



Westhill Open Award Group



WESTHILL OPEN AWARD GROUP

www.WesthillDoE.co.uk

- Introductions
- Expedition Section
 - Participants
 - Volunteers
 - Parents
- Q & A





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Supervisors & helpers for Bronze

- Richard S, Dave, Calum, Janet, Richard N, Martin, Liz, Trevor, Jonathan, Heather W, Rob, Ian, Elspeth, Jack, Kieran, Ilke





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Silver & Gold

- Paul, John, Mike C, Mike D, Guy, Jonathan

First Aid specialist

- Brian Harrison





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The Award Challenge

Bronze, Silver & Gold levels

*'To inspire, guide and support
young people in their
self-development and
recognise their achievements'*



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The Award Challenge

Four Sections

VOLUNTEERING

SKILL

PHYSICAL

focus on
EXPEDITION
section



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Participants

All evidenced on www.eDofE.org

THE DUKE OF EDINBURGH'S AWARD

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You are here: Home > Doing your DofE > **Activities (sections)**

Choosing activities for sections

The next exciting step of your adventure is deciding what you are going to do as part of your DofE programme. There are so many different activities to choose from, just go to the section pages for more information, ideas and advice - you can also download some ideas lists and a handy programme planner for each section to help you identify the activity you want to do, who's assessing you and what goals you're setting for yourself.

There is a fantastic list of activities to choose from but, if you can't find exactly what you want to do, have a chat to your Leader - most activities can count towards your DofE. All we ask is that any new activity is checked with your Licensed Organisation to make sure it's counted for the right section and that you've set yourself enough of a challenge.

The definitive rules can be found in *The Handbook for DofE Leaders*, available in the [DofE Shop](#).

To help you get started here's a quick overview of what you'll need to think about:

- You decide:** It is up to you to find an activity that you wish to do in your own personal time; maybe something you're already doing or something you are interested in. Most of all pick something you'll enjoy - it'll make it easier to stick at it!
- How much is the activity?** It depends on what you are planning to do, some will be expensive, some will be cheap and some will be completely free - it is your choice on how much you want to spend on each activity.
- Where can I do an activity?** Find out whether this activity can be done in your local area. If it can't, then it might involve you looking further away or searching for another activity. Part of the challenge of doing your DofE is finding a local opportunity.
- How long do I have to do it?** That depends on which level you

Activity ideas
Download a handy list of programme ideas for all sections (remember this is not definitive!).

Volunteering
Find out more about the Volunteering section.

Physical
Find out more about the Physical section.

Skills
Find out more about the Skills section.

Expedition
Find out more about the Expedition section.

Residential
Find out more about the Residential section.





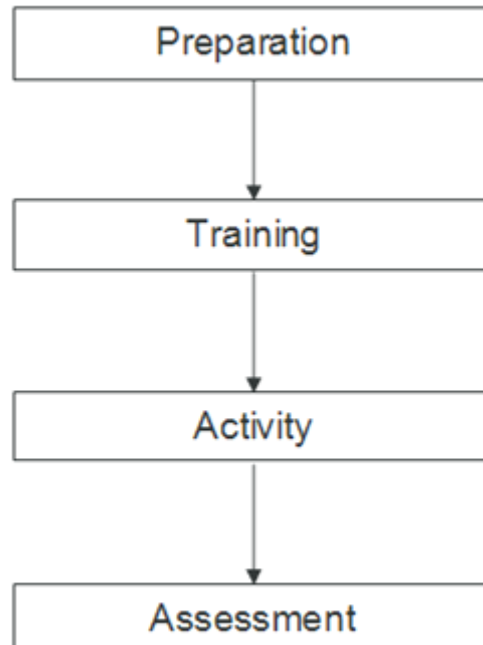
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Participants



All sections
at all levels





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Participants

**The 20
conditions of
the Expedition
section guides
our training
programme:**



This is a handy summary for everyone about to do their DoE qualifying expedition. Please talk to your DoE Leader or Expedition Supervisor if you have any questions or need further advice. Enjoy your expedition!

