

Parents Information Booklet

Bronze

Students undertake a Practice and a Qualifying Expedition.

Each expedition is 2 days with an overnight camp.

At The Central Foundation Boys School we have expeditions in the Chilterns,

Silver

Students undertake a Practice and a Qualifying Expedition.

Each expedition is 3 days long with 2 overnight camps.

At The Central Foundation Boys School we have expeditions in the Chilterns for the Practice and the South Downs for the Qualifying.

Gold

Students undertake a Practice and a Qualifying Expedition.

Each expedition is 4 days long with 3 overnight camps.

At The Central Foundation Boys School we have expeditions in Snowdonia for the Practice and the Qualifying.

Training

The majority of training in preparation for the expeditions is done at Bronze level. Students are trained in expedition first aid, kit requirements, expedition conduct, camping skills and navigation skills. In addition to training sessions prior to each expedition, participants are given practical training while on the Practice expedition.

Supervision

Expedition groups comprise of between 4 and 7 participants. The expectation is that they work as a discrete team and are independent as far as possible. In preparation for their expedition, all teams will complete a route which is submitted and checked by the Expedition supervisor.

Whilst on expeditions, teams are remotely supervised. This means that they will be seen by staff at least once during the day, usually at a pre-arranged checkpoint. Each team will have contact numbers for staff in case of emergencies. At Bronze & Silver level, staff camp at the same campsites as expedition teams.