***Ten Tors Training Team***

***HQ Plymouth and Cornwall Wing***

*Air Training Corps*

*RAF St. Mawgan*

*Newquay*

*TR8 4HP*

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PCWTT-AO-2022

26 Nov 22

See Distribution

**ADMINISTRATION ORDER TEN TORS EXPEDITION TRAINING 2022**

**GENERAL INFORMATION**

1. Plymouth and Cornwall Wing have bid for teams of all distances for the 2023 Ten Tors Challenge. Training will commence from the beginning of January and will run until the event in April/May 2023.

**NOTIFICATION OF ATTENDANCE AND ADMINISTRATION**

1. Thank you for those that have returned names of cadets already, if you have any further interest could as before names be recorded on Annex A and emailed through to depwatto.pcw@aircadets.org. Returns required **ASAP** or via sms application please, so we can finalise travel and accommodation bookings.
2. The wing will invoice squadrons as per the current process. All payments are to be made to the cadets’ squadron in advance of the training weekends. We will not be taking payment on the moors.
3. Cadet and staff consent forms are to be brought to the first training weekend with the individual. OCs, given the arduous nature of this activity, please can you ensure all medical declarations are made. It is unlikely that this will affect the cadet being able to take part, but provides vital information for the staff on the moors.

**STAFF ATTENDANCE**

There is a separate annex for all staff who are willing to spare any time throughout the training season. As always all support is greatly appreciated, whether it is being a mini-bus driver, supporting the admin, handing back accommodation or bearing the elements on the hills.

It is not a necessity for staff wanting to come along and help to hold any qualifications, but a perfect opportunity to shadow and gain experience on the hill. It is also understood that you may not know your availability for all the training weekends, but any indication will help with the smooth transition of the weekends.

**TRAVEL**

4.Travel will be via coach and minibus throughout the training season. Given that we train as a Wing spanning the whole of Cornwall and up to Okehampton, there may be a requirement to travel a small distance to meet the coach.

1. Travel plans for each weekend will be published as far in advance as possible, once we begin training then it is likely once we know numbers that the travel plans will be pretty much consistent and cadets briefed at the end of the previous weekend.

**ACCOMMODATION AND MESSING**

1. Accommodation for the first few weekends will be in billeted accommodation and we will look to move to tents towards the end of March. This is to allow for full training to be given and for the warmer weather to arrive.
2. Messing will vary each weekend but information will be given 2 weeks in advance. Ration pack will be issued to cadets and staff on the appropriate weekends. Please can you ensure all dietary requirements are made known ASAP.

**SPECIFIC NOTES FOR PARENTS / GUARDIANS**

1. Plymouth and Cornwall Wing has started to gear up for the 2023 Ten Tors event. Your son/daughter/ward 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 training weekends as to the requirements of the training and it is felt that you should also be aware of these requirements.
2. For those of you unsure of just what Ten Tors is all about; The cadets will be walking 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.
3. It is quite possible that your son/daughter/ward will be part of a team come May. Plymouth and Cornwall Wing Squadrons 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/ward attends as many of the training events as possible
4. **Exams** - The training programme is attached at the bottom of this letter (Annex C). Please try to consider how this will affect any examinations that your son/daughter/ward 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.
5. **Cost** - There will be a charge for all of the training weekends. Payment is required to the cadets squadron in advance, please see payment schedule on Annex C. This goes towards covering transport, some catering (including Ration Packs) and accommodation during the training.
6. **Safety -** The teams will be led by qualified 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 will be remotely supervised. We have a system of radio manned checkpoints so we can monitor the safe progress of the teams across the moor. Our staff have gained National Governing Body Qualifications and are assessed and qualified for the areas we train in. Wing and Regional Adventure Training Staff are always fully aware and approve the activities. During the training weekends, a large amount of time is spent with the teams to ensure that they are fully conversant 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.
7. **Travel -** Departure for the weekends will be on a Friday night or early Saturday morning. Please do not be concerned if the cadets do not arrive back as per the travel brief. We (the staff) cannot leave the training area until everybody is accounted for and this sometimes holds up departure for home. However, we will endeavour to keep you informed of any significant delays.
8. **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, 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, we may request that you come and collect your son / daughter.
9. **Participants –** As usual we are over subscribed for the places. The decision on the final teams takes place in the days leading up to the event. The teams are slowly reduced in numbers from the third training weekend onwards, but most teams still have excess numbers into May. This ensures that we obtain maximum effort from the participants at all times. We also try to place our reserves into other teams and have in previous years been given extra teams, but this can never be guaranteed. We reserve the right to remove anyone from training if we feel it necessary.
10. **Equipment** - We have invested in quality equipment so we can ensure teams have the correct team kit (Tents, Stoves, Emergency Shelters, First Aid Kits, Maps, Compasses). There is also a requirement for personal equipment e.g. rucksack, sleeping bag, waterproofs, walking boots and smaller personal items. Please do not be bullied into buying the very expensive and cool looking equipment that the cadets think they need! Please contact a member of the Ten Tors training team or the Team Manager and we may be able to offer advice and some budget alternatives. Most outdoor retailers do offer discount for those undertaking the event and you should always ask for Ten Tors discount. The equipment carried by the teams is examined all throughout the training and guidance given. This advice may not work its way back to you. For more information on specific kit requirements, please take a look at the Official Ten Tors website. There is a link below
11. **Parental Responsibility** - It must be emphasised that on occasion cadets may have to be withdrawn from training during the weekend. This can be for many reasons. Please may I emphasise that you, the parents, are responsible for the collection of your son/daughter/ward should this be needed. Staff are required to supervise cadets on the moor and should you be contacted to collect your son/daughter/ward then your earliest attendance is required. Transport home cannot always be provided by the training staff. You must therefore ensure that you are contactable at all times.
12. **COVID19 –** As this is still very present with usmust be weary of it. We request that prior to travel that all participants undertake a lateral flow test, being able to prove to IC coach/minibus of a negative test, **NO** negative – **NO** travel.
13. 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!

