

**Urmston Grammar School  
Duke of Edinburgh Award 2022  
Bronze**



NAME: \_\_\_\_\_

FORM: \_\_\_\_\_

## Bronze Training Programme

All meetings are on Tuesdays (walking groups 1-5) or Thursdays 3.30-4.30 pm (walking groups 6-10), in the Large Conference room unless otherwise stated.

Date	Provisional Agenda
Wb 25/4/22	Introduction to the expedition. Basic map reading and navigation
Wb 2/5/22	More advanced map reading and route planning in preparation for the Practice walk
Wb 9/5/22	Exam Week- no session
Wb 16/5/22	Expedition First Aid
Extra session: Lunchtime and P5 19/5/22	Cooking in the outdoors -demonstration and meal planning for the expeditions. Countryside Code and Safety. Campcraft- How to put up a tent. Route planning for training walk and assessed expedition
<b>May 21st (Sat)</b>	<b>Practice Walk in Macclesfield Forest</b>
Wb 23/5/22	Route-planning for assessed expedition (+ lunchtimes ALL WEEK as necessary for groups to work on route cards and maps) – Wednesday to Friday is the geography residential so all Thursday groups will meet on Monday
Wb 30/5/22	Half Term
Wb 6/6/22	Final route-planning and checking and preparation for Assessed expedition, including what to take.
9/6/22	Issue of Tents, Trangias, fuel bottles, 1 <sup>st</sup> aid kits (and rucksacks).
Wb 13/6/22	Kit return- date tbc
Wb 27/6/22	Bronze group present

## **Arrangements for the Training Walk**

**Saturday May 21<sup>st</sup> 2022**

The one-day training walk will take place in the Peak District. This will be a challenging but enjoyable walk in some of the beautiful scenery around Teggs Nose Country Park. The students will be walking a distance of approximately 7-8 miles. The route will be circular and staff will be manning checkpoints along the route. We anticipate this taking the students 4-5 hours to complete. During the day students will get the opportunity to practice their map-reading and navigation skills with guidance from staff. Students will walk in groups of 7-8 and this will be their expedition group for the June trip.

We would like parents to drop students at Teggs Nose Country Park in the morning and pick them up at the end of the walk. The drop-off and pick up time will depend on the student's walking group number – to be confirmed after Easter. There is pay and display parking at Teggs Nose Country Park and a café, which should be open on the day. The address is:

Tegg's Nose Country Park

Buxton Old Road

Macclesfield

Cheshire

SK11 0AP

Come into Macclesfield on the A523 from the direction of Manchester

Take a left turn in Macclesfield by the train station onto the A537

After just over 1km take a right turn off the main road up the hill – Teggs Nose carpark and café is on the right after around 2km – see map overleaf

A member of staff can be contacted during the day on 0788058961 or 07723031006.

Students will need to wear walking boots and appropriate outdoor clothing (not jeans), including warm layers, a waterproof jacket and, if possible, waterproof trousers. They will need to carry a small rucksack and bring with them a packed lunch, water and snacks. We will bring maps and compasses on the day.

Pick up will be approximately 4-5 hours after drop-off but students may well call you if they are quicker!

