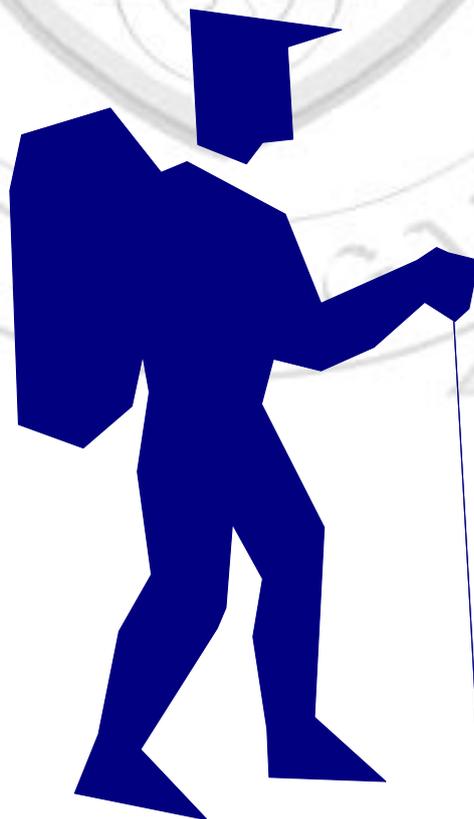


Our lady and St Patrick's

college, Knock

Outdoor Pursuits Club

**Prospectus
2015/16**





Objectives

- 1 That students gain a technical competence which will allow them to enjoy the outdoors
- 2 That they learn to rely on themselves and others
- 3 That the pupils succeed in gaining a Duke of Edinburgh award
- 4 That they widen the circle of their friends and acquaintances to include those of different religious persuasions
- 5 That they learn to appreciate and value the genuinely held views of others especially if they are to co-operate together despite their differences in the achievement of a successful expedition.

Duke of Edinburgh award

Most of our members are enrolled for this award. It involves a cost of £140 this covers their award log book, weekend residential in Shannaghmore OEC and all training days. There are 4 sections for silver

Service

Skills

Physical recreation

Expedition

We organise and prepare the pupils for the expedition section. Guidance will be given on how to complete the other sections but it is primarily the responsibility of the individual pupil to ensure all requirements are met for the awards.

Equipment

Our philosophy is that every pupil when she/he goes out into the hills should carry enough gear to enable them to survive for one or more nights in any conditions. To this end we insist that each pupil carries or wears – Duke of Ed students get a 15% discount in Cotswolds and other outdoor shops.

- **Waterproof jacket***
- **Waterproof bottoms**



- **Rucksack* 70l**
- Karrimat
- Sleeping bag
- Map (usually the Mournes 1:25000 outdoor pursuits map)*
- Compass*
- **Bivvy bag (large plastic bag available from outdoor shops)**
- **First aid kit (elastoplast and triangular bandage at least)**
- **Spare clothing (at least a spare sweater and socks)**
- **Warm liquid (soup in a thermos is best)**
- **Fruit**
- **Carbohydrate (usually sandwiches)**
- **Emergency food (extra chocolate) this should be untouched at the end of the day**
- Trousers/track bottoms (jeans are forbidden)
- **Hat and gloves**
- Two light sweaters
- **Boots (as good as you can get)**
- gaiters

All items in bold must be with the student for all walks

In addition each group will carry a survival tent



The expedition

Every year the students undertake practice and assessed expeditions in the Mourne mountains in April/June in order to allow the students to do a three-day or four-day expedition and thus to complete the expedition requirements of the **Duke of Edinburgh award**.

Photos for the most recent Expedition can be viewed on the schools website under extracurricular – Outdoor Pursuits

The expedition will involve the pupils going off in groups of between 4 and 7 and completing an arduous walk of 30 miles in 3 days (silver award) or 50 miles in 4 days (gold award).

They will have to plan their own routes, equipment and food; the teachers involved will supervise this. The teachers will only intervene in the event of serious miscalculation.

During the Expedition the pupils will be assessed by external assessors from the local area to determine whether the students have the competence, fitness and drive to complete the expedition safely. The teachers will also be keeping a distant contact with the groups and it is our safety policy to meet each group at least twice per day and to see that they are safely into their camps at night but **we do not camp or walk with the students on their expedition!**

After their return, the students must write an account of their expedition and submit this along with their logbook in order to gain credit for this part of the scheme

Personnel involved

Miss McCluskey
Mr Davey
Mr O' Donnell
Miss Mezza
Miss Duffy
Mrs Furey
Mrs Davey
Miss Duffy
Mr McGarrahan
Mr Wilson



Miss McCluskey has been involved with the Duke of Edinburgh award scheme and hill walking in the Mourne for 13 years and has been awarded the Hill walking level 1+2 certificate. Miss McCluskey is also a qualified Duke of Edinburgh Award leader and first aider.

Mr Davey - has been involved with the Duke of Edinburgh award scheme and hill walking in the Mourne for 10 years and has been awarded the Hill walking level 1+2 certificate and first aid.

Mr O'Donnell is currently training towards the Mountain Leader certificate and has been walking with the club for 16 years.

Organisation

Meetings are held every week in S3a during senior lunch. Pupils must attend all of these to qualify for expedition. These meetings are to give pupils the

skills and knowledge necessary for safe enjoyment of the hills and completion of the Duke of Edinburgh awards. Some after school sessions will be necessary after Halloween.