DoE 20 Expedition Conditions

- | | |
|-----|---|
| 1* | Your expedition must be by your own physical effort, without any motorised or outside assistance. |
| 2 | Your expedition must be unaccompanied and self-reliant. |
| 3 | Your expeditions must be supervised by an adult who is able to accept responsibility for the safety of you and your team. |
| 4 | Your expedition must have an aim. |
| 5 | You must be properly equipped for your expedition. |
| 6 | You must have completed the required training and practice expeditions. |
| 7 | You must undertake at least one practice expedition at each level of the programme. You should do this in the same mode of travel and in a similar environment to the qualifying expedition. |
| 8 | You and your team must plan and organise your expedition. |
| 9 | You must be assessed by an approved accredited Assessor to the DoE. |
| 10* | There must be between four and seven people in your team (eight people may be in a team for modes of travel which are tandem). |
| 11 | You must be within the qualifying age of the DoE programme level. |
| 12* | All the people in your team must be at the same level of assessment. |
| 13* | Your team must not include anyone who has completed the same or higher level DoE expedition. |
| 14 | Your overnight accommodation should be camping. |
| 15 | Your expedition must be the minimum number of days required for your DoE level: two days/one night for Bronze; three days/two nights for Silver; four days/three nights for Gold. |
| 16 | Your expedition should normally take place between May and the end of October. |
| 17 | Your expedition should be in the recommended environment for your DoE level. |
| 18 | You must do the minimum hours of planned daily activity for your DoE level (this does not include setting camp or cooking): six hours for Bronze; seven hours for Silver; eight hours for Gold. |
| 19 | You should cook and eat a substantial meal each day (optional on final day). |
| 20 | You must create and deliver a presentation after your expedition to complete the section. |



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Participants

- ✓ navigation and route planning
- ✓ first aid & emergency procedures
- ✓ awareness of risk & health/safety issues
- ✓ campcraft, equipment & hygiene





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Participants

- ✓ menu planning & food safety
- ✓ outdoor access code (leave no trace)
- ✓ observation, recording & presentation
- ✓ team building
- ✓ proficiency in the mode of travel





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Participants

Practice journey ✓	Bronze – 2 days, 1 night camp (min. 6 hrs per day)
Qualifying Venture ✓	Silver – 3 days, 2 nights camp (min. 7 hrs per day)
Presentation of Aim ✓	Gold – 4 days, 3 nights camp (min. 8 hrs per day)
	Based on up to half of planned daily activity time, choice of topic, choice of format



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Volunteers

Qualified to train and supervise:

- ✓ **All Enhanced Disclosure (Scotland) or PVG checked**
- ✓ **All registered volunteers with Aberdeenshire Council**
- ✓ **Child Protection and Youth Work training**
- ✓ **Each Expedition Supervisor holds at least Low Hills, Remote Supervisor and Outdoor First Aid qualifications**
- ✓ **Proficient in the mode of travel with knowledge of the area**
- ✓ **Experienced and enthusiastic**



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Volunteers

Prepared & Responsible:

- ✓ **20 Conditions of the Expedition Section** - www.DofE.org
- ✓ **Policies** – www.aberdeenshire.gov.uk/outdoorlearning/safety.asp
- ✓ **Procedures** – Base Contact, SCLW, incident handling and reporting
- ✓ **Recce** – of area for specific issues, check with land owner, weather review
- ✓ **Meetings** – pre-Expedition for volunteers, participants and parents
- ✓ **Review** – debrief for reflective practice, aim of expedition presentation



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Volunteers

23:09:30 on 11/05/2015

WESTHILL OPEN AWARD GROUP EXPEDITIONS OVERVIEW 2015 KEY: provisional; application to be submitted; awaiting approval; approved

