



Exmoor Challenge: Practices and The Day

What is the Exmoor Challenge?

The Exmoor Rotary Youth Challenge is an annual event which has become very popular over the last few years - over 100 teams of young people take part, some from over 100 miles away!

Entrants work in teams of 4 and have to follow an unmarked 16 mile cross-country route on Exmoor - so following instructions, map-reading, and compass skills are essential. There are a series of check-points along the route and each leg has to be done in a pre-determined time - points are deducted if teams arrive too early or too late, and those who get very tired and lag too much are pulled out of the challenge. Only those who successfully complete the event are presented with a medal.

St John's will be entering 3 teams from Year 6 upwards, making this a fantastic taster event for younger pupils who are not yet able to get involved with the Duke of Edinburgh Award. As well as the physical challenge, pupils learn important life skills including: team working; decision making; perseverance and determination.

Exmoor Challenge 2017

This year, the Exmoor Challenge will take place on **Saturday 29th April, 2017**. The teams are being organised by myself (John Mason DoFE Co-ordinator) and I have planned several training sessions and walks leading up to the event.

Unfortunately, not every pupil wanting to take part in the Challenge can be guaranteed a place. If there are more pupils interested in taking part in the Challenge than team spaces available I will choose final team members based on performance and attitude displayed during the training walks. However, even those that are not chosen will have fun and learn new skills from participation in the training.

2017 Training Walks (weather dependent)

Sunday 26th Feb - Meet at Tipton St John Car Park at 10.30am (parents welcome to walk)

Sunday 5th March

Saturday 25th March

Sunday 23rd April

Event

Saturday 29th April, 2017



Kit:

A packed lunch , snacks and water (2 litre bottle minimum)

- walking boots
- walking socks
- a rucksack with food for the whole day
- sun cream
- money for an emergency
- a watch (mobile phone is also acceptable)
- a torch
- Walking trousers (not jeans)
- Walking top(s) - layers
- Emergency rations (chocolate/drink)
- Waterproof jacket and trousers
- Paper and pencil
- Hat and gloves/Sun Hat

If you would like your son/daughter to participate in the training and if selected the event please complete and return the permission slip below to John Mason by 31st January, 2017

If you have any questions regarding the training or the event please do not hesitate to contact me

07530 377548 or john.mason@iesmail.com

Yours sincerely

John Mason
DofE Coordinator

Name of child.....Year Group:.....

I give permission for my son/daughter to attend the training sessions for the Exmoor Challenge 2017 and if selected the Exmoor Challenge Event.

Parent Name (print):

Parent Signature:

Date:

