

Plymouth & Cornwall Wing
Air Training Corps



Dear Sir or Madam

Training for Ten Tors 2009

The Wing soon starts to gear up for training for the next Ten Tors event. Your son/daughter has indicated that they would like to train for a place in one of the Wing's teams so it is important that you know just what is involved with the training. All participants are fully briefed during the pre-training weekends as to the requirements of the training and it is felt that you should also be aware of the requirements.

For those of you unsure of just what Ten Tors is all about, the following will be of some help. The cadets will be walking over 35, 45 or 55 miles, depending on age, in a team of six, unaided, over Dartmoor in May, and visiting 'Ten Tors' on route. During this period of some 36 hours they are self sufficient, carrying all food, tentage and equipment with them, navigating by themselves and making all of their own decisions. It is an arduous event that will stretch the cadets to their limits.

It is quite possible that your son/daughter will be part of a team come May. They require training on such items as safety, navigating, walking, camping, cooking and stamina building before the team is ready for the event. To that end, the Wing units train together on Dartmoor on a number of occasions in the months leading up to the event.

I cannot stress how much value is in the training leading up to Ten Tors. It is vitally important that your son/daughter attends as many of the seven training weekends as possible. Safety briefs are given on the two pre-training weekends and attendance at these is imperative. No further prospective team members can join the training after the pre-training weekends.

For you the parent, there are some points to note.

Exams. The training programme is attached at the bottom of this letter. Please try to consider how this will affect any examinations that you might be taking in the run up to the event. If you think that the training will hinder any examinations that might be taken, then do not proceed. There is always next year.

Cost . The Corps provides transport, catering and accommodation during the training. For this a contribution is required towards the costs. We have standardised our charges and now have two free weekends, the event itself and the RAF Training weekend. You might think that this is more expensive than from schools or other organisations. But you should not take the decision on where to send your son/daughter based purely on costs, but you should also consider safety, training regimes, standards and staff competence.

Safety. The teams will be lead by adult staff until it is deemed that they are capable of everything that is required of them, when they will be released to walk on the moor on their own and be remotely supervised. For the 35 mile teams, that won't be at least until March when the weather, hopefully, warms up. We also have a system of radio manned checkpoints so we know just where the teams should be. Our staff are qualified for the area and the Wing and Regional Adventure Training Staff approve the activities. During the pre-training weekends, a large amount of time is spent with the teams to ensure that they are fully conscious of emergency and safety procedures pertaining to the moor.

When the cadets arrive back from these weekends they will be very tired, weary and possibly wet and cold as the training is physically demanding. It is also possible that we will bring individuals back off the moor early if they have problems.

Travel. Departure for the weekends will be on a Friday night or early Saturday morning. The cadets will be briefed on these details beforehand by their respective team managers or by looking on the website. Please do not be concerned if the cadets do not appear back at the appointed time. We (the staff) cannot leave the training area until everybody is accounted for and this sometimes holds up departure for home.

Medical Information. Ten Tors is not easy and Dartmoor is not the place to recover if anyone has been ill. For those with medical conditions please consider that the teams will be a long way from professional care and I cannot guarantee the same level of medical cover as you do at home, especially if time is critical. You might consider this risk too great. We are happy to discuss this situation before you commit to training. Do not send cadets out if they are feeling unwell or are recovering from illness as all we will do is call you to pick them up.

Males/Females. Although there is no restriction towards the mixing of males and females in teams in the Ten Tors' rules, Corps policy forbids males and females sharing tents. This creates extra problems for the team managers and there is no doubt that cadets might be required to move around between teams to level out numbers of males/females in the some teams.

Participants. As usual we are over subscribed for the places. Team managers and myself will be looking closely at the ability, attitude and team spirit of the cadets participating and will be using this as a criteria to reduce numbers as the training proceeds. Ten Tors is very much a team activity. Problems do arise due to participants having a poor attitude towards the other members in their team, towards the staff or the training. We reserve the right to remove anyone from training if we feel it necessary.

