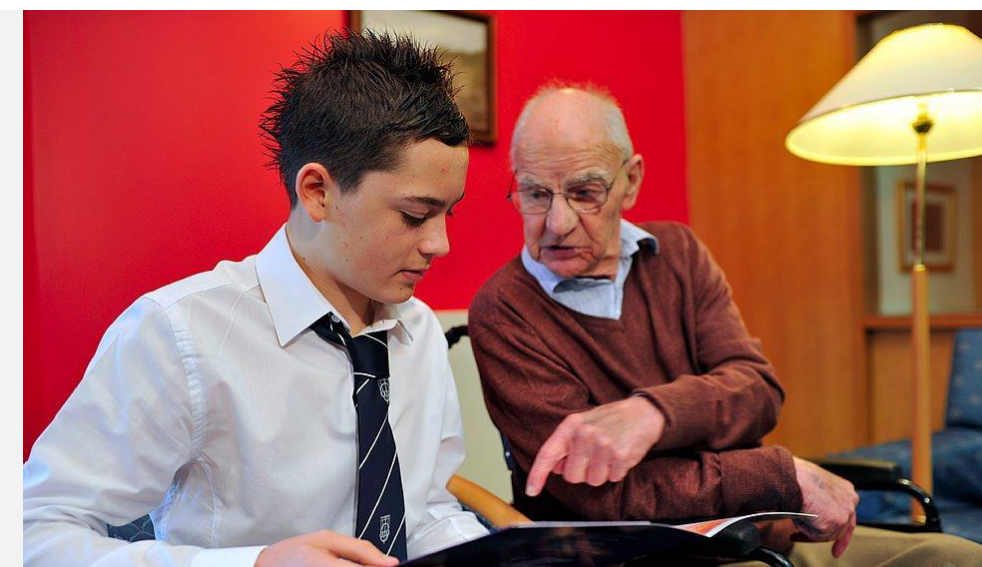
feel happier
because volunteering
gave them more
confidence

88%

believe volunteering
helps them feel more
satisfied in life

96%

say volunteering
gave them a sense
of achievement



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Physical



The Physical section is a chance for them to focus on their health and fitness and have fun along the way.

Try something completely different or concentrate on something they already do, as long as it requires a continuous level of energy and physical activity.

From yoga to going to the gym, skateboarding to wheelchair tennis — almost any dance, sport or fitness activity can count.

And doing more physical activity can give their mental health a great boost too.

They can decide to join a team or do it on their own — it's up to them.



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Skills



From coding to cookery, the Skills section lets you learn a new talent, develop existing skills and discover new things they love.

By developing practical and social skills and gaining interests and talents, they'll enjoy themselves and get a real sense of achievement.

If they're interested in a specific field, this could be the perfect chance for them to do something related to it. So, if they're interested in photography, they could do it as their skill.

They'll grow their confidence and show they're committed, motivated and can rise to the challenge.



How do I choose my activities?

They need to decide on which activities to do for Volunteering, Physical and Skills and also the time scales for each.

There can be some overlap between activities, such as playing football for their Physical and also helping younger players at the club as their Volunteering.

They also need to decide who their assessor will be – they will monitor and support their progress and write a report at the end of the activity. Their assessor CANNOT be a family member.

How do I choose my activities?

They then complete the programme planners and submit them for approval.

Please submit the planner **before** starting an activity.

Volunteering	6 Months	Status:
* Start Date:	01/10/2019	
* Type:	Helping people	
* Detail:	Helping children	
* Location:	In a school	
* Goals:	To help kids in a primary school	
* Assessor:	John Smith	
* Position:	Teacher	
Tel:		Email:

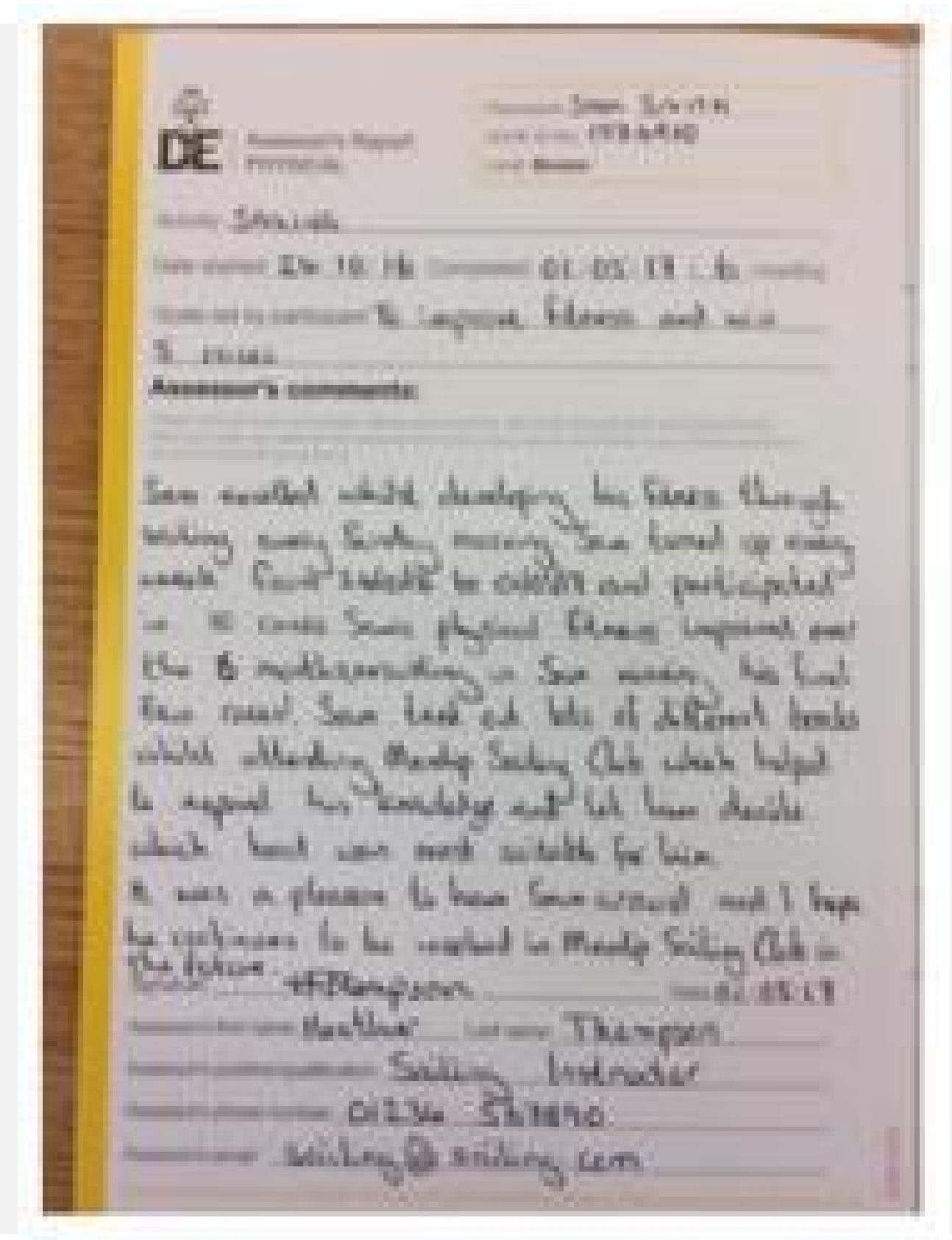
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The assessor's report



Their assessor can either write a report (using the template in their welcome pack or downloading from the website) that they upload to eDofE or submit through the Assessor Portal.

They can also upload additional evidence such as photographs.