**OFFICIAL INFORMATION CHANNELS**

The official Ten Tors website is at Our Wing Ten Tors website is at

[www.ex.ac.uk/tentors/welcome.htm](http://www.ex.ac.uk/tentors/welcome.htm) [www.pcw-aircadets.co.uk/tentors/](http://www.pcw-aircadets.co.uk/tentors/)

If you have any question please do not hesitate to contact me, either phone or by email at depwatto.pcw@aircadets.org

Stephen Wildgoose

WO S Wildgoose RAFAC

Wing Ten Tors Training Team.

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Distribution:

All Plymouth and Cornwall Wing

Penair CCF

**Enc -**

Annex A – Cadet Nomination

Annex B – Staff Nomination

Annex C – Training and Cost Timetable

Annex D – Ten Tors Kit List

Annex A

To PCWTT-AO-2023

Dated 26 November 22

**CADET NOMINATION – TEN TORS TRAINING 2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sqn:**  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Name** | **Initial** | **Gender** | **D.O.B** | **Distance** | **Food Requirements** | **Additional Info** |
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Once Completed, please return to depwatto.pcw@aircadets.org. Nil returns required please.

Annex B

To PCWTT-AO-2023

Dated 26 November 22

**STAFF NOMINATION – TEN TORS TRAINING 2023**

|  |  |  |
| --- | --- | --- |
|  |   | **Staff / Senior Cadet Name** |
| **Date** | **Activity** |  |   |   |   |   |
| 02 - 04 Dec | IET/Intro to TT |    |    |   |   |   |
| 20 - 22 Jan | Intro to TT / Basic Nav |    |  |   |   |   |
| 03 - 04 Feb | Camp / Day Walk |  |   |   |   |   |
| 17 - 18 Feb | Camp / Day Walk |   |   |   |   |   |
| 03 - 04 Mar | Camp / Day Walk |   |   |   |   |   |
| 17 - 18 Mar | Tent Camp / Day Walk |   |   |   |   |   |
| 31 Mar-2 Apr | Billet camp/walk/tent camp/early walk off. |   |   |   |   |   |
| 15-16 Apr | Walk/camp/walk |   |   |   |   |   |
| 28-30 Apr | Ten Tors Event |   |   |   |   |   |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sqn:**  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Rank** | **Name** | **FMT 600 (minibus / van)** | **First Aid** | **Walking Quals held** | **Specific role interested in?** |
|  |  |  |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |

\*These are proposed, dates and locations are subject to change. Please include senior cadets who wish to assist with the running of the event.

Once Completed, please return to depwatto.pcw@aircadets.org. Nil returns required please.

Annex C

To PCWTT-AO-2013

Dated 26 November 22

**TRAINING AND COST TIMETABLE**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Location** | **Activity** | **Cost** |
|
| Fri 2nd Dec | RAF St Mawgan | IET & Introduction to Ten Tors & Dartmoor. Basic Navigation | £15 |
| Sat 3rd Dec |
| Sun 4th Dec |
|   |   |   |   |
| Fri 20th Jan | Okehampton Camp | Classroom training with short walk | £15 |
| Sat 21st Jan |
| Sun 22 nd |
|   |   |   |   |
| Fri 3rd Feb | Willsworthy Camp  | Kit Check, Day Walks. | £10 |
| Sat 4th Feb |
|  |
|   |   |   |   |
| Fri 17th Feb | Okehampton Camp | Day Walk | £10 |
| Sat 18th Feb |  |
|   |   |   |   |
| Fri 3rd Mar | Willsworthy Camp | Day Walk | £10 |
| Sat 4th Mar |  |  |  |
|   |   |   |   |
| Fri 17th Mar | Willsworthy Camp | 2 day walk with camp | £10 |
| Sat 18th Mar |
|   |   |   |   |
| Fri 31st Mar | Willsworthy Camp | 2 day walk with camp | £10 |
| Sat 1st Apr |
| Sun 2nd Apr |
|   |   |   |   |
| Sat 15th Apr | Scout Hut | 2 day walk with camp - event prep | £10 |
| Sun 16th Apr |
|   |   |   |   |
| Fri 28th April | Okehampton Camp | Ten Tors Event | £10 |
| Sat 29th April |
| Sun 30th April |

\*All dates are subject to change based on weather and other factors outside of our control.

