

# Who is COG Youth Services Ltd

**A not-for-profit youth work organisation, based in Leicester to support local young people by providing**

- **Experiences**
- **Skills**
- **Alternative qualification**
- **Volunteering**
- **DofE Award AAP**





# Teej

- **Former School Based LCC Youth Worker**
- **22 years of Youth Work**
- **14 years running DofE Award groups**
- **Founder and Director of COG Youth Services Ltd**



# DofE Staff Members

Ms Pinel – DofE Manager

Mr Cockcroft – SLT Manager





# What's involved

## After School Sessions

## Training in your own time

## Day Walk

## Qualify Expedition



# The Expedition

**An adventure that will challenge participants through a 'Managed Risk' approach.**

- **Go through all the emotions.**
- **Make memories**
- **Learn life lessons**
- **Realise more about your potential**





# Variations

**Can be adapted for fairness**

**Must be fit enough to undertake the expedition**

**Applied for disabilities**

**Cannot be applied for injuries**



Photo thanks to Recare





# Managed Risk

- **Walking in small teams without an adult**
- **Feeling of isolation**
- **Dynamic Risk Assessing**
- **First aid training**
- **Navigation training**
- **Assess maturity**
- **Insurance**





# Training

- Meet your assessor
- Bonding with your team.
- Rucksack Packing
- Navigation training 10km walk
- Camp craft
- Accident / emergency procedures
- Food ideas.





# Training

<b>Team 1</b>	<b>8th March 2024</b>
<b>Team 2</b>	<b>12th March 2024</b>
<b>Team 3</b>	<b>14th March 2024</b>
<b>Team 4</b>	<b>15th March 2024</b>
<b>Team 5</b>	<b>19th March 2024</b>
<b>Team 6</b>	<b>19th March 2024</b>
<b>Team 7</b>	<b>21st March 2024</b>
<b>Team 9</b>	<b>21st March 2024</b>
<b>Team 8</b>	<b>11th April 2024</b>
<b>Team 10</b>	<b>12th April 2024</b>





# Expedition Basics

**2 days, 1 night**

**You carry everything  
you need**

**Work together to  
navigate, cook, clean  
and motivate**





# What does the school provide?

- 65L Rucksacks
- Tents
- Stoves
- Fuel
- Compasses and Maps





# What do I need to buy?

- Walking Boots
- Waterproof Jacket (and Trousers)
- Food
- Torch
- Sleeping Bag
- Personal Medication



Funding available for any **PP** pupils struggling to get kit



# What about clothes?

**Use what you have**

**Make sure it dries quickly**

**Thin layers**

**No Jeans**





Wearing socks can significantly reduce friction and improve moisture protection, which helps to prevent blisters



You need a good set of walking boots



USE YOUR DISCOUNT  
CARD



# NOT WALKING BOOTS!





YOU WILL  
NEED A  
SLEEPING BAG



You need a good set of  
waterproof clothing





# ITEMS YOU WILL CARRY

- **Personal wash kit & towel**
- **Sleeping mat**
- **Evening meals and breakfast food to be consumed during the expedition**
- **Mug, Plate, Knife, Fork Spoon**
- **Shoes to wear around**
- **Camp**
- **Spare Clothing**

Please refer to handbook for  
full list



BIN BAG



# Food Plan

## Day 1

### Breakfast

Make sure you have a big breakfast before you meet us at school.

### Snacks

Carry with you

### Lunch

Make your lunch in the morning to carry with you on the day.

### Dinner

You will cook on the Trangia stoves back at the camp

## Day 2

### Breakfast

You will cook on the Trangia stoves at the camp

### Lunch

You can use the Trangia stoves wherever you stop to rest for lunch or make something in the morning to take along with you. Good options are cup a soup in a flask

Please check the handbook for more food ideas. Groups will work together to plan their meals.





# Electronics

**Mobiles and other electronic devices (apart from watches), should be left at home.**

**We will provide mobile phones for emergencies.**





# Evening entertainment

You will have a:

**Football**

**Frisbee**

**Tennis Ball**

**Marshmallows and chocolates  
(S'Mores)**

**Dance and sing around the  
camp fire.**





# Emergencies

**You have an emergency:  
Contact emergency school  
link.**

**If we have an emergency:  
We will contact you.  
No news is good news**





# What to do next

- **Complete the medical consent form.**
- **Put £10 in cash in an envelope marked equipment deposit. (this will be given back if there are no breakages).**
- **Make sure payments are up to date.**
- **Support your child with their sections**

