

Dear Parent/Guardian

### **Exercise First Deployment**

As an introduction to the Public & Protective Services (PPS) course, the department annually plans a short, overnight bushcraft camping trip for its students to Thetford Forest. This is known as '**Exercise First Deployment**' (AKA '*The 24hour*'). This is an annual event and is **mandatory**. The next event will take place 18<sup>th</sup> -19<sup>th</sup> September 2024. All enquiries regarding this trip should be made to the event organiser:

**Rob Cooke**  
**01553 815 301**  
**[rob.cooke@cwa.ac.uk](mailto:rob.cooke@cwa.ac.uk)**

### **Purpose**

The purpose of this activity is to give students the opportunity to form early friendships and meet staff in an environment that is neutral to all, at the same time as experiencing new challenges in a fun environment. It also provides an early insight into the basics of living and operating outdoors, in preparation for events such as Duke of Edinburgh and planned activities linked to the PPS curriculum, such as:

#### **Level 1**

Unit A1 Being Organised  
Unit A3 Working with Others  
Unit PS9 Planning & Navigating a Route  
Unit 12 Taking part in Sport & Adventurous Activities

#### **Level 2**

Unit 2 Public Service Skills  
Unit 4 Teamwork  
Unit 6 Expedition Skills and Navigation

#### **Level 3**

Unit 8 Map Reading & Land Navigation  
Unit 17 Land-based Outdoor & Adventurous Activities  
Unit 18 Expedition Skills

The plan is to travel the short distance to Thetford Forest where students will take part in:

- Navigation through the Forest (remotely supervised) carrying their equipment.
- Over-night basha camping
- Archery
- Climbing & abseiling
- Bushcraft activities
- Orienteering
- Teambuilding activities

The course timetable will be adjusted so that all PPS students can take part in the activity. Maths and English sessions will not be affected by this activity.

## **Itinerary**

### **18 September 2025**

0845 Meet at college, floor 3  
0900 Kit check & briefing by course staff  
0930 Depart college (the bus will depart from the college bus shelter)  
1030 Arrive at Thetford Forest (Desert Rats Memorial), issue briefings and start the navigation activity  
1800 All participants will have arrived at Two Mile Bottom campsite (address below).  
1815 Whole group safety & activity brief  
2000 Evening activity  
2300 Noise down, lights out

### **19 September 2025**

0600 Personal admin & breakfast  
0745 Briefing for the day's activities  
0800 Activities start  
1200 Activities end and close down campsite  
1230 Move to bus pick up  
1330 Depart Thetford Forest  
1500 Arrive back at college & return loaned equipment  
1530 End of planned activities

## **Address of the campsite**

Two Mile Bottom Scout Activity Centre  
A134  
Thetford  
IP24 1LZ

'What3words' access location: ***jeering.gearing.defected***

## **Payments**

**The cost of this trip is Free.** You **must** visit the online store to register your name for this activity.

Online Store link: <https://cwa.ac.uk/store/trips/category/king-s-lynn-campus> Look out for **24 Hour Exercise** or **First Deployment**.

### **Conditions of this trip**

A full briefing regarding discipline will be provided by staff prior to and during the activities. In addition:

1. Knives of any kind, other than for dining, are NOT permitted. Staff will have the necessary equipment for cutting. Inappropriate knives will be confiscated on-sight. The student may be removed from the activity.
2. Staff members reserve the right to refuse participation if the correct equipment is not carried by students. This is on an at-risk basis made on the day.
3. It will be the responsibility of the parent to collect individuals from the campsite if they refuse to stay out overnight or are asked to leave by staff. Students will be fully briefed on the conditions of 'basha camping' during induction week.
4. Students refusing to take part in any of the activities will not be entitled to a refund.
5. Any negligent damage to department equipment is liable to replacement or repair by the student.
6. Music equipment such as Bluetooth speakers are not to be used during this trip. They will be removed by staff and returned at the end of the activity.
7. No alcohol is permitted on this activity, regardless of age.

### **Feeding**

Students will be self-sufficient during this activity. Preparation should be made for meals as follows:

#### **Day 1**

- Lunch. Packed lunch to be eaten on the move to the campsite.
- Evening meal. A hot meal cooked on a small camping stove. This can be a tin, boil in the bag or other.

#### **Day 2**

- Breakfast. This is an important meal as students will be taking part in an active morning. This should be a hot meal, but oatmeal bars, porridge or similar will suffice.
- Lunch. Snack-type meal to be eaten on the move.

**Under no circumstances are students permitted to order food for delivery.**

### **Kit & Personal Equipment**

Provision of personal equipment and food are the responsibility of the individual; however, the department has a small supply of equipment available on a first come first served basis. We have a large supply of sleeping bags available for use. These will be required to be washed (by the user) prior to use, so early request is advised (in week 1). Security of personal equipment is the responsibility of each individual. There is no requirement for valuables, other than mobile telephone.

A kit list is provided with this letter.

**Exercise First Deployment** 18<sup>th</sup>-19<sup>th</sup> September 2024  
Direct Telephone: 01553 815301  
Direct Email: [Rob.Cooke@cwa.ac.uk](mailto:Rob.Cooke@cwa.ac.uk)

Feedback has shown this is a thoroughly enjoyable trip for students, if they have prepared correctly. Please ensure that planning for kit and feeding is completed in plenty of time and that students are aware of the 'conditions' of the trip. I look forward to working with all of the students this year.

Yours sincerely

**Sean McQuaid**  
Programme Manager  
Public and Protective Services

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**To: Public & Protective Services Department Staff.**

**Please return this slip to ROB COOKE on your first day at college, or before.**

I give permission for \_\_\_\_\_ (Student name) to go on the **Exercise First Deployment** 18<sup>th</sup>-19<sup>th</sup> September 2025. **(Under 18 ONLY)**

Parent/Guardian's signature \_\_\_\_\_

Parent/Guardian's name \_\_\_\_\_

Parent/Guardian preferred contact telephone number and email address:

Telephone number \_\_\_\_\_ Email: \_\_\_\_\_

## **Kit List**

\*Rucksack (not a shoulder bag or suitcase (you will be carrying this item through the Forest).

x2 Bin liner (to keep your kit dry in the ruck)

\*Waterproof jacket

Waterproof trousers

\*Comfortable footwear suitable for an outdoor activity.

\*Hat & gloves

\*Torch

\*Food (Lunch x2, Evening meal x1, Breakfast x1)

\*Warm jacket/fleece

\*Sleeping bag

\*Water container

\*Wash kit, towel and personal hygiene (including personal toiletries). Please bring a pack of travel Kleenex for toilet paper as the site sometimes runs out

Female sanitary items

\*Cooker (one between two students) A simple Camping Gaz cooker

Gas for cooker (make sure it's the correct fitting; screw in or push on)

\*Knife, fork & spoon

\*Mess/cooking tins

Spare socks for day 2

\*Sleeping mat

Sunglasses

\*Sun cream/block

Personal comforts

Spare socks

**\*These items are essential for the Trip.**

## **Shelters will be provided by the college.**

All items of equipment will be the sole responsibility of the student when in their possession. The campsite is regularly used by the college and is a trustworthy site. The campsite and college staff will not be held responsible for the security of student personal equipment.

The following (small supply of) items are available from the department on a first come, first served basis. Please make enquiries as soon as possible:

- Rucksack (14 available)
- Sleeping bag (30 available – must be washed by user before use)
- Sleeping mat (20 available)
- Cooker (10 available - does not include gas)

**NB.** Walking boots. Although not essential for this activity, there will be future Public Protective Services trips for which walking boots WILL BE an essential item.