



Williamwood

DE Silver

THE DUKE OF EDINBURGH'S AWARD

Requirements



- • Skill
- • Volunteering
- • Physical
- • Expedition

Timeline eDofe

Pupils who have completed Bronze.



- •Skill
- •Volunteering (6 months)
- •Physical

Two sections: 1 hour a week for 6 months (one must be volunteering).

One section: 1 hour a week for 3 months.

Timeline eDofe

Pupils who **haven't** completed Bronze.



- •Skill
- •Volunteering (6 months)
- •Physical

Two sections: 1 hour a week for 6 months (one must be volunteering). Pupils will need to do an addition further 6 months in either the Volunteering or the longer of the Physical or Skills sections

One section: 1 hour a week for 3 months.

Overall: 3 months, 6 months and 12 months.

Incomplete Bronze

You must complete your Bronze online profile before you can attend the silver expedition.

Any issues please speak to Miss Hood.

Expedition

- ▶ **Training Day (Conference Room): Thursday 7th September 2023**
- ▶ **Practice: Monday 11th - Wednesday 13th September 2023**
- ▶ **Qualifying: Wednesday 27th - Friday 29th September 2023**
- ▶ **Both practice and qualifying expedition will be at Lochgoilhead Outdoor Centre. Pupils will be walking for 3 days and 2 nights camping**

Skill

Performance arts

- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriliquism
- Yoyo extreme

Science & technology

- Aerodynamics
- Anatomy
- App design
- Astronomy
- Biology
- Botany
- Chemistry
- Coding/ programming
- Ecology
- Electronics
- Engineering
- Entomology
- IT
- Marine biology
- Oceanography
- Paleontology

- Physics
- Rocket making
- Taxonomy
- Weather/meteorology
- Website design
- Zoology

Care of animals

- Agriculture (keeping livestock)
- Aquarium keeping
- Beekeeping
- Caring for reptiles
- Dog training & handling
- Horse/donkey/llama/alpaca handling & care
- Looking after birds (i.e. budgies & canaries)
- Pet care – health/training/maintenance
- Pigeon breeding & racing

Music

- Church bell ringing
- Composing
- DJing
- Evaluating music & musical performances
- Handbell ringing
- Improvising melodies

- Listening to, analysing & describing music
- Music appreciation
- Playing a musical instrument
- Playing in a band
- Reading & notating music
- Understanding music in relation to history & culture

Natural world

- Agriculture
- Conservation
- Forestry
- Gardening
- Groundsmanship
- Growing carnivorous plants
- Plant growing
- Snail farming
- Vegetable growing

Games & recreation

- Cards (i.e. bridge)
- Chess
- Clay target shooting
- Coxing
- Cycle maintenance
- Darts
- Dominoes
- Fishing/fly fishing
- Flying

Physical

Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/Aquathon
- Bowls
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Modern pentathlon
- Motocross
- Orienteering
- Paintballing
- Pétanque
- Roller blading
- Roller skating
- Running
- Static trapeze
- Supercross
- Ten pin bowling
- Trampolineing
- Wheelchair fencing
- Wrestling

Water sports

- Canoeing
- Diving
- Dragon Boat Racing
- Free-diving
- Kite surfing
- Kneeboarding
- Rowing & sculling
- Sailing
- Skurfing
- Sub aqua (SCUBA diving & snorkelling)
- Surfing/body boarding
- Swimming
- Synchronised swimming
- Underwater rugby
- Wakeboarding
- Windsurfing

Dance

- Ballet
- Ballroom dancing
- Belly dancing
- Bhangra dancing
- Ceroc
- Contra dance
- Country & Western
- Flamenco
- Folk dancing
- Jazz
- Line dancing
- Morris dancing
- Salsa (or other Latin styles) dancing

- Scottish/Welsh/Irish dancing
- Street dancing/breakdancing/hip hop
- Swing
- Tap dancing

Racquet sports

- Badminton
- Matkot
- Racketball
- Racketlon/Rackets
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

Fitness

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Medau movement
- Physical achievement
- Pilates
- Running/jogging
- Walking
- Weightlifting
- Wii-fit
- Yoga

Extreme sports

- BMX
- Caving & potholing
- Climbing
- Free running (parkour)
- Ice skating
- Mountain biking
- Mountain unicycling
- Parachuting
- Skateboarding
- Skydiving
- Snow sports (skiing, snowboarding, snowkiting)
- Speed skating
- Street luge

Martial arts

- Aikido
- Capoeira
- Ju Jitsu
- Judo
- Karate
- Kendo
- Mixed martial arts
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