Date/ Team	April 14-16	June 5-7	June 12-14 (C) 13-15 (S) 13-14 (B)	June 20-21	June 27-28	July 10/11-14	July 29/30 – Aug 2	Aug 14/15-18	Aug 22-23	Aug 29-30	Sept 5-7	Assessor	Evolve Ref (P/Q)	Wild CP Ref (P/Q)
Ancient Golds Q (6)							John/ Mike D					David Frame (SC0595A)	1887	TV/810/15/G/A
6 th year Gold A (7)	John + Calum							John + 1					1894	GR/009/15/G/N
5 th year Gold 5A (7)			Martin+ Guy			SML+ Phil						Ron Clark (SC2915A)	2557	GR/124/15/G/N
5 th year Gold 5B (6)		Paul+ Callum						Graham MacDonald + Mike C					2558	GR/125/15/G/N
Potatoes (7)			Mike C								Mike C		2570	GR/153/15/S/N
Dynamic (6)			Mike D								Mike D		2571	GR/198/15/S/N
Trekking Group (6)			Phil								Phil		2554	GR/123/15/S/N
Other Red Army (5)			Andrew								Andrew		1886	GR/008/15/S/N
Thursday girls (4)			Paul								Paul		2559	GR/126/15/S/N
MCCRL (5)			Richard & Lisa						Richard & Lisa				2559	GR/122/15/B/N
Phoenix Power (6)			Alison						Alison				2538	GR/121/15/B/N
V and D (6)					Liz, Tom				Liz				2557	GR/120/15/B/N
Team Lost (5)				Richard						Richard		Mike Christie (SC7866A) & Trevor (SC31058A)	1885	GR/007/15/B/N GR/189/15/B/N
Team Top Dogs (7)				Calum						Calum			2579	GR/132/15/B/N
Team Val & dogs (4)				Dave						Dave			2573	GR/128/15/B/N
Chukwunonyelum (4)				Martin						Martin			2574	GR/129/15/B/N
Blister Sisters (6)				Janet/ Nicole						Janet/ Nicole			2575	GR/130/15/B/N
Team Sample Text (6)				Trevor						Rob/ Trevor			2577	GR/131/15/B/N
Team Bananas (6)			Rob							Trevor/ Rob			2560	GR/127/15/B/N



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Volunteers - authorised to go:

Westhill Open Award Group Email: WesthillDoE@aol.co.uk Website: www.WesthillDoE.co.uk

Generic Risk Assessment for Expeditions & Outings
We are committed to the welfare and safety of all people involved with our Group
Version 5 March 20

Green Form

DE EXPEDITION

Completion Notes
Notification form for expeditions in wild country (Green Form) February 2010

What is the notification form for?
The form must be used to notify the DofE that you are organising either an unaccompanied practice or a qualifying expedition in wild country where a supervisor is used.

Who needs to be notified?
The DofE Expedition Co-ordinator for the wild country area you are visiting.

Why?
Notification and route details are submitted to Expedition Assessors. Members confirm that you are aware of the following conditions:

What information do you need to provide?
For qualifying expeditions requiring assessment through the full entry point process:

- Need 8 weeks before your expedition.
- Two copies of route outline (change on A4 tracing paper or A3000) must be submitted.
- Two copies of route outline (change on A4 tracing paper or A3000) must be submitted.

What happens once you have submitted your form?
The Expedition Co-ordinator will send you a confirmation of receipt and a copy of the notification form.

- Controls**
- We will have the required number of Supervisors, trained to Aberdeenshire Council and Duke of Edinburgh's Award standards, in attendance at all times.
 - We will follow Aberdeenshire Council and Duke of Edinburgh's Award notification procedures.
 - We will only allow participants who have satisfactorily completed the expedition training to take part.
 - We will obtain parental consent for participants to take part in expeditions and outings.
 - We will ask participants and supervisors to provide contact details and health information.
 - We will hold personal information in accordance with the Data Protection Act 1998.
 - We will have an Operating Authority Emergency Contact and Award Group Base Contact in place prepared to coordinate and handle emergencies.
 - We will advise participants that they are NOT permitted to share a tent with someone of the opposite sex.
 - We will advise participants that swimming is NOT permitted.
 - We will advise participants on safe use of river crossing alternatives and the effect on these of weather changes.
 - We will issue Expedition Safety cards to all participants detailing communications with supervisors and actions to follow in event of incident/emergency.
 - We will raise awareness of the potential for accidents.
 - We will advise participants on suitable footwear, outdoor apparel and camp craft for the terrain and weather conditions they may encounter.
 - We will encourage consistent placement and carrying of rucksacks, equipment, etc.
 - We will provide first aid training for participants.
 - We will have Supervisors qualified in first aid in attendance.
 - We expect participants to make their own travel arrangements.
 - We will provide directions, timings and contact information.
 - We will ensure participants are aware of first aid and resuscitation of all participants.