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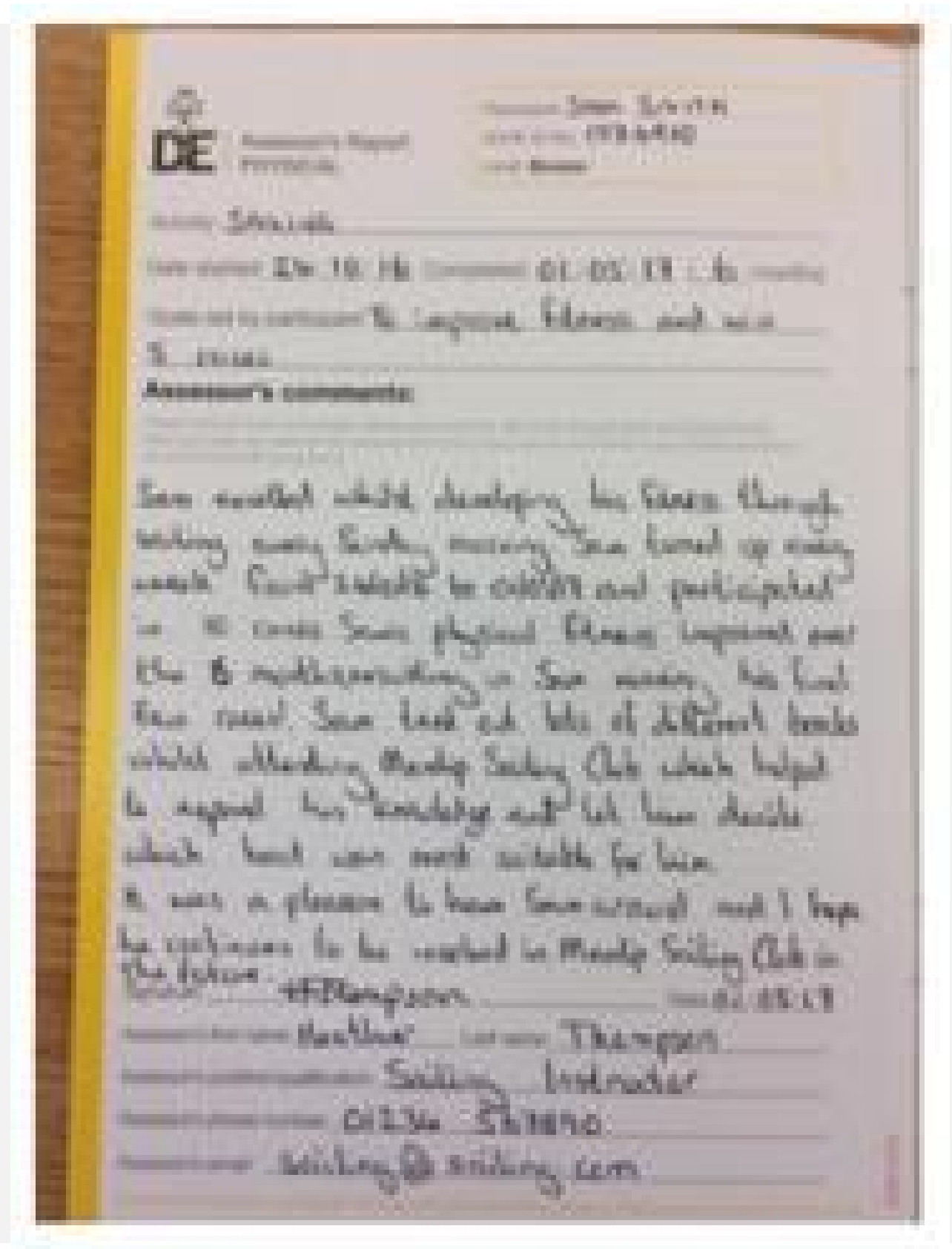
The assessor's report



Make sure that all the sections are complete, including the start and finish dates, and how often they did the activity.

Make sure that the duration is at least as long as their chosen time scale.

Check the app for messages, in case anything needs amending.



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The assessor's report



They **must** have both three-month assessor report's uploaded and approved before starting the expedition training.