**TEN TORS RULES 03 FEB 22**

**ANNEX B – MANDATORY CLOTHING AND EQUIPMENT**

1. The following items must be carried throughout the Ten Tors Challenge (TTC) and Jubilee Challenge (JC). Individuals / Teams not wearing or carrying these items will be removed from their 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 remove 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.
3. An asterix (\*) indicates that the item will be issued on arrival at Okehampton Camp.

|  |
| --- |
| **Individual** |
| **Category** | **Item** | **Quantity** | **Remarks** |
| **TTC** | **JC** |
| Safety | Wrist band\* | 1 | 1 | Insert is personalised to individual. |
| Whistle | 1 |  |  |
| Torch | 1 |  |  |
| Personal medication | As required | Location to be known to all in Team (TTC) or by accompanying adult (JC). |
| Personal CV19 equipment | As required | Requirement to be confirmed on 1 May 21 |
| Load carriage | Rucksack | 1 | 1 |  |
| Clothes | Base layer | 2 | 1 | When not being worn to be packed in waterproof bag(s). |
| Intermediate layer | 2 | 1 |
| Insulation layer | 1 | 1 |
| Socks, pair | 2 | 2 |
| Trousers / leggings | 2 | 1 | Must completely cover lower limbs |
| Waterproof clothing | 1 | 1 | Jacket and trousers |
| Gloves, pair | 1 | 1 |  |
| Hat | 1 | 1 | To protect (depending on conditions) against cold, precipitation, and/or sunshine. |
| Boots, pair | 1 | 1 |  |
| Rations | Meals | 4 | 1 | TTC to include at least 2 heatable meals. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Emergency rations | 1 | 1 | High energy foodstuffs to be clearly marked and in sealed bag. |
| Water | 1 litre | 1 litre | In suitable container(s). Additional container(s) may be required to enable water sterilisation. |
| Sleeping system | Sleeping mat | 1 |  |  |
| Sleeping bag | 1 |  | Must be stowed in a waterproof bag and certified under EN 23537 with a Limit Temperature, or under EN 13537 with a Lower Limit, of -2C or less. |
| **Team** |
| **Category** | **Item** | **Quantity** | **Remarks** |
| **TTC** | **JC** |
| Safety | Map | 2 | 1 | Waterproofed and showing all Annex A details, access land and Challenge locations. At least one to be Ten Tors 2020 map. |
| Compass | 2 | 1 |  |
| Watch | 2 | 1 |  |
| First aid pack | 2 | 2 | To include: |
|  | Zinc oxide tape / blister kit | Plasters | Wound dressing | Gauze dressing |  |
| Non-latex surgical gloves | Triangular bandage | Cleansing wipes | Tick remover |  |
| Control Card\* | 1 | 1 |  |
| Pink Card\* | 2 | 2 |  |
| Hi viz vest | 2 | 1 | For use in emergency or when crossing roads; reflective bands not sufficient. |
| Mobile phone | 1 | 1 | For emergency use only. To be carried by Deputy Team Leader for TTC. |
| Mobile phone bag\* | 1 |  | Mobile phone to be sealed in bag by TM. |
| Tracker\* | 1 |  | To be stowed clear of metal objects inside the top of the Team Leader’s rucksack. |
| Team ID Panels\* | 2 |  | With cable ties\*. To be visible to aircraft **and** ground observers. |
| Note book & pencil | 1 |  |  |
| Camping | Tent | 2 |  | Sufficient tentage for all of team eg. sleeping for 6. |
| Cooking equipment | 2 |  | Stove, fuel, utensils, ignition etc. |
| Trowel | 1 |  | For digging toilet scrapes. |
| Water sterilisation | 2 |  | Sufficient to enable 2 separate groups to sterilise independently. |
| Rubbish bag\* | 1 |  |  |

This has been taken from the official Ten Tors website. For more information please visit: https://www.tentors.org.uk/files/2022/20220203-annex-b-kit-list.pdf

There is some kit available at sqns and held centrally by the wing. Please contact sqn OCs for more information. Please do not rush out before the first weekend to purchase all the kit listed below. There are plenty of cheaper options available which will be shared with the cadets during the first training weekend.

The essential kit required for the first weekend is suitable warm walking clothing including waterproofs and a sturdy pair of well-fitting boots.