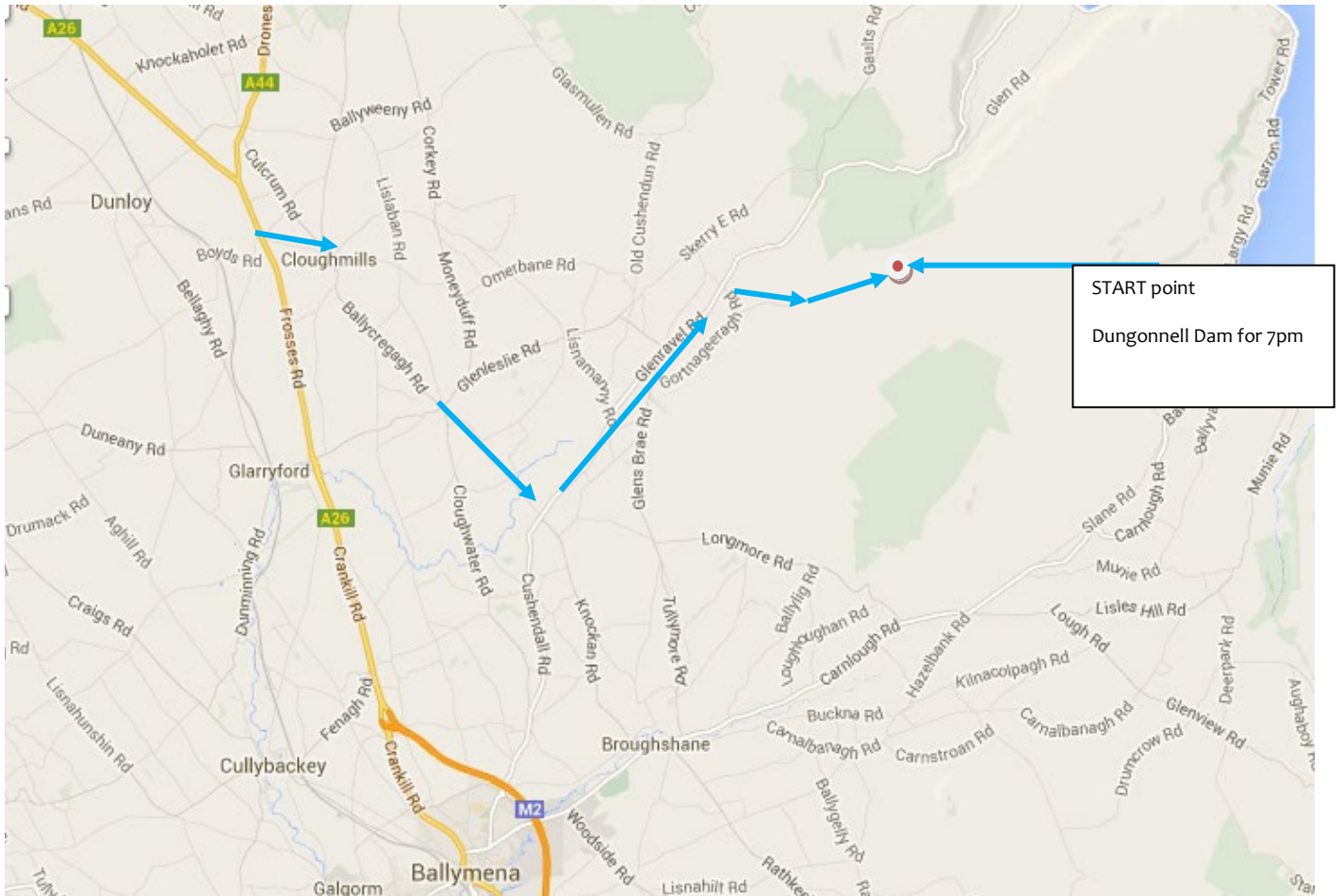


INSTRUCTIONS FOR PARENTS

GOLD PRACTICE EXPEDITION

21st – 23rd June 2019

Dungonnell Dam



START POINT: DUNGONNELL DAM, CARGAN

Directions to get to Dungonnell Dam from Ballymena direction:-

Turn off M2 at Junction 11 (Broughshane turnoff). At top of slip road, turn LEFT and continue to the roundabout. Take the 3rd exit off the roundabout onto the Frys Road and follow this road until you get to another roundabout.