A photograph of a handwritten assessor's report form. The form is titled 'DE Assessor Report' and 'Personal Details'. It contains handwritten text in cursive script. The text describes the assessor's observations of the candidate's progress, mentioning activities like sailing and climbing, and concludes with a recommendation for the candidate to continue with the award. The form is signed by the assessor, dated 01/04/2020, and includes contact information for the assessor and the award organization.

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Completing the Award



Once all four sections are complete, Mr Hatfield will either approve the award, or send it back with queries.

Once approved, it will be looked at by an external Award Verifier.

We hope to have an Awards Presentation Ceremony, dates and invites will come out for this towards the end of the year.



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Expedition

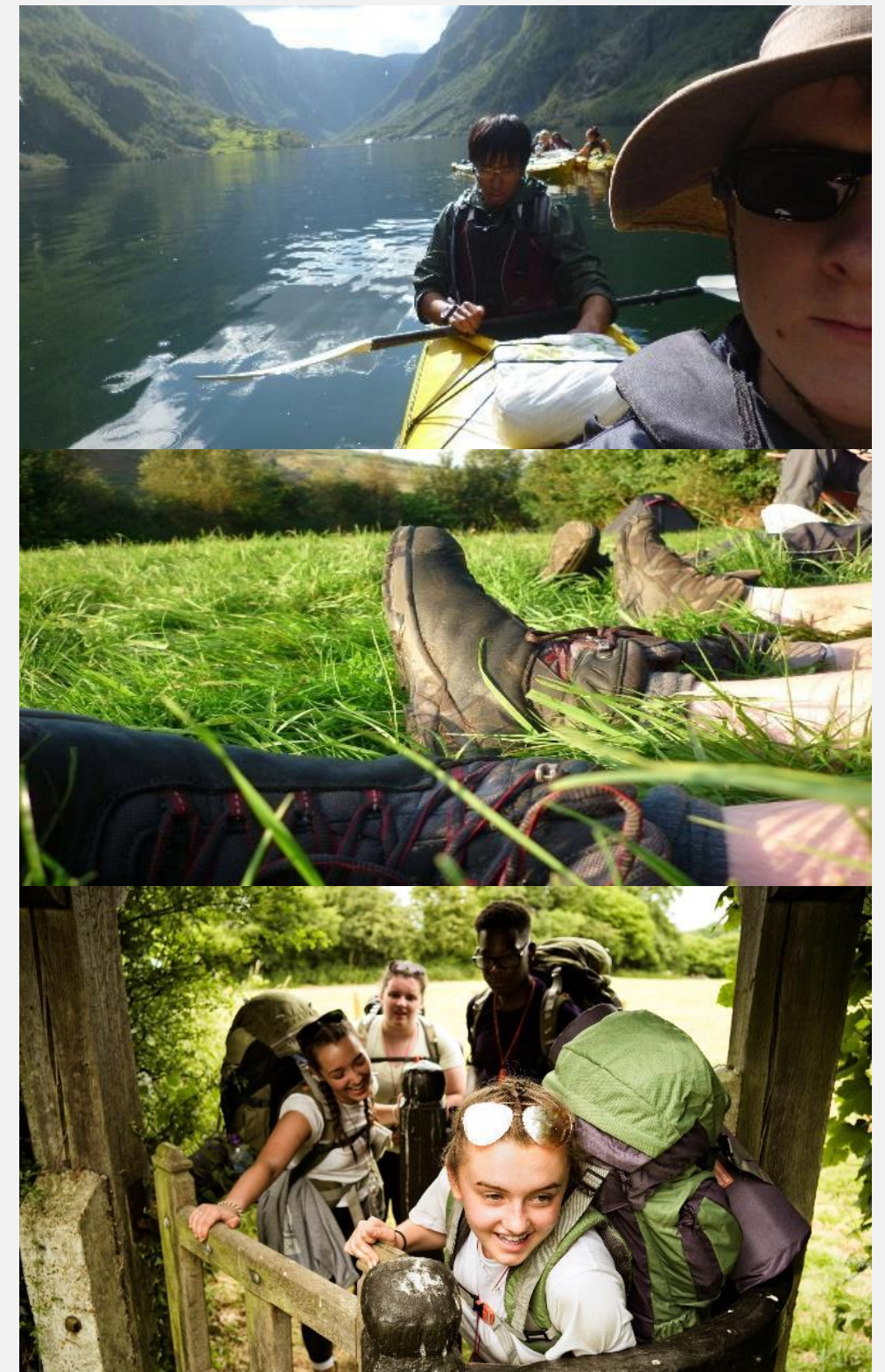


Getting into the great outdoors and spending a night away with their friends – their expedition will give them lifelong memories.

