October 2022

Dear Parent/Guardian

**EXPEDITION TRAINING FOR TEN TORS 2023**

Your child has expressed an initial interest in participating in day walks and weekends (involving camping) with a view to attempting the Ten Tors Challenge in May 2023. As this activity is an optional extra there will be a subsidised charge for students of **£180.00** for the training walks, camp fees, expedition expenses etc. This will be payable in 4 non-refundable instalments as follows:

|  |  |  |
| --- | --- | --- |
| **Amount due** | **Payments date** | **To cover the cost of ….** |
| £10 with the form | Weds 19 October 2022 | 2 training walks |
| £50 | Fri 06 January 2023 | 3 training weekends |
| £50 | Fri 24 February 2023 | 3 training weekends |
| £70 | Fri 28 April 2023 | Ten Tors Event + Team shirt |

For pupils to take part please hand in **the attached consent form** to the office by **Weds 19 October**. Please pay on SCOPAY via the school website.

This activity will involve a great deal of personal commitment from individuals. We will be out in all weathers, sometimes on coastal walks or on Exmoor, and largely on Dartmoor itself. Your child will need to be suitably equipped to participate – essential for day walks are:

1. Waterproof coat with hood (not ‘showerproof’ or ‘water resistant’)
2. Waterproof trousers
3. Warm Jerseys/Jackets eg Fleece-type
4. Boots with ankle support and good tread
5. Walking trousers (NOT jeans)
6. Warm Hat
7. Gloves
8. Rucksack with thick plastic liner
9. Long-sleeve Shirts
10. Spare Clothes
11. Water Bottle
12. Thick Socks suitable for boots
13. Head torch

I can’t overemphasise the need to use plastic bags or similar to keep things dry. Rucksacks are not waterproof and raincovers don’t help much!

In general it is best to avoid cotton clothing which, once wet, is very cold and uncomfortable.

Other kit will be necessary for training weekends and camping, but please don’t rush out. Discounts are available for Ten Tors participants at most local outdoor shops. Check the Ten Tors website or ask in the shop.

Tents and Stove will also be needed but will be provided by school. A Ten Tors kit list is attached – pupils could usefully pin this up on a wall at home to remind them of what is needed. The sooner they get used to packing their own equipment and looking after it both on walks and between walks (hanging up, drying out, cleaning out etc), the better.

This seems a long list, but appropriate clothing is absolutely vital in poor weather on Dartmoor in winter.

This list of dates below is the 2022-2023 training schedule and pupils will need to return the Consent/Medical Form in order to participate in any or all of these dates.

**TEN TORS CALENDAR 2022-2023**

|  |  |
| --- | --- |
| **DATE** | **VENUE & TYPE OF TRAINING** |
| 12 November 2022 | Ten Tors Day Walk 1 (North Dartmoor) |
| 26 November 2022 | Ten Tors Day Walk 2 (North Dartmoor) |
| 07-08 January 2023 | Ten Tors Camp & Walks 3/4 (North Dartmoor) |
| 21-22 January 2023 | Ten Tors Camp (wild) & Walks 5/6 (North Dartmoor) |
| 04-05 February 2023 | Ten Tors Camp (wild) & Walks 7/8 (South Dartmoor) |
|  | ***INITIAL TEAM SELECTION*** |
| 04-05 March 2023 | Ten Tors Camp (wild) & Walks 9/10 (Cornwall coast?) |
| 25-26 March 2023 | Ten Tors Camp (wild) & Walks 11/12 (North Dartmoor) |
|  | ***TEAMS/RESERVES SELECTED*** |
| 22-23 April 2023 | Ten Tors Final Practice Wild Camp & Walks 13/14 (North Dartmoor) |
| 04-07 May 2023 | **TEN TORS 2023** / Thurs - Base Camp & Kit Check / Fri – All dayregistration, briefing, scrutineering, planning / Sat-Sun Ten Tors |

Dates and venues could change, subject to weather, conditions or staffing, but we will endeavour to keep to this schedule.

**We also regularly brief Ten Tors trainees so meetings must be attended, and we always HAVE A KIT CHECK ON WEDNESDAYS AFTER SCHOOL IN F42 BEFORE ALL CAMPING WEEKENDS – all should attend with full kit. The first occasion will be WEDNESDAY 04 JANUARY 2023.**

**N.B. 1. Numbers for the final event are strictly limited, so completing a training season does not necessarily guarantee a team place. Many factors must be considered in selecting teams – notably teamwork, morale, personal organisation of kit and clothing, navigation, as well as just the physical ability to do the distance. It is, of course, physically challenging, covering distances of 35, 45 and even 55 miles in two days carrying full kit without assistance.**

Please do not hesitate to contact me with any questions you may have. Email is easiest - radams@iscaexeter.co.uk

Yours sincerely



Roger Adams

PARENTAL CONSENT FOR OFF-SITE ACTIVITIES  *FORM SOE 3/TSOE3*

## Dear Parent/Guardian

**Please complete and return the form below which relates to the forthcoming journey or activity for which you have already received details. The form gives your consent for your child to take part in this activity.**

**Isca Academy**

**VISIT OR ACTIVITY**

|  |
| --- |
| **Ten Tors 2023 – Training and Event** |

## DATES AND TIMES

|  |
| --- |
|  **See letter to parents**  |

**DATE OF BIRTH**

**NAME OF CHILD OR STUDENT**

|  |
| --- |
|  |

**SPECIAL DETAILS**

Any relevant information concerning your child’s health requiring special attention but which does not prevent him or her taking part should be noted below. For example does your child:

* have any allergies?
* take medication and if so what is the dosage required:
* experience travel sickness?
* have diabetes, asthma or epilepsy?