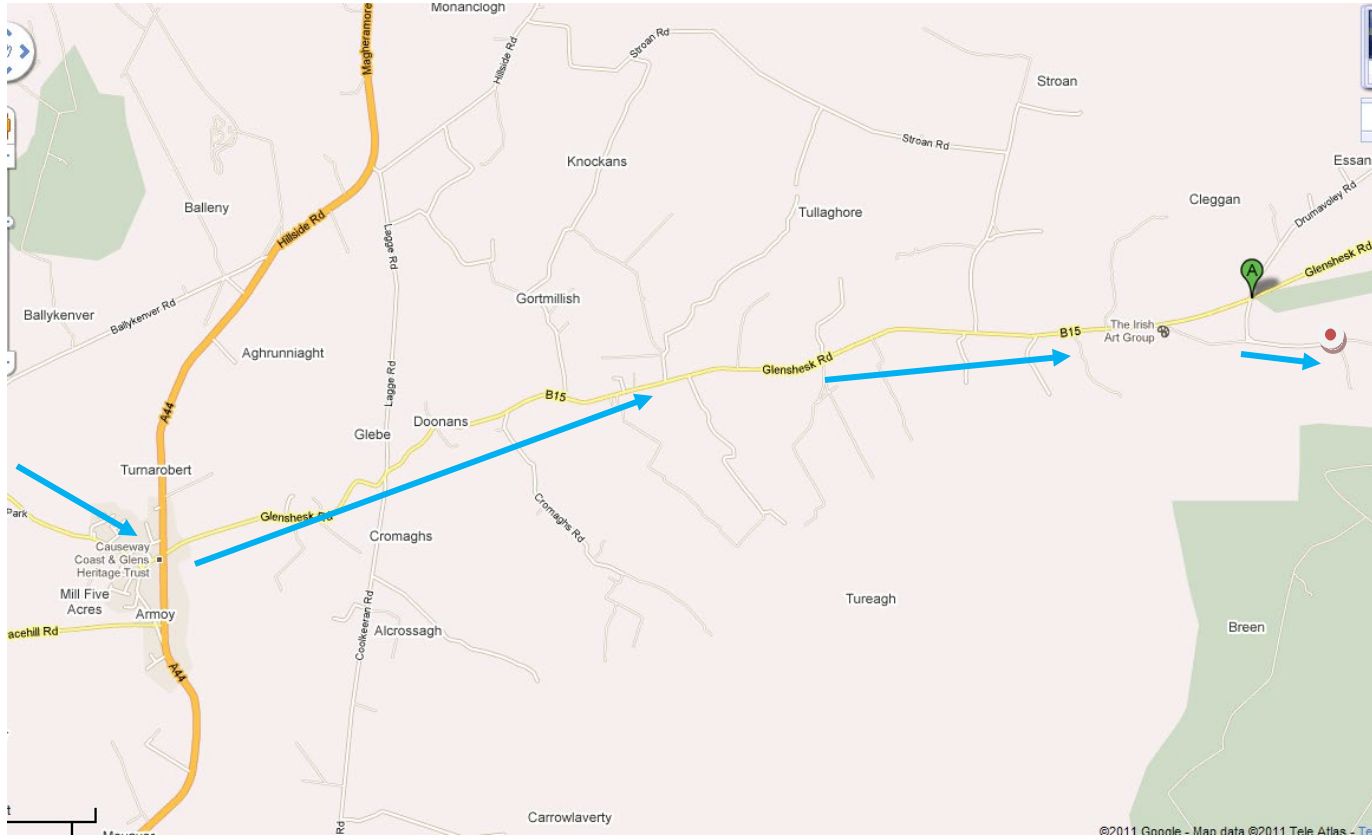
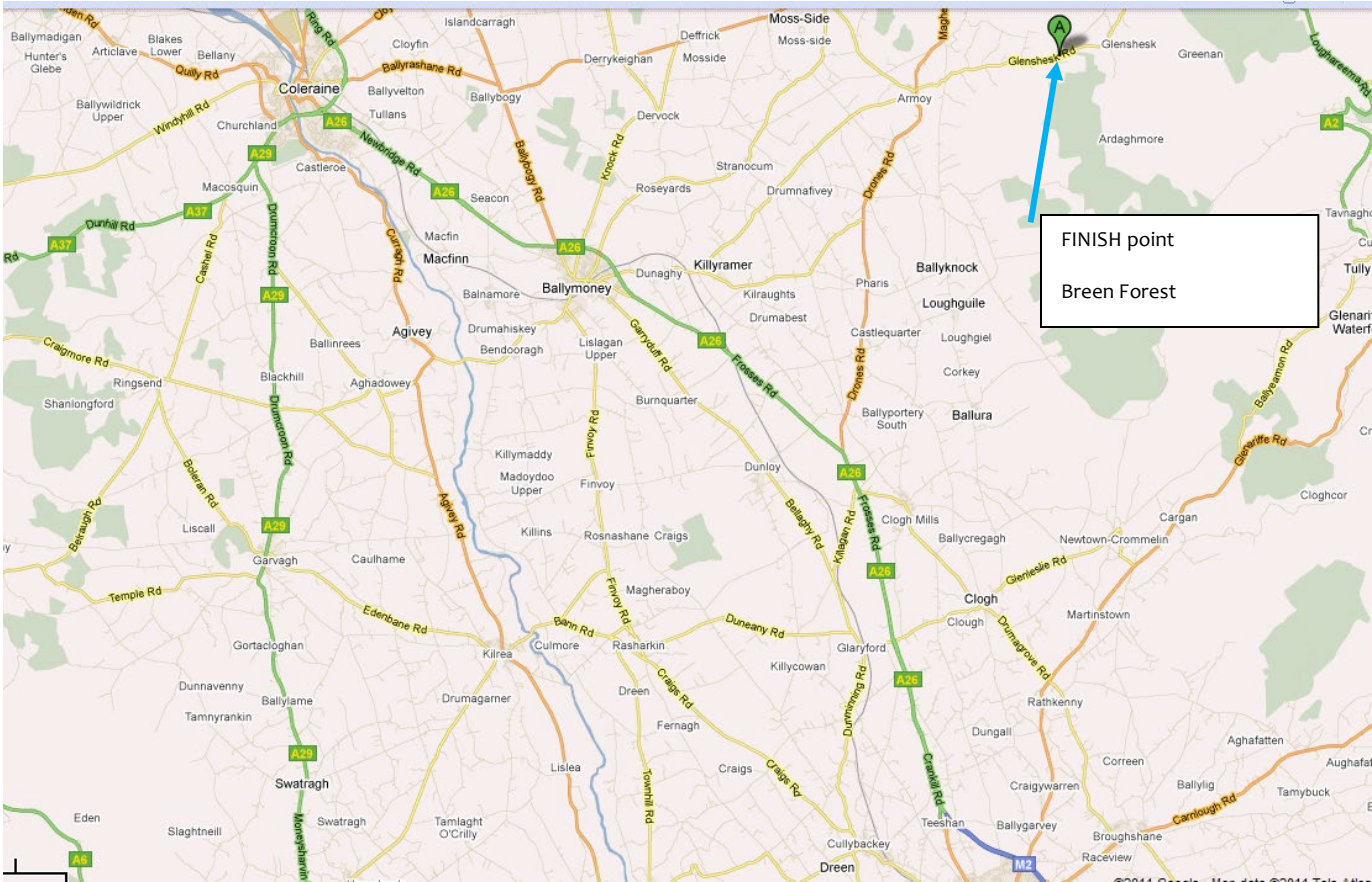
Take the 3rd exit off this roundabout onto the A43 Cushendall Road. You will pass Donnelly's Filling Station on your right hand side and Steeltech Sheds on your left hand side. Continue through Martinstown. As you approach the 30 miles per hour speed limit sign entering Cargan turn RIGHT onto the Gortnageeragh Road. Continue along this road for ½ mile and you will see a sign on your left saying Dungonnell Water Treatment works. Turn into this road – Dungonnell Road. Continue for 1.8 miles where you will drive over a few cattle grids and pass the Water Treatment works until you see the entrance to the car park at the Dam on your right hand side (goes downhill – you can see the dam from the road). The entrance to the carpark is at the start of the dam so if you are driving past the dam you have gone past the carpark.