As part of a small team, they'll plan their aim, plan their route and do some training to make sure they're prepared and know what they're doing — then spend two days and one night away.

Their expedition will improve their resilience, communication, teamwork and leadership skills.

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



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Expedition

We are using Wayahead Training to deliver the training package and the qualifying expedition. Arnold Hill staff will be present at all times and will provide the overnight supervision.





WAY AHEAD
— **TRAINING** —

Who are they



They are Wayahead Training:

They are Approved Activity Provider for the DofE Award Expedition section.

Their Directors have been working within the outdoor sector for over 20 years.

They deliver accredited adult training courses including First Aid and support new instructors into the industry through mentoring and training.

What they do



- They deliver DofE expedition programmes across the UK
- They work with school staff to create the best expedition package to suit the students.
- They support schools in achieving success in delivering the Duke of Edinburgh's Award
- They have supported over 4000 young people in completing their Expedition Section since they started.

Accreditation



- They hold an AALA Licence (L113324) for climbing, watersports, off road cycling and trekking.
- They are members of the Association of Heads of Outdoor Education Centres (AHOEC)
- DofE Accredited Activity Provider (AAP)

Insurance



- They hold Professional Indemnity & Public Liability Insurance, to the value of £5,000,000 through Activities Industry Mutual (AIM).

Staff Team



- All of their instructor team are highly experienced, holding as a minimum:
 - A relevant National Governing Body Award for the activity,
 - Outdoor First Aid qualification,
 - Enhanced DBS and DofE assessor accreditation
- Most have worked for local authority, charity and commercial organisations
- Their staffing ratios are high for the sector, ensuring participants get the support and training they need.

Safety



- They have dedicated 24/7 emergency contact number.
- They only use venues they know and have inspected previously, and they know the surrounding areas well.
- They provide all group equipment – tents, stoves & fuel, maps & compasses, group shelters and group 1st aid kits.

DofE Programme



Training

2 days

It will include content from the Training Framework

For Bronze, participants can go straight to the Qualifying expedition after this

Qualifying

Two days, including an overnight camp

A minimum of 6 hours of activity per day

Groups will work together almost entirely on remote supervision

Our Programme



Training /Practice Expedition: 13th & 14th September

Provisional Plans

13th September 0900 to 1530

Sixth Form Centre / school grounds, to include training on Trangia use, tents, kit, meal planning and first aid.

14th September 0900 to 1530

Offsite training walk with instructors, meeting at AHSA.

This will cover navigation, incident procedures and road crossings.

Our Programme



Qualifying Expedition: 26th & 27th September

Provisional plans

Start: Monsal Head carpark 0930

Overnight: Beltonville Farm in Millers Dale

Finish: Monsal Head carpark 1500 ish

Group organisation



- Most expedition groups will have 7 members; DofE require group sizes of 5 to 7 but we aim to maximise the number of students in a group for both logistical and cost reasons.
- Students can either sign up as a group of 7 or sign up in smaller groups that will then be combined. Some have already given their groups, but this will be confirmed in July, once the final number of students is confirmed.

Satisfying the requirements



- To progress to the Qualifying Expedition, students must complete the two day training package in full and convince the instructors that they are both safe and also competent in all of the necessary skills.
- Due to using an external provider we are not able to offer alternative dates if there is an injury or if students can't attend all 4 days.
- If any students withdraw prior to, or during, the expedition then the rest of the group can still continue subject to having at least 5 members.