|  |
| --- |
|  |

**Has your child had any relevant recent illness?**

|  |
| --- |
|  |

**Does your child have any specific dietary requirements?**

|  |
| --- |
|  |

**Do you have any additional comments?**

|  |
| --- |
| 1. I would like my son/daughter to take part in the above mentioned visit or activity and having read the information provided agree to him/her taking part in the activities described
2. I consent to any emergency medical treatment required by my child during the course of the visit.
3. I confirm that my child is in good health and I consider him/her fit to participate
4. I consent to my child having photographs taken.
5. I confirm I have/will make the appropriate payment for this visit/activity
 |

# SIGNATURE OF PARENT/GUARDIAN\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**NAME OF PARENT/GUARDIAN\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Emergency contact details -** *Minimum of 2 contacts are required*

|  |  |
| --- | --- |
| **Home Telephone Number –**  | **Work Telephone Number -** *Workplace Name -*  |
| **Mobile Numbers -****1.****2.****3.** | **Additional contacts -***1. Name**Telephone Number**Relationship to student**2. Name**Telephone Number**Relationship to student* |

**NAME OF FAMILY DOCTOR**

|  |
| --- |
|  |

**APPROXIMATE DATE OF LAST TETANUS INJECTION**

|  |
| --- |
|  |

**ANNEX B – MANDATORY CLOTHING AND EQUIPMENT revised 03 Oct 22**

Further annotated by Roger Adams, Oct 2022

1. The following items must be carried throughout the Ten Tors Challenge
2. The items and quantities listed are the **minimum** required – more may be necessary to ensure individuals are suitably equipped to complete their Challenge even in adverse conditions. Notwithstanding compliance with this list, the organisers may Crash Out participants from a Challenge before or after its start if they consider them to be unsuitably clothed or equipped to complete it in the forecast conditions.

|  |
| --- |
| **Items required per Individual**  |
| **Category** | **Item**  | **Quantity**  | **Remarks**  |
| **Safety**  | Whistle  | 1  |   |
| Survival bag  | 1  |   |
| Torch  | 1  | Head torch recommended. Spare batteries should be carried.  |
| Personal medication  | As required  | Location to be known to all in Team  |
| Sun Cream  | 1  |  |
| **Load carriage**  | Rucksack  | 1  | Between 60 and 65 litres capacity and designed for backpacking.  |
| **Clothes** All clothing to be packed in waterproof bags within the rucsac.   | Base layer  | 2  | t-shirt weight – avoid cotton |
| Intermediate layer  | 2  | Light fleeces |
| Insulation layer  | 1  | Thick fleece |
| Socks, pair  | 2  | Walking socks with built-in cushioning |
| Trousers  | 2  | Must completely cover lower limbs to provide protection against sun and insects. NOT jeans. Robust and wind resistant.  |
| Waterproof jacket  | 1  | Must be robust and have an attached hood. Seam-sealed stitching. NOT showerproof.  |
| Waterproof trousers | 1 | Robust. A long zip is recommended to make donning and doffing easier.  |
| Gloves, pair  | 1  |  A spare pair is recommended. Simple fleece gloves work very well. Waterproof gloves rarely are.  |
| Hat  | 1  | Warm hat must cover the ears and the top of the head. Sun hat must have a brim.  |
| Boots, pair  | 1  | In good condition with a Vibram-type sole pattern.  |
|  | Gaiters | 1 | These are worn over the top of boots, but underneath any waterproof trousers.  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Rations**  | Rations  | 4 meals  | Sufficient to provide TT participants with 1 hot breakfast, 2 lunches and 1 hot evening meal. We recommend boil-in-the-bag type meals. Porridge pots are excellent. **RULE**: IF IT SHOULD BE KEPT IN A FRIDGE LEAVE IT AT HOME |
| Mug, spoon | 1 | A bowl is unnecessary if eating from boil-in-the-bag |
| Penknife | 1 | Optional, but useful for opening food packs.  |
| Emergency rations  | 1  | High energy foodstuffs to be clearly labelled and in sealed bag. Should contain a hot drink.  |
| Water  | 2 l  | The ability to carry 2 litres in suitable robust container(s). If using a bladder, another bottle is necessary to properly sterilise water.  |
| Water sterilisation tablets | 48h supply(8 tablets) | In date. Know how to use them.  |
| **Sleeping system**  | Sleeping mat  | 1  | Full body length to insulate.  |
| Sleeping bag  | 1  | Must be stowed in a waterproof bag and provide thermal support for the user down to a lower limit temperature of – 2C (ISO 23537).  |
| **The items below are required per team**  |
| **Safety**  | Map  | 1  |  Ten Tors 2023 map waterproofed or stored in a waterproof case. **PROVIDED BY ISCA** |
| Compass  | 2  |  Silva-type with a base plate larger than 10cm |
| Watch  | 2  |   |
| First aid pack  | 2  | To include: Zinc oxide tape, plasters, wound dressing, gauze dressing, gloves, triangular bandage, cleansing wipes, tick remover. **PROVIDED BY ISCA** |
| Hi viz vest  | 2  | For use in emergency or when crossing roads; reflective bands are not sufficient. **PROVIDED BY ISCA,** but having your own is good. |
| Notebook & pencil | 1  | Required to write details in an emergency  |
| **Camping**  | Tent | 2 | Sufficient tentage for all of team e.g. sleeping for 6. **PROVIDED BY ISCA** |
| Cooking equipment  | 2  | Stove, fuel, pans etc **PROVIDED BY ISCA** |
| Rubbish bag \*  | 1  | We leave nothing on the moor – not even banana skins.  |