### Drop-Off times

Group 1 – 10am

Group 2 – 10.10

Group 3 – 10.20

Group 4 – 10.30

Group 5 – 10.40

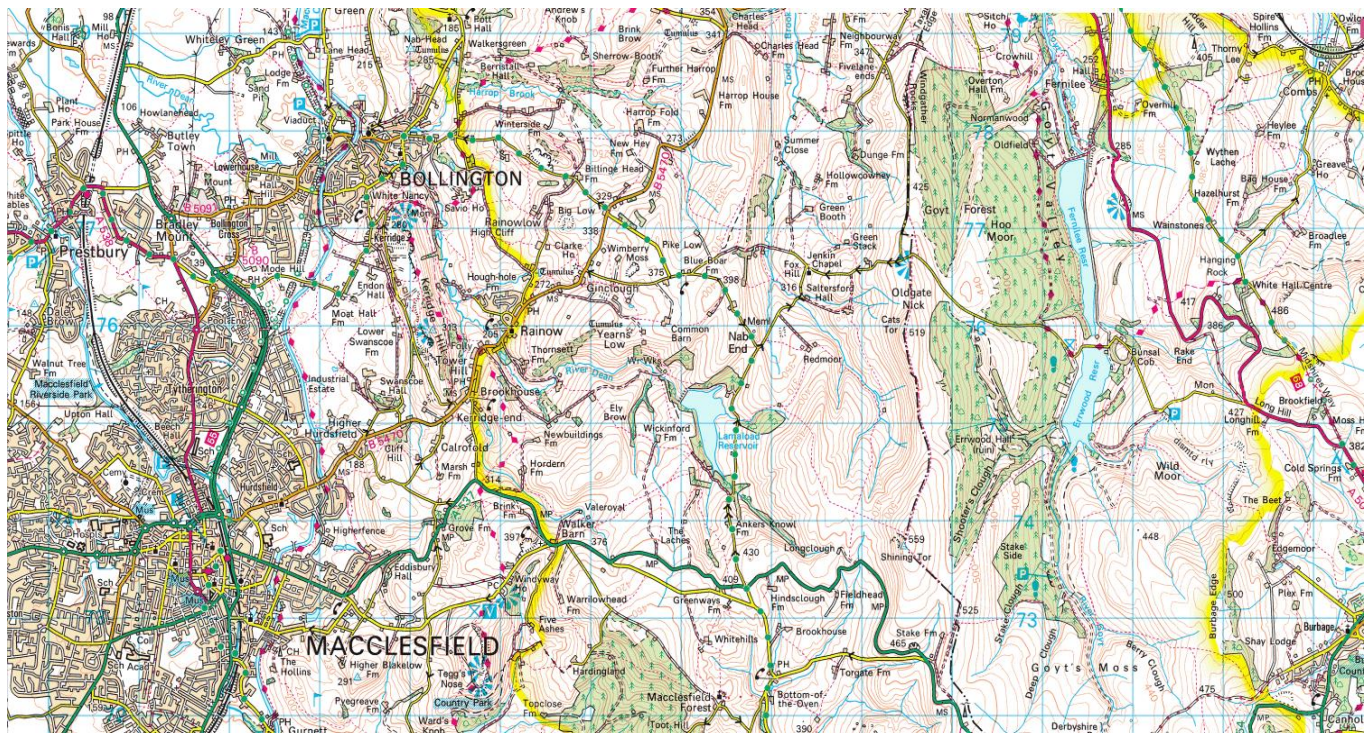
Group 6 – 10.50

Group 7 – 11.00

Group 8 – 11.10

Group 9 – 11.20

Group 10 – 11.30



## **Arrangements for the Assessed Expedition**

**June 11<sup>th</sup> -12<sup>th</sup> 2022**

The assessed expedition will take place in the area around Dent, near Sedbergh. We have booked two coaches to take the students to Sedbergh on Saturday June 11<sup>th</sup>. The coaches will leave from the Moorside Road entrance at 8.30am (groups 1-5) and 9.00am (groups 6-10). Students should, therefore, assemble at the top of the cricket club drive 20 minutes before their coach is due to depart. Students will need to be picked up at around 1.30 - 2pm from High Laning campsite in Dent on Sunday June 12<sup>th</sup>. The journey time to Dent/Sedbergh is around 1 hour 10 minutes – straight up the M6 to junction 37 – follow the A684 into Sedbergh and follow signs to Dent. The campsite is on the left as you enter the village.

We will be staying at:

High Laning Campsite  
Dent, near Sedbergh,  
Cumbria  
LA10 5QJ

TEL: 015396 25239

A member of staff can be contacted during the day on 0788058961 or 07723031006.

However, you may need to leave a message as reception is unreliable in the area and we will be with the silver group on Friday night in Hawes. We are meeting the bronze group on Saturday morning in Sedbergh.

Students will be walking with a full pack on the Saturday. They will be planning their own route through the countryside to the campsite. The distance will be approximately 13km. On the Sunday the students will pack up camp and walk a circular route finishing at the campsite. Students will be assessed, as a group, by external assessors on their campcraft and navigation skills.



## EXPEDITION KIT LIST

Students will need to have the following pieces of kit for the assessed expeditions. It is hoped that students will already own some of these items but we do recognise that to purchase them all would mean considerable cost. If necessary we do have a few spare pieces of kit (rucksacks, mats etc) that can be lent on request.

### TO WEAR WALKING

- 1x pair Walking Boots (broken in)
- 1x pair Walking Socks
- 1x Thermal top / tee shirt
- 1x Sweater (woollen or fleece)
- 1x Walking trousers (warm; NOT jeans)

### PERSONAL KIT (TO CARRY)

- 1x Large Rucksack (approximately 55-65litre capacity)
- 2x Strong, large plastic bags (to line your rucksack)
- 1x Sleeping mat
- 1x Sleeping bag (in a waterproof bag)
- 1x Watch
- Small quantity of money (optional)
- 1x Notebook & pen/pencil (for assessed expedition presentation prep)
- 1x Torch & spare battery (e.g. small Maglite or Petzl headtorch)
- 1x Emergency food rations (NOT to be eaten until the end!)
- 2x Water bottle (1 to 2 litres each)
- 1x Knife, fork, spoon
- 1x Pocket Knife (small)
- 1x Plate/bowl
- 1x Mug
- 1x Wash kit (small – no need to bring make-up!)
- 1x Towel (small)
- 1x Cagoule/coat (it must be waterproof and windproof)
- 2x pairs Underwear
- 2x pairs Walking socks
- 2x Tee shirts
- 1x Spare sweater (woollen or fleece)
- 1x Spare walking trousers (NOT jeans)
- 1x pair of trainers/flipflops (optional – to wear around the campsite)
- 1x warm hat (if appropriate)
- 1x pair woollen gloves (if appropriate)
- 1x pair Shorts (if appropriate)
- 1x Sunhat & sun cream (if appropriate)
- 1x Waterproof overtrousers (if forecast is wet)

### GROUP KIT

You need to decide who is going to bring each of the following pieces of equipment that must be divided up and carried between each team

- 2x scourers for washing pots (brillo pads are good)
- Washing up liquid (decanted into small plastic container)
- 2x Tea towels
- 3x Black bin bags (for rubbish etc.)
- Food (small & lightweight- no tins)

Mobile phone (with emergency contact numbers stored – camera for project prep)

Matches – sealed in plastic bag

Personal first aid – plasters, anti-septic cream, paracetamol

You will also have to divide up and carry the following pieces of equipment which we will provide:

2-3 Tents (depending on group size)

2-3 Trangia Stoves with cooking pots

Bottle of stove fuel

Map and map case

1 Compass

1x First Aid Kit

Route cards

1x Whistle