

DofE Gold participants take to the water



Last weekend, 10 of our dedicated DofE Gold participants took part in their practice canoeing expedition on the River Trent, a key milestone on their journey to achieving the prestigious Gold Award. The group, split into two teams (one of six and one of four), enjoyed three days of paddling under sunny, warm conditions, perfect weather for building skills, teamwork and confidence on the water.

The teams navigated their canoes along a stretch of the River Trent, covering substantial distances each day while refining their expedition techniques. In addition to journeying down the river, participants completed vital rescue training, including how to right a capsized canoe, rescue paddlers safely, and return them to the canoe effectively. A particularly memorable moment was the all-in rescue drill, where every canoe was deliberately capsized, an impressive test of calm, coordination, and teamwork.

This intensive preparation is all in aid of their assessed expedition, taking place in mid-June along the stunning Great Glen Canoe Trail in Scotland. The expedition will span 66 miles, taking participants through the Caledonian Canal, including the iconic waters of Loch Oich, Loch Lochy, and the legendary Loch Ness.

The commitment and resilience shown by all involved over the weekend were truly commendable. With their skills sharpened and team spirit high, we look forward to seeing them rise to the challenge in Scotland next month. Well done to all participants and a big thank you to the staff and volunteers who supported the expedition!

Mr Col Davies

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