

***Neath Port Talbot Open Gold Centre:
Training Programme 2018/19 (please also
read the information on the next page)***

<i>Date</i>	<i>Time</i>	<i>Purpose</i>
Wed 14 th Nov	7 – 8.30pm	Parents and participant information evening
Wed 21 st Nov	6.30 – 8.30pm	Enrolment & kit purchase, please see information on the next page regarding equipment you will need and what you can buy from us.
Sunday 25 th Nov	8.30am start	Day Walk
Wednesday 5 th Dec	6.30 – 8.30pm	Evening training session
Sunday 16 th Dec	8.30am start	Day Walk
Sunday 13 th Jan	8.30am start	Day Walk
Sun 10 th Feb	8.30am	Day Walk
Sun 3 rd March	8.30am	Day Walk
Wed 6 th March	6.30pm – 8.30pm	1 st aid and emergency procedures training
Wed 20 th March	6.30pm – 8.30pm	Pre – expedition check. (bring all your equipment and dry food for the exped)
Evening of Friday 22 nd March – Sunday 24 th March	Meet at 6pm on the 22 nd return approx 4pm on 24 th	Practice expedition
Wed 1 st May	6.30pm – 8.30pm	Dartmoor route planning
Wed 8 th may	6.30pm – 8.30pm	Dartmoor route planning
Wed 15 th may	6.30pm – 8.30pm	Dartmoor route planning and presentation planning
Friday 5 th - sun 7 th July	Meet at 6pm on the 5 th , return approx 5pm on 7 th	Practice expedition
Wed 10 th July	6.30pm – 8.30pm	Dartmoor Pre-Ex check, bring all your kit and food, and emergency procedures refresher.
Fri 19 th until Sat 27 th July	Meet at Llangatwg at 1pm on the 19 th , return approx 2pm on the 27 th .	Final expedition and further three days in Devon and Cornwall

P.T.O

Overleaf is the expedition training programme for 2018/19. The Gold Expedition is a fantastic, and life changing experience, however it is far more advanced than Bronze or Silver. Therefore it is essential that all the group members have the necessary knowledge, experience and skills before they can undertake the expedition.

We cannot take you on the final expedition if you haven't attended sufficient training, this is a stipulation of the Duke of Edinburgh's Award scheme so please read through the training dates and ensure you can commit to the training. You have to attend 4 of the 5 day walks and **BOTH** the practice expeditions, unfortunately this is not negotiable. Please don't ask for permission to miss one of the practice expeditions or more than one day walk and still continue with the programme as this unfortunately isn't possible, it is a big commitment but the feeling at the end makes it all worth while!

The time we return from the Sunday day walks will vary depending on weather conditions and whether the group navigate effectively! The participants will phone parents when we are off the hill to give them approximately 45 mins notice of when we will return. We aim to return between 4 and 5pm

Although the majority of the cost of running the centre is paid for by Neath Port Talbot Youth Service we do require a contribution towards the cost of the final expedition and further 3 days in Cornwall, this will be approximately £175pp, this will include camping fees, assessor fees and outdoor activities in Cornwall. However it will be cheaper if you choose not to come to Cornwall after the expedition. This doesn't need to be paid until mid June.

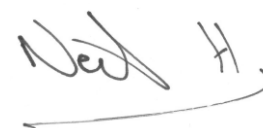
In terms of equipment we can lend you most of the equipment for the expedition, there is a different kit list for the day walks than for the expeds, please go to the 'Open Gold Centre' page of www.nptdofe.co.uk and download the 'gold day walk kit list' for the full list of equipment for the gold training walks.

Some of the essential specialist equipment you need to have we buy directly from suppliers so we can pass it onto you at trade price. These will be sold at the enrolment evening on the 21st Nov. The pieces of equipment listed below are all essential items however if you have any of them already then bring it along and we will check it is up to the job then you won't have to buy another one. You also have to buy the Gold license.

Compass	£19 - SILVA expedition 4 compass, you need a really good compass for Gold
Map -	£14 – Laminated Brecon Beacons map OL12
Dry Bag -	£12 – 60 litre roll top drybag to keep your kit dry in your rucksack.
Gold D of E License	£43 – this includes £26 that is paid to the D of E charity for your license to do the Gold Award and a £17 fee that is charged by the local authority as a contribution towards the overall D of E subsidy.

If paying by cheque please make it out to NPTCBC.

Any questions please don't hesitate to email or call me



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