Equipment will be issued by the equipment officer at lunchtime on the Friday before an outing. It must be returned on the Monday after a trip and be in good condition i.e. clean and dry.



Training for expedition

The outings during the year will involve training in navigation, walking and survival. Some of this might involve pupils going off on their own in groups to practice expedition skills. Whenever this happens, each group will have a survival tent and mobile phones. The mobile is only to be used in emergencies! Whenever groups are operating on their own, supervisors ensure that the pupils are never far from their sight; nevertheless the experience of being **on their own** is an essential part of their training and is an unavoidable part of the three-day expedition.

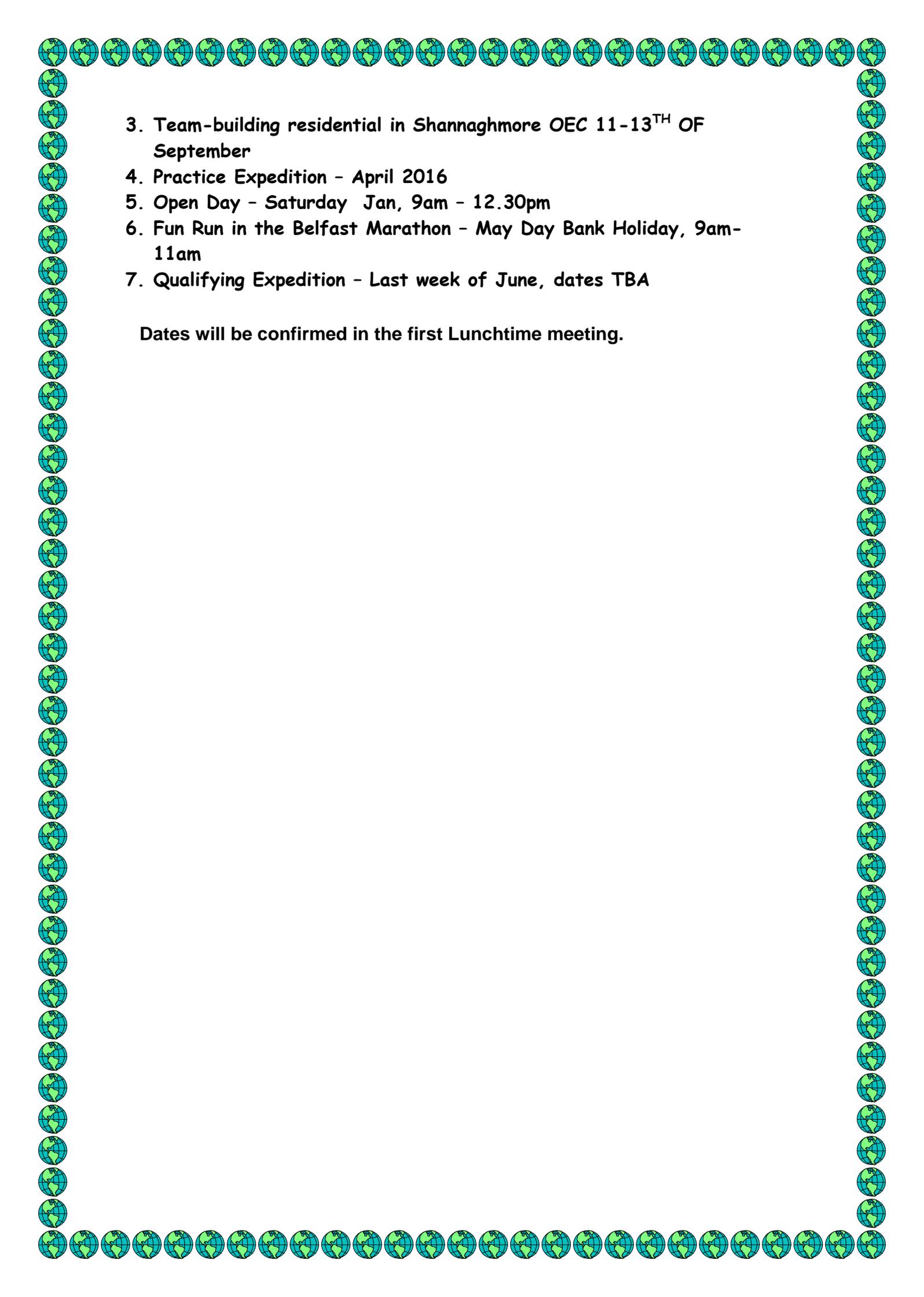
Sunday outings

Our normal practice is to leave school at 8am sharp and we aim to be back at the college at 4.30/5pm. If we are going to be significantly late or early, the pupils will have the opportunity to phone home. The team-building days can involve Mountain biking, canoeing, wet bouldering, wall climbing, night lines etc. This is to help the groups bond and build good relationships before the Expedition.

Duke of Edinburgh Award commitments

Students must attend all these to qualify for expedition

1. All Sunday mountain walks - 8am-5pm
2. Lunchtime and after school skills sessions - TBA

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3. **Team-building residential in Shannaghmore OEC 11-13TH OF September**
 4. **Practice Expedition - April 2016**
 5. **Open Day - Saturday Jan, 9am - 12.30pm**
 6. **Fun Run in the Belfast Marathon - May Day Bank Holiday, 9am-11am**
 7. **Qualifying Expedition - Last week of June, dates TBA**

Dates will be confirmed in the first Lunchtime meeting.