



Great Marlow School
Excellence • Compassion • Integrity

Silver D of E

Parent/Carer Information
Meeting

4th June 2026





DATES AND TIMES

PRACTICE

- THURSDAY 25TH JUNE TO
- SUNDAY 28TH JUNE

QUALIFYING

- FRIDAY 10TH JULY TO
- SUNDAY 12TH JULY



WHAT'S INCLUDED IN YOUR SILVER EXPEDITION TRAINING?



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



COUNTRYSIDE
CODE/RIVER
RULES/LEAVE NO
TRACE



HEALTH AND
SAFETY



KIT EXPECTATIONS
AND IDEAS (AIMED
AT ENHANCING
THE HIKING)



APPROPRIATE USE
OF MOBILE
PHONES TO
SUPPORT DOFE



WHAT'S INCLUDED IN YOUR SILVER EXPEDITION TRAINING

► CANOEING SPECIFIC

- Paddling, steering, personal management in boat craft
- Capsize protocol, person overboard, rescue skills, rafting up
- Portage (carrying the canoe)
- River journeying, river awareness, river rules
- Personal hygiene (handbook must be read)

AAP (ACTION ADVENTURE PURSUIT) - Staff Qualifications





FOOD AND NUTRITION

- Students do not need to supply their own food for breakfast and dinner - as part of the package the activity provider will be supplying these meals.
- Students will need food for lunchtime, in both training and qualifying. Mr Goodright advises bringing a significant amount of food as calorie burn from *all day* exercise will be high.
- **Snacks** - cereal bars, flapjack, chocolate (if weather isn't too warm), cheeses and meats in their own wrapper (Choose weather appropriate food, as in hot weather much food perishes.)
- **Fluids** - nothing fizzy. Instead have water, juices, dilutable juice (like Robinson's high concentrate) or hot drinks that come in a prepared sachet.





KIT LIST (on Teams)

- For the training/practice and qualifying weekends the complete kit list is essential, if there are any issues, please let Mr Goodright know ASAP.
- **Trainers must be closed toe.** Inevitably, they will get wet each day. (Spares can be kept in minibus.)
- **Drybag is required to keep kit dry on the boat** - a small 10/15 litre bag is sufficient.
- **Waterproof phone cover with lanyard is necessary** - NB phones do not have to be carried
- **Suncream or sun block** - UV does reflect off the water - last year, students had burnt legs and thighs. Shoulders must be covered.
- **Sun-hat / sunglasses are important.**
- **Waterproofs are essential.**
- **Sanitary products.**
- All kit needs to fit into a 30 litre barrel (supplied)
- Sleeping bags/pillows are not carried - place these in a named bag. (A bin bag can be used.)





MOBILE PHONES

- These are permitted on the trip.
- Students use their phones as a resource to support their experience.
- Phones can be used for a 'team goal' eg, how many different birds they see.
- Phones will be handed into GMS PE staff for the evening.
- Students need to experience being as independent as possible, so phone usage will be for the expedition process only and not social media or calling home etc.



REMOTE TRACKING & GMS STAFF CONTACT

Student groups will be issued with a remote tracking device.

This device, much the same as a luggage air tag, will be monitored by the GMS staff and the group leaders from AAP.

Remote tracking supports the safety of the students and allows staff to monitor their progress.

Despite the fact students do have their mobile phones, please refrain from contacting them. Phone numbers for GMS staff will be issued via email before the weekend, these numbers can be used in emergency.

BEHAVIOUR & EXPECTATIONS

Normal GMS
expectations apply.

Normal GMS
sanctions apply.

The APP leaders
need to be treated
as members of
staff.

Expedition leaders
are in charge of
the students
throughout the day.

GMS PE staff are in
charge of the
students overnight
from 6pm - 8am.

QUESTIONS?

