

## COVID-19 related measures for Duke of Edinburgh's Award Expeditions with TrekCo

### School Bronze and Silver Expeditions

TrekCo are an Approved Activity Provider for DofE expeditions, and it is our aim that all participants are as safe as they can be when on our expeditions. These measures are also balanced with outdoor safety management to produce the measures outlined below.

These measures are informed by:

- Government guidance
- Duke of Edinburgh's Award guidance to AAPs
- National Youth Agency's '[Managing youth sector activities and spaces during COVID-19](#)'
- [Public Health England advice](#) (we are licensed by the Health & Safety Executive)

### Pre-expedition and arrival

Schools will have in place a system for managing Covid risks and we will work alongside this.

Participants should monitor their health in the lead up to their expedition, and should not take part if they have any symptoms related to COVID-19. The school should notify TrekCo by calling us on 01273 487509 or emailing [info@trekco.com](mailto:info@trekco.com) as soon as you know you will not be coming and we will make other arrangements for your expedition or issue a refund as appropriate. We will need written confirmation of Covid by a doctor to confirm that the trip was not possible.

You will need to confirm to us that no participant has had a positive test for COVID-19 in the 10 days prior to the expedition. At this time clinically vulnerable individuals must consider whether they should be taking part in such activities, and must inform us beforehand - the NYA recommends that companies provide access to activities with extra measures where possible, but you should seek medical advice if you are in this category.

Should anyone develop symptoms during the expedition, they must notify the supervisor. A lateral flow test will be given. If the result is positive, the expedition will be cancelled, and everyone advised to isolate for 14 days. Everyone will be advised to contact the NHS [Test and Trace system](#).

You should organise travel to the expedition appropriately to your students' needs. This period of your trip must be organised by yourselves according to [Government](#)

[guidelines on the use of public transport](#) if you are unable to come by car, minibus or coach.

## The Expedition

### General

A 2m distance should be maintained where ever possible from other participants and staff. Where this is not possible the 1m+ rule should be observed. Participants are requested to see Government advice regarding distancing [here](#)

It is expected that schools will be in 'bubbles' and therefore activity can be organised appropriately.

### Equipment

We will issue pocket-sized bottles of hand sanitiser and will keep plenty of reserves to refill these. Please use the sanitiser as frequently as possible. You may of course wish to bring your own.

It is expected that participants will have face masks but we also have a stock of these so that everyone can definitely have one available at all times.

Participants will each be issued with an individual tent if required. If this is the case, during the day the participant will carry a portion of their tent (as they would if they had been sharing a tent) and the remainder will be transported to the campsite by the supervisor. After the expedition the tent will be quarantined for 72 hours.

There will be no indoor accommodation on expeditions; we do not use this in any event. However, should extremely bad weather necessitate retreating indoors then face coverings, strict 2m social distancing, side-by-side working and covid-secure hygiene will be enforced. We would still sleep in tents outside unless impossible. It must be stressed that this would be highly unusual and is not generally expected.

First Aid - Where possible participants will carry out minor first aid on themselves – for example, plasters on blisters. Practicing Covid-safe First Aid will be discussed on day one. Please see also the advice from St John's Ambulance:

<https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>

You will be issued with a mask and gloves for emergency use should you need to perform First Aid on someone else.

Quarantine of group equipment - All equipment provided by TrekCo will be quarantined for 72 hours between expeditions

## Notes regarding COVID-19 measures

It is incumbent on organisers of activities for youth groups to make the decision as to whether activities can be offered safely. There is no such thing as 100% safe, and 'Organisations have a duty to reduce risk to the lowest reasonably practicable level by taking preventative measures' (National Youth Agency).

It is our opinion, and that of the DofE, that expeditions can be made safe - not least because these take place entirely out of doors which is the safest environment for preventing transmission of a virus.

Given the benefits of the DofE and of outdoor activity overall to young people's health and physical and mental wellbeing, it is considered that the risk level is far outweighed by the benefits of proceeding with DofE expeditions.

Overall principles involve:

- Delivering everything outdoors
- Reducing contact between people and practising social distancing wherever possible
- Stressing frequent hand washing and use of sanitiser
- Reducing or eliminating the need to share any equipment
- Isolation and cleaning of equipment between users

## References

- Government guidance (general): <https://www.gov.uk/coronavirus>
- Department for Education Guidance on school visits  
<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools#educational-visits>
- Duke of Edinburgh's Award guidance to AAPs
- National Youth Agency's '[Managing youth sector activities and spaces during COVID-19](#)'
- [Public Health England advice](#) (we are licensed by the Health & Safety Executive)
- Duke of Edinburgh's Award 'Running expeditions during the Covid crisis'  
<https://www.dofe.org/thelatest/running-expeditions-july2020/>