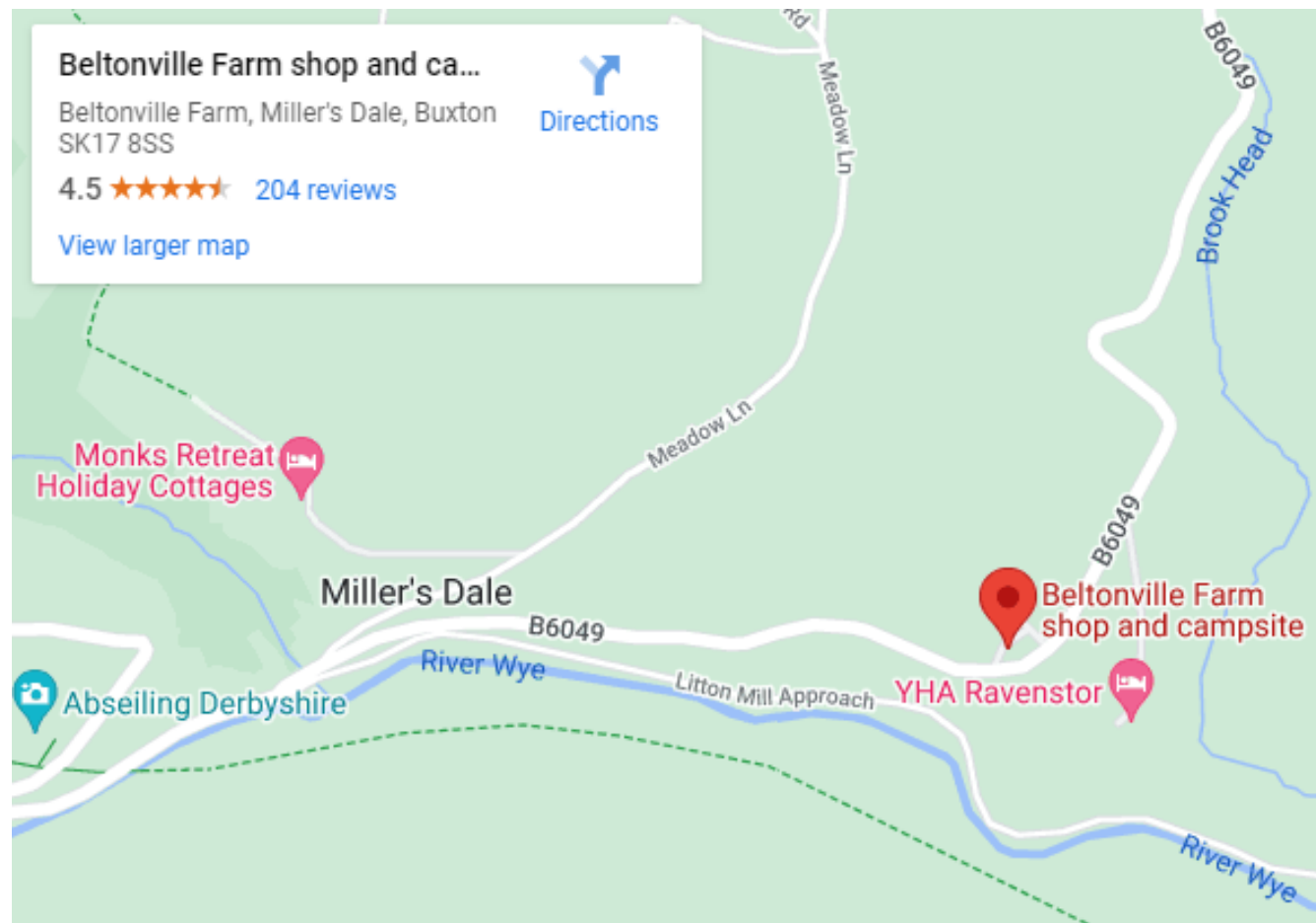
Satisfying the expedition criteria

- All members of the group need to demonstrate their competence in navigation, fieldcraft and campcraft, working together as a cohesive group and supporting each other. For the group to pass this section, each and every student must demonstrate the standard required; for this reason, it is important to work together as a group and not rely on just a couple of strong members.
- Each group will decide on a 'team goal', which could include areas of interest such as conservation, the environment, history of the area or teamwork. They will spend some time each day focusing on their goal and then feed back to their assessor at the end of the expedition.
- Electronic devices must not be seen or used at any time, apart from the group emergency phone if needed.