EXPEDITION ROUTE CARD (use one per day)

Day of the week:	Date:	Day of venture:	Names of team members:	Name of DofE Group:							
Saturday	13/06/2009	1st	Jennifer Hill Neil McEwan Liam McEwan	Westhill Open Award Group Address: Westhill Community Centre, Hay's Way, Westhill AB32 6XZ Tel No: 01224 740089 Email: WesthillDoE@aol.co.uk							
LEG	PLACE WITH GRID REF	General direction of bearing	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for exploring, rests or meals	Total time for leg	Estimated Time of Arrival	Setting out time:	Escape/Notes	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	
1	1U 991, 110	NW	2.6	20m	40mins	10mins	50mins	11.00	11.00am	Walk along track, take photos	Walk back to road
2	1U 994, 089	S	2.4	0m	30mins	10mins	40mins	12.30	11.00am	Walk Along track, cross road, walk along track	
					1hr 30mins	10mins	1hr 40mins	14.15	11.00am	Walk uphill along track to Rothiemurchus, bridge	
					30mins	10mins	40mins	14.50	11.00am	Walk along track round Castle Hill	
					30mins	10mins	40mins	15.30	11.00am	Walk along path north to path junction, turn left to Footbridge	
					30mins	10mins	40mins	16.30	11.00am	Walk along path, turn right at path junction near foot, walk track to campsite.	

EVOLVE

Aberdeenshire COUNCIL

Welcome to EVOLVE

Latest News:

Which type of Excursion must be processed on Evolve?

The following off-site activities/recreations must be processed through Evolve. (Use the visit leader must complete and submit an online visit form after initial approval has been granted.)

All joint visits involving participants from another Establishment or a number of establishments.

All VISB overseas.

All overnight residential visits.

All visits involving Adventure Activities (whether delivered by an external provider or delivered by the establishments own staff).

Evolve actually makes this very easy for the visit leader if he/she is in your doubt.

19/02/2010 14:00:42

Older Posts...

Route Rothiemurchus 13/14 June 2009

Atten Vershan 5 (Licensed to R. Shaw) [OS 1:50k Northern Scotland - Region 6]

EXPEDITION SAFETY CARD

Westhill Open Award Group

Personal Details NAME: _____ ADDRESS: _____ SIGNATURE: _____ TEAM: _____ OPERATING AUTHORITY: Aberdeenshire Council Expedition location: _____ Expedition dates: _____ Wild Country Panel notification number: _____	EXPEDITION SUPERVISOR Name: _____ Address during Expedition: _____ Expedition Tel: _____ Alternative Tel: _____	BASE CONTACT: Name: _____ Expedition Tel: _____ Alternative Tel: _____
EXPEDITION ASSESSOR Name: _____ Address during Expedition: _____ Expedition Tel: _____ Accreditation No.: _____		

NE: All users of the country/ids must observe the Outdoor Access and Countryside Codes



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Parents – keeping you informed

The screenshot shows the website's navigation menu with links for Home, Copied Home, Enrolment, Award Level, Sections, Programme, Training Resources, Equipment, Checklists, Forms, Gallery, and Contact Us. The main content area includes a welcome message, a 'What's happening next?' section with a link to a Bronze & Silver teams meeting, and sections for BRONZE Expeditions and GOLD Expeditions.

	Brimmond & Elrick Hills training walk (Tuesday 30th April) <small>*this combined consent form also covers Tuesday Bronze Expeditions</small>	Information sheet Consent form - doc OR pdf
	Brimmond & Elrick Hills training walk (Thursday 6th June) <small>*this combined consent form also covers Thursday Bronze Expeditions</small>	Information sheet Consent form - doc OR pdf
Expeditions	Tuesday Bronze Practice & Qualifying Expeditions (8-9 June OR 29-30 June & 31 Aug-1 Sept) <small>*see Brimmond Walk above for combined consent form</small>	Information sheet
	Thursday Bronze Practice & Qualifying Expeditions (22-23 June OR 29-30 June & 7-8 Sept) <small>*see Brimmond Walk above for combined consent form</small>	Information sheet

Base contact on information sheet on our website

The 'CHECKLISTS' section is titled 'Packed and ready to go? make sure with these checklists (updated May 2012)'. It lists several items: Pre-Expedition Parents Information event presentation, 20 Conditions of the Expedition section, Westhill Risk Assessment, Expedition Safety Card including mini checklist, Expedition Kit List, First Aid Kit List, Menu Planning & Food Safety, Outdoor Access guide, Mobile Phone advice, Code of Behaviour, Expedition Supervisor checklist, and Incident Categorisation & Handling.