Completion of training does not guarantee a team place. The decision on the final teams takes place in the days leading up to the event, not months beforehand. The teams are slowly reduced in numbers from the first training weekend onwards, but most teams still have excess numbers into May. This is to ensure that we obtain maximum effort from the participants at all times.

Kit. There is also a requirement for equipment. Although the units supply the large expensive items, tents, stoves and fuel, we cannot help with sleeping bags, waterproofs, walking boots and smaller personal items. But, please, do not be bullied into buying the equipment. Please contact your squadron staff or myself and we

should be able to offer some alternative to the very expensive and cool looking kit that cadets think they need! A number of retailers do offer discount for those undertaking the event and can also be accessed from the official Ten Tors website. The equipment carried by the teams is examined on a number of occasions during the training and advice given. This advice may not work its way back to you!

Cadets, your ATC anorak is **not** to be used for this event.

That said, the event and training has a vast effect on the lives of the cadets involved, is enjoyable and challenging. If it wasn't we wouldn't be doing it!

Paperwork. There is a fair amount of paper that we require back. Attached to this letter is a Ten Tors training consent form. There is also a standard ATC medical form and a separate form for asthmatics. Can you please ensure that these are sent on the first training weekend or passed to your unit staff beforehand

During the two pre-training weekends crossing flowing water and marsh will be practised and feet will get wet. Please ensure that you bring extra dry socks to put on.

Various briefs, routes and other information will be available on the wing web site,

www.pcw-aircadets.co.uk/tentors

Also useful site is the Ten Tors web site at

www.ex.ac.uk/tentors/welcome.htm

If you have any question please do not hesitate to contact me, either via your squadron staff or by email at khemsil@khemsil.plus.com

Yours faithfully

K. Hemsil
Flt Lt
Wing Ten Tors Co-ordinator.

Enc - Parents/Guardians Consent
Form ACP17 -Contact Details
Form ACP17 ACTI 3 Annex B – Medical Consent & Certificate of health
Dates
Equipment

Dates		Venue	Cost
Feb 6 - 8	Pre-Training	Okehampton	£12
Feb 20 - 22	Pre-Training	Willsworthy	£12
Mar 6 – 8		Okehampton	£12
Mar 21 - 22		South Moor	£12
Apr 3 - 4	RAF Weekend	Okehampton	Nil
Apr 18 - 19		Briseworthy	£12
Apr 23 - 26		Briseworthy	£12
May 8 - 10	Ten Tors Event	Okehampton	Nil

Note – All dates given on a Friday are for evening travel to Venue, except Ten Tors event itself which is an all day Friday commitment.

**PLYMOUTH & CORNWALL WING
AIR TRAINING CORPS**

Ten Tors Training 2009

Note - This covers the training weekends and the Event only, no other activities.

Name of Cadet

Date of Birth

Unit

CONSENT BY PARENT/GUARDIAN

I give my full consent for my son/daughter to attend the above training held under the auspices of the Air Training Corps.

I certify that I will inform his/her Commanding Officer if he/she has any contact with any infectious disease within the three week period immediately prior to the exercise, or if I consider that he/she is not fit to undertake training.

I understand that Adventure Training is strenuous and that a reasonable level of fitness is essential.

In case of accident or other medical emergency involving my son/daughter/ward, I hereby authorise the Officer in charge of the exercise to give consent on my behalf to whatever urgent treatment is necessary, including the administration of a general anaesthetic or Blood transfusion if required.

I understand that completion of the training may not lead to a team position for the actual event.

I consent to photographs of my son/daughter/ward appearing on Air Cadet and other Ten Tors related websites. (Note, no names will be given)

I consent to details of my son/daughter/ward to be held on a database.

Signed..... Date.....

Name..... Relationship.....

During the period of the course my telephone number will be

If special meals are required, e.g. vegetarian or vegan please contact your Commanding Officer immediately.

Can you please list any allergy, medical condition or medication being taken below.

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