



## Volunteer Cadet Corps

Headquarters Volunteer Cadet Corps  
Royal Naval and Royal Marines Cadets  
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HQVCC/DOFE/18/01

See Distribution.

27 Mar 18

### **DUKE OF EDINBURGH'S AWARD PRACTICE WALK, 21 APR 18**

#### Introduction.

1. To complete the Expedition section of the Duke of Edinburgh's (DofE) award participants are required to complete 4 mandatory elements; Exped specific training; a one day practice walk; a practice expedition and the final assessed expedition. Training commenced earlier this year and will conclude with a practice walk on Sat 21 Apr 18. The practice expedition will take place over the weekend 19 – 20 May 18 with the assessed expedition 30 Jun – 1 Jul 18.

#### Aim.

2. The aim of the practice walk is to consolidate all expedition training to date in a safe, controlled and challenging environment. This memorandum will provide details of the plan and kit requirements for the practice walk.

#### Command.

3. Cdr Weaver RN will be the OIC with WO2 Wood RMC as 2IC.

#### Location.

4. The practice walk will take place at the Queen Elizabeth Country Park.

#### Timings.

5. The practice walk will take place on Sat 21 Apr 18. Cadets are to muster at HMS EXCELLENT at 0830 and will be dismissed at approximately 1600. Detailed timings can be found at Annex A. If the serial is due to finish earlier or later than planned notification will be made on the VCC DofE Facebook page.

#### Transport.

6. The Portsmouth VCC minibus and Land Rover will be required and are to be checked and fuelled for the duration of the expedition by 1830 on Fri 20 Apr 18.

#### Equipment.

7. The kit list for the practice walk is at Annex B. Civilian clothing is to be worn, although Cadets may choose to wear MTP/PCS trousers and combat boots if they so wish. A warm, waterproof coat is to be carried in a daysack/rucksack. Cadets requiring a daysack for event should draw one from their Unit stores.

8. HQVCC has ordered a DofE t-shirt, cap and beanie hat for each cadet and if they have been received from the supplier they will be issued on Sat 21 Apr 18.

### Food and Water.

9. Each Cadet will be issued with a 24 hour Ration Pack at the start of day and will be expected to cook themselves a hot lunch at the end of the walk. They will also be required to carry a full water bottle (provided) throughout the walk.

### Mobile Telephones.

10. The Expedition section is designed to develop self-reliance and self-confidence through isolation and remote supervision, overcoming challenges and managing risk as an independent team of peers. Modern mobile phones can seriously undermine these outcomes and compromise the team's attitude and approach to decision making processes during their expedition. To that end Cadets will not be allowed to use mobile telephones for the duration of the walk. They can be carried, but must be turned off and retained for emergency use only. Note that the use of a mobile telephones during the assessed expedition will result in a FAIL for all members of the team.

### Parent/Guardian Consent.

10. A Parental Consent form is enclosed and is to be completed and returned to Unit Admin Offices, or emailed to [vcc.ports.dofe@royalnavymail.mod.uk](mailto:vcc.ports.dofe@royalnavymail.mod.uk), **by 2030 on Tue 17 Apr 18**. Failure to provide a completed consent form will result in a Cadet not being allowed to proceed on the walk, which will prevent them progressing onto the practice expedition in May.

S WEAVER MSc  
Cdr RN  
VCC DofE National Manager

Enclosure:

Parental Consent Form

Annex:

- A. Main Events List.
- B. Equipment and Kit Requirements.

Distribution:

Action:

RQMS PORRMVCC  
DofE Leaders  
DofE Cadets

Info:

HQVCC  
CO POR RMVCC  
CO CWD RNVCC  
CO EXC RNVCC  
CO SUL RNVCC

# PARENTAL CONSENT

Use this form to provide parental consent for a cadet to attend a designated VCC activity. Please include all relevant medical information. Use BLOCK capitals or type.

Activity Name			
Cadet's Surname		Activity Date	
Cadet's Forename		Cadet's VCC Number	
Cadet's Date of Birth		Cadet's Age <i>on activity date</i>	
Emergency Contact Name		Emergency Contact Telephone Number	
<p>Medical Information <i>include any current medical treatment or condition, as well as any medication that will be taken during the activity and any special dietary requirements</i></p> <p><i>continue on reverse</i></p>			

I hereby confirm that:

- I give full consent for the above named cadet to attend the above stated activity and be placed in the care of the officer or cadet force adult volunteer leading the activity.
- The emergency contact, as per the information I have provided, will be available for the whole duration.
- The information I have provided previously to the VCC remains accurate to the best of my knowledge or I have provided updated information with this consent that should now be used instead.
- I will provide updated details should any changes occur between submitting this form and the start of the activity.
- I fully understand that some activities with the VCC are strenuous and may be undertaken in cold and/or a wet environment. I confirm that I have been advised that if I am unsure about my child's fitness to take part in any VCC activity I should consult their doctor (or other appropriate medical practitioner) before such an activity.
- To the best of my knowledge my child is in normal health and does not suffer from any illness or disability that would prevent them from taking part in VCC activities.
- In the event of an illness or accident requiring medical or hospital treatment, and any delay in obtaining my consent is considered inadvisable by the medical authorities, I authorise an appropriate and responsible VCC cadet force adult volunteer to sign any written form of consent required by the medical authorities on my behalf.
- If the medical authorities wish to contact my child's doctor or other regular practitioner I hereby give permission.
- I will make arrangements for my child to be collected or make their own way home promptly after the activity,

Parent/Guardian Signature		Date Signed	
Parent/Guardian Name		Relationship to Cadet	

Once completed, please return this form to the Administration Office as soon as possible and in any event before the deadline for applications for this activity as detailed on the Warning Order or activity instructions. This form is to be retained in the cadet's personal file as proof of parental consent.



**VOLUNTEER CADET CORPS**  
ROYAL NAVAL & ROYAL MARINES CADETS

**MAIN EVENTS LIST**

1. The list below details the timings for the Duke of Edinburgh's Award Practice Walk:

Sat 21 Apr 18

Ser (a)	Time (b)	Activity (c)	Location (d)	Responsible (e)	Comments (f)
1	0830	Cadets muster at EXCELLENT	Boat Shed	All cadets	
2	0835	Kit issue and safety brief	Boat Shed	Cdr Weaver	
3	0845	Tx to QECP		Drivers	
4	0915	Arrive QECP (top car park)	QECP	Drivers	
5	0920	Map Reading refresher	QECP	Instructors	
6	1000	Countryside Code Brief	QECP	Instructors	
7	1015	Commence Walk	QECP	Instructors	
8	1330	Return to start point	QECP	All	
9	1330	Pitch tents	QECP	All cadets	
10	o/c	Lunch	QECP	All cadets	Cook hot meal
11	1430	First aid brief	QECP	Sgt Shaw	
12	1500	Strike camp and prep to move	QECP	All	
13	1515	Tx to EXCELLENT		Drivers	
14	1545	Arrive EXCELLENT	Boat Shed	Drivers	
15	1545	Stow equipment and clean vehicles	Boat Shed	All cadets	
16	1600	Secure			

## EQUIPMENT AND KIT REQUIREMENTS

### Equipment.

1. The following is to be made available by 1800 on **Fri 20 Apr 17** (Action: Cdr Weaver / Mr Spratt):

Vango Halo tent x 3  
Trangia Cooking system x 9  
Gas Canisters x 10  
24hr Ration Packs x 30  
Compass x 9  
DofE maps x 4  
Camera / Go-Pro  
Water bottles x 20  
Jerry cans x 2

### Personal kit

2. Cadets require the following personal kit for the Practice Walk:

Rucksack / daysack	KFS
Fleece/jumper	Bowl
T-shirt	Mug
Cap	Watch
MTP/PCS Trousers ( <i>own trousers optional</i> )	Gloves #
Combat boots ( <i>own walking boots optional</i> )	Sunglasses #
Waterproof coat and trousers	Thermos flask #
Personal First Aid kit	Walking poles #
Whistle	Gas oven lighter # ( <i>easier than rat-pack matches</i> )

# optional but recommended

3. The following will be issued to Cadets if available:

DofE t-shirt  
DofE cap  
DofE beanie hat