Team sports

- American football
- Baseball
- Basketball
- Boccia

- Camogie
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football
- Futsal
- Gaelic football
- Goalball
- Handball
- Hockey
- Hurling
- Ice hockey
- Kabaddi
- Korfbal
- Lacrosse
- Netball
- Octopushing
- Polo
- Quidditch
- Roller derby
- Rogaining
- Rounders
- Rugby (union/League)
- Sitting Volleyball
- Sledge hockey
- Sledge ice hockey
- Softball
- Stoolball
- Tchoukball
- Tug of war
- Ultimate flying disc
- Volleyball
- Wallyball
- Water polo
- Wheelchair basketball
- Wheelchair rugby

Volunteering

Helping people

- Helping children
- Helping children to read in libraries
- Helping in medical services e.g. Hospitals
- Helping older people
- Helping people in need
- Helping people with special needs
- Tutoring
- Young carer
- Youth work

Community action & raising awareness

- Campaigning
- Cyber safety
- Council representation
- Drug & alcohol education
- Home accident prevention
- Neighbourhood watch
- Peer education
- Personal safety
- Promotion & PR
- Road safety

Working with the environment or animals

- Animal welfare
- Environment
- Rural conservation
- Preserving waterways
- Working at an animal rescue centre
- Litter picking
- Urban conservation
- Beach and coastline conservation
- Zoo/farm/nature reserve work

Helping a charity or community organisation

- Administration
- Being a charity intern
- Being a volunteer lifeguard
- Event management
- Fundraising
- Mountain rescue
- Religious education
- Serving a faith community
- Supporting a charity
- Working in a charity shop

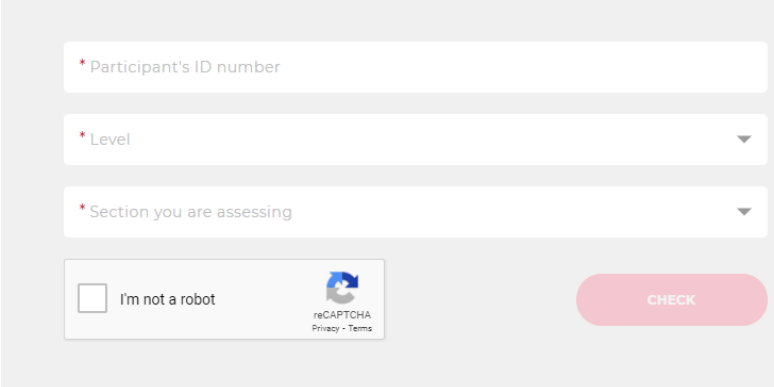
Coaching, teaching and leadership

- Dance leadership
- DofE Leadership
- Group leadership
- Head student
- Leading a voluntary organisation group
 - Girls' Venture Corps
 - Sea Cadets
 - Air Cadets
 - Jewish Lads' and Girls' Brigade
 - St John Ambulance
 - Scout Association
 - Air Training Corps
 - Army Cadet Force
 - Boys' Brigade
 - CCF
 - Church Lads' & Girls' Brigade
 - Girlguiding UK
 - Girls' Brigade
- Sports leadership
- Music tuition

https://www.dofe.org/wp-content/uploads/2022/08/programme_ideas_-_volunteering.pdf

Assessor's Report

- ▶ When you have completed your section you must get an assessor's report
- ▶ A parent cannot be an assessor for their own child.
- ▶ The easiest way to do this is to get your assessor to visit <https://www.dofe.org/run/assessors/> with your ID number.



A screenshot of a web form for generating an assessor's report. The form is light gray and contains the following elements:

- A text input field labeled "* Participant's ID number".
- A dropdown menu labeled "* Level".
- A dropdown menu labeled "* Section you are assessing".
- A checkbox labeled "I'm not a robot" next to a reCAPTCHA logo and the text "reCAPTCHA Privacy - Terms".
- A pink rounded button labeled "CHECK".

eDofE

If you have completed Bronze:

- ▶ It is the same login details as last year.
- ▶ However, you will not have access to the silver section online. I will post on the Google Classroom page

If you have not completed Bronze:

- ▶ A licence number and login details will be emailed to the email address you provided on the google form back on June.
- ▶ Again, you will have not received this yet. I will post on the Google Classroom page.

Managing Evidence online

- ▶ Weekly logs must be added after each session. They must be in detail in order to be approved.
- ▶ 8 pictures are required in each section (including the expedition section).
- ▶ Cannot be any pictures of young people please cover their faces if you need to upload the pictures.

eDofe

- ▶ Volunteering must be at a non-profit organisation.
- ▶ If you completed Bronze, you can carry out the same skill, volunteering or physical, however it must show progression.
- ▶ Participating in a Sport cannot be counted as a skill.
- ▶ All sections should be out with the school timetable, for example your physical section cannot be during Physical Education.