BUT PLEASE NOTE...participants may not call due to lack of mobile phone reception!





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Parents

Equipment

(please check our website):

AVAILABLE FOR HIRE

(£25 returnable deposit cheque made payable to '**Westhill Open Award Group**):

tents, rucksacks,
stoves, pots & pans, fuel bottles,
maps, compasses, map cases

WE URGENTLY NEED IT ALL BACK

clean and dry at the next meeting!





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Parents - please provide (check our website):

- Consent form (download - keep us informed of changes)
- Transport (please be flexible on finish time – do arrive early!)
- Methylated spirits for stove, need 0.25 litres per day per stove
(must be 16 to buy; try Westhill Garage, GPH, B&Q, Cotswolds)
- Walking boots, waterproofs, other clothing on kit list
(ask in local stores for discount or show discount card at Cotswolds Outdoor)
- Food and drink (girls – take note!)
- Emergency items inc. first aid kit, survival bag, whistle



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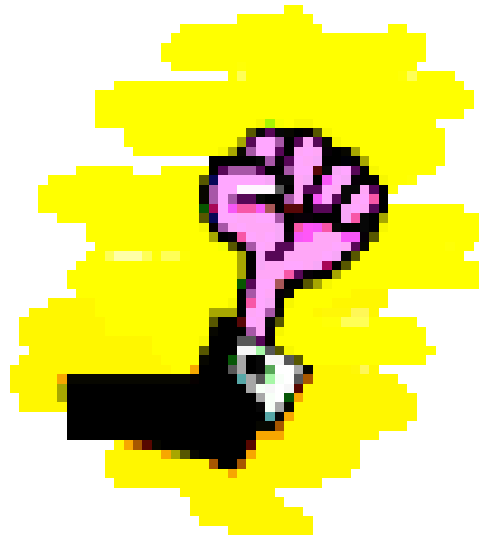
Expedition Section
continues thanks to sponsorship
from Westhill based:





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And finally, **5 top tips**





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Boots



- ✓ Well worn in
- ✓ Wear socks, have spares
- ✓ Fit for purpose i.e. ankle support, grip, waterproof

Just in case...?

- 💡 blister plasters
- 💡 gaffer/duck tape



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Rucksack



- ✓ **Keep it 'light' and dry**
- ✓ **Know what's where**
- ✓ **Pack and re-pack** – do you really need that pillow, book, pyjamas, make up?
- ✓ **Adjust the straps**

Just in case...?

- 💡 sponge belts & shoulder pads
- 💡 gaffer/duck tape or bungees



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Wildlife

Prevent bites and stings:

- ✓ Cover up
- ✓ Wear a midge head net
- ✓ Wear insect repellent
- ✓ Keep your tent **CLOSED**
- ✓ Don't roll in the heather!
- ✓ Be aware of Lyme's disease

Just in case...?

💡 bite cream, tick removers, visit GP





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Eat & Drink well



You will be hungry and you need to drink plenty (!):

- ✓ Keep it safe (hot/cold)
- ✓ Keep it light and tasty
- ✓ Think squash-ability
- ✓ Think packaging/rubbish

Just in case...?

💡 emergency rations (eat on way home!)



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Be a team



- ✓ Work together
- ✓ Spread the load
- ✓ Be considerate

Just in case...?

- 💡 Look after each other
- 💡 Ask for help



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Expedition Section

**Please visit and speak to team leaders
about...**

Routes & Supervision plus driving directions

Rucksacks, Kit & Tents

First Aid kit

Menu Ideas & Water hygiene

Responsible Outdoor Access

...and when you get home, our website www.WesthillDoE.co.uk



D^{*of*}**E**

THE DUKE OF
EDINBURGH'S AWARD

Thank you for coming along tonight

Any questions?

Please email or drop in at the start or end of a meeting