Day 1 – walk from Monsal Head to Millers Dale



Overnight in Millers Dale



Overnight Camp



On arrival at the campsite, students will work together to erect their tent, set up their sleeping system and organise their kit.

Students may wish to bring small, light, items such as a pack of cards. Electronic devices should not be used at any time.



Students must wear footwear around the site, so may want to bring sliders or similar. Walking around in socks / bare feet is not acceptable.

Overnight Camp



Students will be sharing 2 / 3 person tents. As far as possible, expedition groups will camp together. However, the boys' and the girls' tents will be separated, with staff in between. Students are strictly prohibited from entering anyone else's tent.



There are toilets on site, which will be shared with other users of the campsite. At nighttime, students should ideally go with another member of their tent team. They must be dressed appropriately for moving around the site, including footwear.

Food



Students must be self sufficient; they are not allowed to buy anything during the expedition.

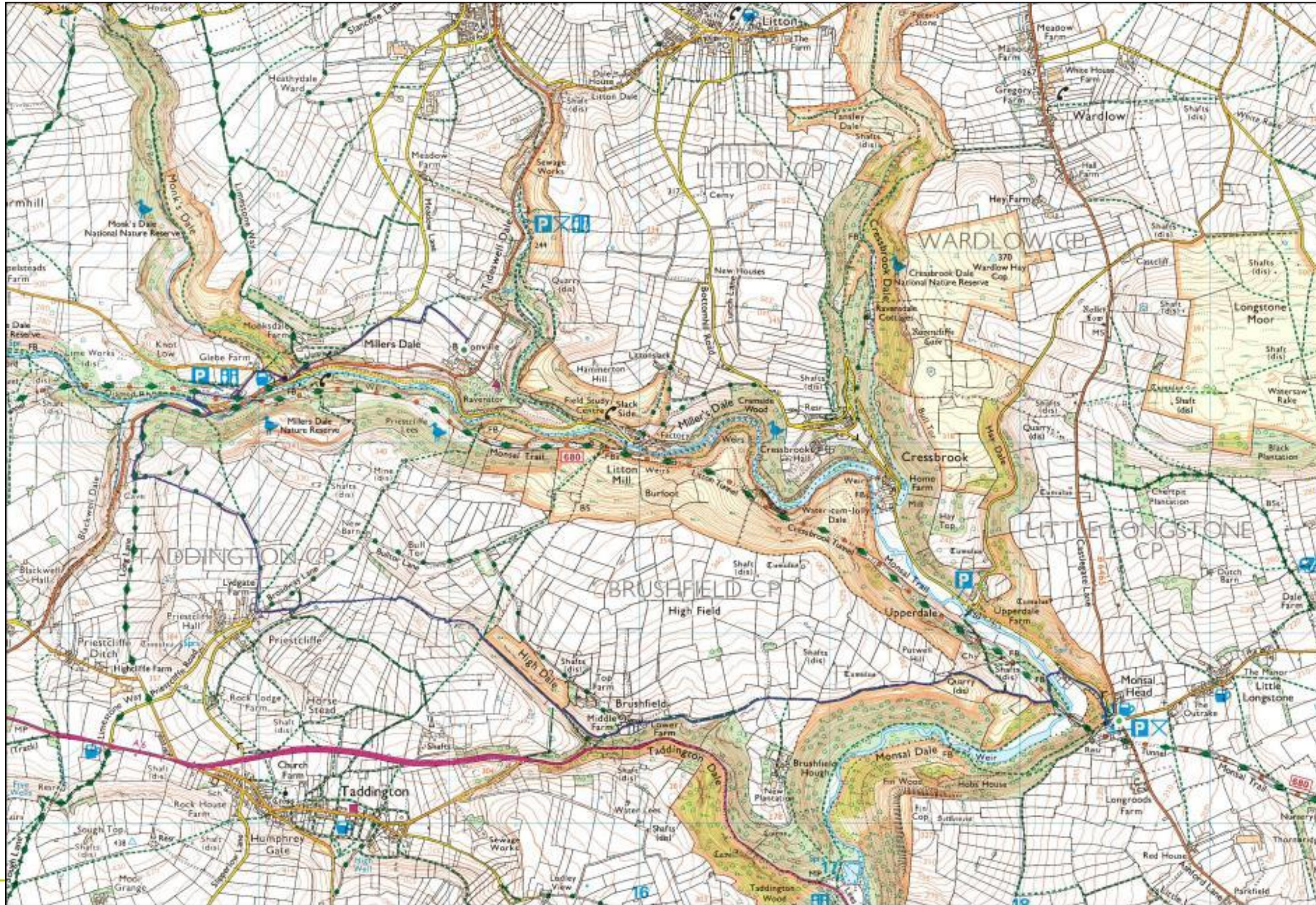
They will need

- Lunch (cold) for both days
- Dinner
- Breakfast, to include a hot element
- Snacks



The planned menu must provide sufficient nutrition and calories for this physical activity

Day 2 – walk from Millers Dale to Monsal Head



Kit List



- Walking boots and socks
- Walking trousers (not jeans)
- Tops (T shirt and fleece)
- Waterproofs (jacket and trousers)
- Underwear
- Nightwear
- Gloves and hat
- Toiletries

Kit List



- Rucksack and liner
- Sleeping bag and mat
- Water bottle
- Cutlery, mug, plate (if required)
- Whistle
- Torch with batteries

Kit List – Provided by WayAhead



- Tent (3 Person)
- Trangia stove and gas
- Cooking pans
- Washing up bowls
- First aid kit
- Maps
- Compasses
- Black bin bags, for rubbish

Expectations



We expect students to look after their own kit, which includes keeping the campsite and their tent area clean and tidy, as well as not leaving litter when walking. We also expect students to respect the belongings of others.

