



**Great Marlow School**

Silver DofE Canoe Expedition  
2022



# Introduction to WithDave



WithDave specialise in leadership and instruction within the mountains and paddle sports arenas, together with expedition management and leadership.

In particular we enjoy working within the DofE environment, helping the candidates face their challenges. We have worked with major independent schools, either directly or via AAPs, providing walking and canoeing expeditions.

We offer instruction / coaching in several other fields including canoe / kayak slalom, climbing, bushcraft, sailing and white-water rescue. We regularly work with schools providing support for canoeing, sailing and climbing as part of the timetabled curriculum or extra-curricular clubs. Prior to the COVID Pandemic we have supported expeditions in Europe, Nepal, India, South America and Canada.



## SILVER DofE – Canoe Expedition



At the Silver Level of DofE Expedition, the expectations on how you approach the award and the skills and knowledge levels required are much higher.

You may have completed your Bronze Level DofE Expedition and have gained some key skills, or you may be a direct entry to this level, the fundamentals process is the same.

The Training and Practice will be structured and delivered in a way to help you enhance any current skills and develop the new skills and knowledge for the Silver level Qualifying Expedition.



# Silver DofE Canoe Programme



## Combined Training and Practice Expedition

**Dates:** Fri 14<sup>th</sup> May to Mon 17<sup>th</sup> May 2022

**Location:** South Wales, River Wye

**Venue:** Biblins Youth Campsite, Ross-on-Wye



# Silver DofE Canoe Programme



## Combined Training and Practice Expedition

Thu 13<sup>th</sup> May 2022 – Leave School and travel to Biblins Youth Campsite

Fri 14<sup>th</sup> May 2022 – Day 1 of Training – Basic Canoe Skills

Sat 15<sup>th</sup> May 2022 – Day 2 of Training – Journeying and Moving Water

Sun 16<sup>th</sup> May 2022 – Day 1 of Practice Expedition

Mon 17<sup>th</sup> May 2022 – Day 2 of Practice Expedition

Mon 17<sup>th</sup> May 2022 – Return to School.





# Duke Of Edinburgh



## **What's Included in your Silver Expedition.**

### **Training.**

The training will consist of two days of training, including sleeping in tents. During the two days we will work with you on the basic skills required for your journey to successfully completing your Silver Level Qualifying Expedition.

During these first two days you will work as a team with our qualified and very experienced Instructors to learn and continue to develop your core skills in:

Navigation / Route Planning

First Aid and Emergency Procedures

Camp Craft – Tents and Tarp Shelter as well as Expedition Cooking and Nutrition

Teamwork – Team Dynamics, Expectations of each other, Roles.

Country Code / Leave no trace

Health and Safety

Kit Expectations and Ideas (Aimed at enhancing the Canoeing experience)



# Duke Of Edinburgh



## **What's Included in your Silver Expedition.**

### **Practice Expedition.**

The Silver Level Practice Expedition is the next step on the learning ladder. Following the two days training you will complete a further two days in expedition mode, enabling you to put your skills and growing experiences into practice, with the support of the instructing team. The two days will be a mixture of direct and remote supervised activities.

The two days will consist of planning a route, including overnight camp, travelling along this route over the two days (initially with direct support from an instructor). If any further skills are needed we will support you with this but as your confidence grows and you feel more comfortable working as part of your team, the supervision level will be reduced, until you can work on your own.

# Silver DofE Canoe Programme



## Silver Qualifying Expedition

**Dates:** Fri 1<sup>st</sup> July to Sun 3<sup>rd</sup> July 2022

**Location:** South Wales, River Wye

**Venue:** Camping





# Silver DofE Canoe Programme



## Silver Qualifying Expedition

Thu 30<sup>th</sup> Jun 2022 – Leave School and travel to Glasbury

Fri 1<sup>st</sup> July 2022 – Day 1 of Qualifying Expedition - Paddle from Glasbury to Whitney

Sat 2<sup>nd</sup> July 2022 – Day 2 of Qualifying Expedition - Paddle from Whitney to Preston

Sun 3<sup>rd</sup> July 2022 – Day 3 of Qualifying Expedition - Paddle from Preston to Hereford

Sun 3<sup>rd</sup> July 2022 – Return to School.

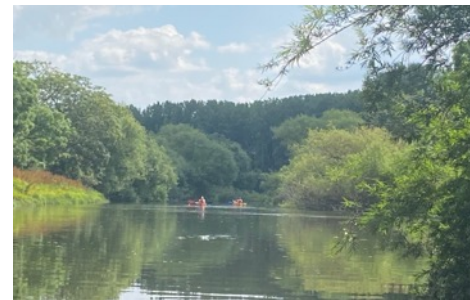


## **What's Included in your Silver Expedition.**

### **Qualifying Expedition.**

The Qualifying Expedition is where you put all your skills and experiences together and complete a three day expedition (including two overnight camps) with remote supervision from the instructing team.

Although being assessed can be a daunting experience for some and the expectations at Silver are much higher, the instructing team will make sure that you are supported if needed. The expedition is aimed at enabling you to show us you have learnt and have gain sufficient knowledge to successfully complete your expedition, have worked as a team and hopefully had fun along the way.





# Duke Of Edinburgh



## **What's Included in your Silver Expedition.**

Campsite locations and details (Including Campsite fees)

Expedition pack (All expedition information regarding logistic, kit list suggestions, food examples).

Personal Team Kit (See below)

Travel mode specific equipment (As required, see below)

Route planning sessions (Normally completed as part of the training and practice)

Information evening with participants and parents / Zoom Meeting

Expedition administration and paperwork.

DofE accredited assessor reports.

Fully qualified and experienced instructors.

### Team Kit

Tents and Tarps

Trangias (and fuel)

Navigation Equipment (Maps & Compass)

First Aid Kit

Emergency Procedure Guidelines

### Specific Travel Mode Kit

Canoes (Fully kitted)

Paddles

Buoyancy Aids

Transportation of paddling equipment