Deadline and Meetings

- ▶ Meetings are mandatory and a register will be taken at each session.

<u>Dates</u>	<u>Meeting</u>	<u>Targets</u>
Monday 21 st August	1 (Street)	Silver dofe, expedition and eDofe.
Monday 2nd October	Library	Set up profile and uploading the expedition section with 8 picture
Monday 6th November	Library	4 logs and 1 picture in physical, skill and volunteering
Monday 4th December	Library	8 logs and 3 pictures in physical, skill and volunteering
Monday 5th Febuary	Library	12 logs and 5 pictures in physical, skills and volunteering
Monday 4th March	Library	Completed 3 month section, 16 logs and 7 pictures for 6 month sections
Monday 25th March	No meeting	completed 3 sections and in the process of getting assessor reports.
Friday 19th April	Library	All sections must be completed by this date.



Practice and Final Expedition





Lochgoilhead Outdoor Centre
Shelter Park
Lochgoilhead
Argyll
PA24 8AQ

Kit List

Got it	Packed It	Items Needed	Notes
		Walking Boots with proper ankle support	
		Rucksack	Can provide, If required
		Rucksack Liner	
		Sleeping Mat	
		Sleeping Bag	
		Waterproof Bag	
		Torch	
		Personal First aid kit, including personal medication	
		Water Bottle	
		Cutlery, Bowl and a Plate	
		Midge Spray	
		Midge Net	
		Personal clothing	See next list
		Toilet Roll	

Clothes

Got it	Packed It	Items Needed	Notes
		Walking Socks	
		T-shirts	Preferably not Cotton
		Warm jumper	
		Walking trousers	Must not be Jeans
		Underwear	
		Night wear	
		Hat and Gloves	
		Sun Cream	
		Waterproof Trousers	Can provide, if required
		Waterproof Jacket	

Group Kit

Got it	Packed It	Items Needed	Notes
		Tent	Provided
		Stove	Provided
		Fuel for stove	Provided
		Food	
		Bin bags	
		Trowel	Provided
		Antibacterial hand wash	
		Navigational Equipment	Provided
		First Aid Kit including Tick remover*	Will be with instructor

Food

- ▶ Lochgoilhead do not supply food. They recommend the following:
- ▶ Pasta, sauce for main meals, i.e. tuna pasta.
- ▶ Boil in the bag/dehydrated meals (available from Go Outdoors/Tiso etc).
- ▶ Breakfasts should be reasonably substantial - porridge sachet or pots.
- ▶ Snacks - cereal bars, snack bars, trail mix. NO NUTS
- ▶ Reusable water bottle - water can be purified.
- ▶ Lunch on the first day should be a packed lunch and second day could be similar.

Food things to avoid:

- ▶ Pot noodles (low nutritional value, bulky and quite often the participants will sit on their bag and these split and the contents go everywhere).
- ▶ Things that need refrigeration.
- ▶ Bulky packaging or glass containers.
- ▶ Reusable 1litre (minimum) water bottle, ideally that they can put hot water that has been purified.

The Lochgoilhead Centre



**NATIONAL
ACTIVITY
CENTRE**
LOCHGOILHEAD



Standards

- ▶ All expeditions are assessed to the DofE 20 conditions.
- ▶ All groups will cover 20 conditions within the training phase and know the standards required for qualifying.
- ▶ Groups will plan all qualifying routes with local knowledge of the supervisors

20 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-sufficient.
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 DofE.
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 DofE 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 DofE expedition.
14. Your overnight accommodation should be camping.
15. Your expedition must be the minimum number of days required for your DofE level.
16. Your expedition should normally take place between the end of March and the end of October.
17. Your expedition should be in the recommended environment for your DofE level.
18. You must do the minimum hours of planned daily activity for your DofE level.
19. You should cook and eat a substantial meal each day.
20. You must create and deliver a presentation after your expedition to complete the section

Things not to bring

- ▶ Hair dryers /straightners.
- ▶ Games systems.
- ▶ Lots of money.
- ▶ Anything you would be upset to lose.
- ▶ Designer clothing.
- ▶ Expensive Electricals.
- ▶ Heavy things.
- ▶ Anything you do not need.



Rucksacks

- ▶ If you do not have a rucksack, put everything you are bringing to Lochgoilhead in a normal overnight bag.
- ▶ When you arrive at Lochgoilhead the staff will provide you with a rucksack.