Each group of students will be responsible for replacing any borrowed kit which is lost or damaged; whilst mishaps can happen students need to take due care with items eg ensuring that peg bags don't blow away and checking that maps and compasses are not left behind on the ground after a break. We also expect borrowed kit to be returned in good condition eg ensuring that cooking pans are properly cleaned.

Expectations



Staff will:	Students will:	Parents/Carers will:
• Ensure that all students are safe and be available should students wish to report any concerns • Be available to support with activities and to answer any questions • Be with students on the campsite • Be available on emergency phone at night • Complete bag searches if required • Contact parents / academy / police if required • Action sanctions if behaviour does not meet expectations	• Engage in all activities with a positive attitude and to the best of their ability • Treat others, academy staff and all others using the site with respect at all times • Follow all instructions from Wayahead and Academy staff • Act appropriately when not directly supervised • Not put themselves at risk through silly or irresponsible behaviour • Abide by academy rules (eg. no alcohol/drugs) • Report any concerns to staff immediately	• Ensure students have used the suggested kit list • Ensure students arrive on time for departure • Be available to support with locating and collecting student if necessary, or have another adult available to do so • Keep us up to date with any changes to medical details or contact details

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Any questions?



If you have any further queries, you can message us on:

DoEBronze@arnoldhillspencer.org.uk

Students are welcome to come to the drop-in on Wednesday after school in A105 to see Mr Hatfield for any help or questions they may have.

Please ensure that all monies are paid by the deadline; the next payment of £95 is due by the 28th of April and the final payment will be due before the 7th July, unless you have already paid in full (total cost is £220).

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Finally



Finally, the following link takes you to a Wayahead video – done when they got bored during lockdown!

<https://www.youtube.com/watch?v=anRe-ZHb-DQ>