## **Bronze Duke of Edinburgh Award Training for Year 10 October 2021 – May 2022**

## Please make every effort to attend all these sessions

Tuesday October  $12^{th}$  3:30-4:35pm - Training weekend review, 20 conditions and setting an aim

Tuesday 2<sup>nd</sup> November 3:30 – 4:35pm - Introduction to mapwork and navigation

Tuesday 9th November 3:30 – 4:35pm - Route planning session 1

Tuesday 16<sup>th</sup> November 3:30 – 4:35pm - Route planning session 2

Tuesday 30<sup>th</sup> November - Route checking – Risk assessment and emergency procedures

Tuesday 11<sup>th</sup> January 3:30 – 4:35pm - First Aid session 1

Tuesday 18<sup>th</sup> January 3:30 – 4:35pm - First Aid session 2

Tuesday 25<sup>th</sup> January 3:30 – 4:35pm - Expedition equipment and equipment care

Tuesday 1st March 3:30 – 4:35pm - Packing your expedition bag

Tuesday 8<sup>th</sup> March 3:30 – 4:35pm - Expedition food

Tuesday 15<sup>th</sup> March 3:30 – 4:35pm - Menu planning and preparation for Practice Expedition

Tuesday 26<sup>th</sup> March 3:30 – 4:35pm - Kit issue for Practice Expedition

## Friday 29<sup>th</sup> and Saturday 30<sup>th</sup> April – Practice Expedition – Enfield area (departs 1:30pm)

Tuesday 3<sup>rd</sup> May 3:30 – 4:35pm – Review of Practice Expedition

Tuesday 10<sup>th</sup> May 3:30 – 4:35pm – Finalise plans for Qualifying expedition

Tuesday 17<sup>th</sup> May 3:30 – 4:35pm – Pre-expedition check for Qualifying expedition

## Friday 20<sup>th</sup> and Saturday 21<sup>st</sup> May – Qualifying Expedition Epping Forest (departs 11am)

Tuesday 24<sup>th</sup> May 3:30 – 4:35pm – Return and check of expedition equipment and expedition presentation.