Mobile Phones

- ▶ Pupils can take their mobile phone but it is at their own risk. Photos and videos.
- ▶ Phones are not covered by the school insurance.
- ▶ Contact details and communication
- ▶ Navigation - GPS trackers

Money

- ▶ Pupils do not need to bring large sums of money with them as there are no shops nearby.

Medication

- ▶ If the young person requires medication they **MUST** show this to staff before going on the bus or they will not be allowed to go.
- ▶ **Please inform us of any last minute changes to medical conditions**
- ▶ Inhalers
- ▶ EpiPens
- ▶ Piriton
- ▶ Others
- ▶ Lochgoilhead staff are aware of any medical conditions. They are all first aid trained.

Ticks

- ▶ Tick remover
- ▶ Check yourself on expedition and afterwards
- ▶ Cover up - long sleeved top and trousers
- ▶ Important information leaflet for parents
- ▶ Inform instructor/parent/GP

What if I have been bitten?

Don't panic! Even if you are bitten by a tick it doesn't mean you will get ill, as not all ticks carry diseases. Just make sure the tick is removed as quickly as possible and in the right way.

If you get a rash or you feel ill in the first six weeks or so after a tick bite, see your doctor straight away.

How do you remove a tick?

The best way to remove a tick is to use a special tool which hooks underneath the tick. Some tools, like one shown, are designed to be twisted as you pull to help break the grip.



If you don't have a tool, you can tie a loop of thread around the tick as close to your skin as possible and pull firmly upwards without twisting.

- DO NOT try to pull a tick out with your fingers! You might squeeze the contents of the tick into your body, which is more likely to make you ill.
- DO NOT try to burn the tick or cover it with vaseline or any other creams or chemicals.
- DO disinfect the area around the bite using antiseptic cream, after you remove the tick.

Tick removers can be bought from our website or from most vets.

Be smart and be aware!

- Keep your arms and legs covered when walking in woodland and similar places.
- Insect repellants containing chemicals called DEET or Picaridine will help keep ticks away.
- Check for ticks regularly when you are out, brush off clothing before going inside and check yourself carefully afterwards.
- If you find a tick attached, remove it quickly and in the proper way.

FACT: ticks can carry other germs as well. These include *Babesia*, *Bartonella* and *Ehrlichia*. An infected tick can give you more than one infection at the same time!

Further Information

All our leaflets are available free of charge from our website where you can find out more about Lyme disease, including links to many other resources.

www.LymeDiseaseAction.org.uk

Leaflets are also available from:

Lyme Disease Action,
PO Box 235, Penryn, TR10 8WZ, UK



Including a donation/SAE will help us in our work for people affected by Lyme disease.

Please don't bin this leaflet – pass it on.

Disclaimer: Lyme Disease Action publications are not a substitute for professional medical advice and are intended as general information only. If you have or suspect you may have Lyme disease you should consult a doctor.

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Registered in England and Wales
Registered Charity Number 1100448
Registered Company Number 4839410



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LDA
Lyme Disease Action

Ticks and Lyme Disease



The Information Standard

Certified member

This organization has been certified as a producer of reliable health and social care information.
www.theinformationstandard.org



Expeditions

- ▶ Pupils must be at school at for 8:10am bus leaves at 8:30am to go to Lochgoilhead.
- ▶ Will be given their equipment for the expedition at Lochgoilhead by leaders
- ▶ School staff based at centre for pastoral support
- ▶ Walk during the day and camp at night (2/3 tents).

- ▶ On the practice expedition, a leader is assigned to each group and camps beside them.
- ▶ On the final expedition, the leader is remote although each group will be given a GPS tracker which can be used in case of an emergency situation. The leader will do spot checks and be in the area.
- ▶ There will be no access to toilets, electricity or shops.

- ▶ Bus will collect pupils from Lochgoilhead at 3pm. Should be back at Williamwood for 5.30pm-6pm. Pupils should be collected from the school car park.
- ▶ Must attend school for the remainder of the week.



Expeditions

Standards of Behaviour

- ▶ Must work as a group and stay in the group at all times
- ▶ Follow all instructions of the Mountain Leaders/staff
- ▶ Unacceptable behaviour - Lochgoilhead staff will send pupils home as it would be unsafe to continue. This could affect the whole group.

Consent Forms and payment

- ▶ Consent forms completed online by Friday 25th August
- ▶ Full Payment Friday 1st September
- ▶ You will not be able to go on the expedition.
- ▶ Any issues contact school office.

Google Classroom Code

zfh36cr