START TIMES – Friday 21st June 2019

All Groups

7.30pm sharp

Weather dependent - you may be out doing an orienteering/night navigation exercise after you put up your tents, so please make sure that you have your head torch somewhere handy.



FINISH POINT: BREEN FOREST, ARMOY/BALLYCASTLE (OPPOSITE DRUMAVOLEY ROAD) BALLYCASTLE



This is the road junction for Breen Wood that you are looking for.

Directions to get to Breen Forest from Ballymena Direction:-

Continue on M2/A26 towards Coleraine. Once you pass Logans Fashions at the end of the new dual carriageway at the roundabout, take the road signposted for Ballycastle A44. Continue on this road to you enter Armoyle. In the middle of the village at the crossroads turn right onto the GLENSHESK ROAD (just before you see a filling station on your right). You will go past St Olcan's school, keep on this road and you will see signs for the ROUND TOWER. Pass round tower on your left. **Continue on this road until for 2.6 miles** and you will see the DRUMAVOLEY ROAD on the left. **Directly opposite** the Drumavoley Road is a stone lane with a green sign for BREEN WOOD– turn up this stone lane and continue until you reach a large shed with a concrete area in front of it. This is the finish point.

FINISH TIMES – Sunday 23rd June 2019

All groups

2.00pm - 3.00pm approx.

Can ALL parents ensure that they are out in time to pick up groups. Participants will phone home approx 1hr / 1hr 15 before they are due to finish their expedition to give parents time to collect them. Where possible can participants car share. Please be aware that the times given for the finish are only approximate times and groups may be finished 1 hr ahead or behind schedule.

SAFETY

Can I also remind everyone of the need to adhere to road safety whilst out on expedition.

When walking on any road groups must at all times walk in single file.

TENTS & STOVES / MAPS & ROUTE CARDS

All tents/trangias, maps/route cards for your expedition will be issued at the start point at Dungonnell Dam. You will be issued with group trackers by COAC leaders at the start of your expedition.

CAMP LOCATIONS

Please note that all groups will be camping in the same location on both nights. Groups will be mixed with both male and female. Groups should therefore aim to be "self sufficient" as a group and should not share food menus/tents etc with any other group.

BEHAVIOUR

Can I remind everyone of the need to behave whilst at your various camp locations. NO NOISE is permitted after 10.30pm. If any person(s) have to be repeatedly spoken to about behaviour/noise, parents will be telephoned and asked to come to pick up the person/persons concerned immediately and this will result in suspension from the expedition until further notice. Please also note BALL GAMES of any nature are NOT permitted therefore do not bring footballs/rugby balls etc. We would remind everyone of the conditions of your code of conduct that both you and your parents have signed in relation to your expedition.

Participants are also reminded that they are **not permitted to have music on mobile phones either playing loudly or through headphones/speakers at any stage during the expedition**, this also includes whilst you are at camp. Phones will be temporarily removed from any participant who does not adhere to this and returned at the end of the expedition.

MEDICAL CONSENT FORM / CODE OF CONDUCT FORM

Medical consent/Code of Conduct forms should be handed in before commencement of your expedition to Mrs P Moore at school.

DofE RULES FOR EXPEDITIONS

No 2 of the DofE 20 conditions of the expedition state that "your expedition must be unaccompanied and self-sufficient". Expeditions are remotely supervised which allows leaders to periodically observe and meet with the team without intervening, allowing them to make mistakes and to recover from them without outside intervention, whilst still being able to support the team. This helps participants develop in shared experiences in the outdoor environment like initiative, teamwork, communication, leadership, problem solving, organisational skills, being able to overcome both expected and unexpected challenges and learning to manage risk. Expedition supervisors will arrange and agree with the team from the outset specific "check points" during the expedition.

OVERNIGHT SUPERVISION

Bronze expeditions - expedition supervisors will stay with the groups in the immediate vicinity overnight should someone take unwell or if there is a problem at camp. Participants should speak directly to one of the expedition supervisors if an incident occurs.

Silver expeditions – expedition supervisors will be in the expedition area as the group and will be approx. 15-30 minutes away from groups. Participants will have leaders contact numbers in their expedition packs should they need to contact an expedition supervisor.

Gold expeditions – expedition supervisors will not necessarily be close by in the same area as the groups due to the remote locations of gold expeditions and the longer distances that they travel. Expedition supervisors could be up to 1hr away from groups overnight.

As participants progress through the award a bigger emphasis is placed on initiative, problem solving, overcoming expected and unexpected challenges and managing risk.

MOBILE PHONE POLICY

Can we remind participants that mobile phones are not to be used throughout the expedition unless it is in the event of an emergency to contact COAC leaders or a teacher. If participants are planning to take photos/videos then they should bring an alternative means of doing so. We would ask parents not to text or call participants either during the day or in the evening at camp.

DofE policy on mobile phones is as follows:-

Policy Pg 176 1. Either no mobile phones will be carried, 2. The phone will be carried by the group for emergencies switched off and places in a sealed bag or 3. Taken without sim cards for use of camera and digital recording functions / alarm clocks.

INSTRUCTOR CONTACT DETAILS

Senior Instructors for the weekend are as follows:-

Jane Thompson 07990 822395
Michael Balmer 07714 760830

Should you need to contact leaders for directions or in case of an emergency. Please note that due to the area that leaders will be working in over the weekend, mobile signal in quite a few areas is very limited or non existent.

GROUP 1 21 – 23 June 2019	GROUP 2 21-23 June 2019	GROUP 3 21-23 June 2019
Rachel Fleck	Michael Wilson	Jess Quail
Alex McLeister	Mark Hayes	Sophie Smyth
Alex Wilson	Andrew McLarnon	Connor Thompson
Ben McKane	Sam Hill	David Boriceanu
Matthew Poston	Jack Spence	John Boyd
Cameron Olphert		