

Gwentrek – GT19



Welcome to Gwentrek 2019, Gwent's premier event for the Expedition Challenge – are you brave enough to take it on?

Where: Pike Road, Llanvaches, Penhow, nr Newport NP26 3BE
Map: Ordnance Survey Explorer **OL14** (If additional areas are required for any part of the competition high quality laminated map printouts will be supplied)
When: 27 – 29 September
Cost: £8.50 per participant (leaders no cost)

Gwentrek overview

Teams of 4-7 will complete a hike through a series of checkpoints and base camp activities to test Scouting expedition skills. This is a competition so teams will be tested on knowledge, independence from leaders, kit, navigation and camping skills.

GT teams – Scout section

A great way to experience Gwentrek for the new through to the seasoned Scout. Leaders can accompany their teams around the route for peace of mind. This level of the competition is designed to get new people involved and the chance to gain some experience, in a few years they will tackle GT+. There is a GT trophy for the winning team.

GT+ teams - Scout section

Take on the challenge of GT+, teams compete without leaders for the whole weekend. Feeling independent, feeling confident? Teams will be expected to compete on the GT route and be self-sufficient, this is important! Teams must carry all food, equipment and everything they need for the weekend.

GTx teams - Explorer section

Feeling brave? Take on Gwentrek Extreme, a specially designed route for the more confident and more adventurous. This is for Explorers that feel the need for a real challenge, are you tough enough?

GT+ and GTx teams will be camping in the same field on Friday but will be away from leaders and in their own area. GTx **may** have a completely different campsite on Saturday night. Therefore, they must be self-sufficient and able to carry all kit. Points will be deducted for leader assistance.

Due the nature of the field (firmness and layout), participants drop off on Friday evening will be on the lane at the entrance to the field, this is for the safety of participants and to avoid any cars being damaged or stranded. This will be a drop off only point, parents will not be able to leave their cars and accompany their scout / explorer to the site. It is not a place for parents to park due to volume! Vehicular access to the campsite will be restricted to those staying on site or delivering heavyweight camping equipment only. Access back onto the road may be restricted until after the main drop-off time. More detailed drop off and collection arrangement will be sent closer to the event date.

Kit list

All Gwentrek teams will need to carry relevant equipment to stay safe. A kit list will be supplied prior to the event which will outline the minimum equipment to be carried.

GT+ and GTx teams must **carry all** their equipment, food and fuel, and their campsite will be checked to ensure it has been left clear each morning.

GT teams are allowed help with their campsite by leaders and do not have to carry their tent which can be left at the site. All those accompanying GT teams must ensure the group carry the relevant equipment to stay safe.

Individuals need to be able to complete the expedition with their own kit, therefore they must have an appropriately sized and weighted bag – anything carried in hands is unacceptable.

Individuals must wear appropriate clothing and footwear for the event and the weather conditions, failure to do so can prevent participation in the event at the discretion of the leaders organising and assessing the activity.

Nights Away and the InTouch Scheme

It is the responsibility of the Scout or Explorer Scout Leader to ensure that the requirements of the InTouch and Nights Away Scheme are met.

For GT teams – At least one leader staying overnight with teams must have suitable Nights Away permits (campsite or lightweight expedition level or above).

GT+/GTx teams must be issued with Nights Away Passports. This will be checked and any non-compliant teams will be downgraded. If a team is downgraded to GT, a leader from their group must be available to accompany the team on the route and overnight.

Nights Away Notifications must be made to your home DC in the outlined timescales.

A suitable InTouch system must be arranged and implemented. For further reading please see www.scouts.org.uk/intouch

The field will have hired toilets and a mains water point. The event organising team will supply water to GTx teams at a remote campsite if applicable, and therefore the event has been classified as taking place on a campsite as far as participants are concerned.

Please ensure all Scouts and Explorers are briefed to treat facilities with respect - toilets only become dirty when **you** make them dirty!

If there is a problem achieving the appropriate level of permit for this event please contact us and we will try to help.

Timetable

Friday

The site opens for arrivals from 18:00 onwards and no children will be allowed on site prior to this time. **All groups must ensure an adult leader arrives before any of their young people are on site.**

There will be one-way signage in operation on the road and all parents and leaders are politely asked to observe these for their safety. Entry to the site will be via the A48, please enter the lanes from the Newport side adjacent to the Rock and Fountain Inn, the exit will then be back onto the A48 (by Penylan Kennels). Please be aware, and prepared, that access to the field is for leaders staying for the weekend (and large item drop off) only. All participants will be expected to exit cars on the lane and walk into the site. This is for the safety of the participants and to limit damage to the land (or any vehicles)

Registration

- Please ask parents to follow the directions provided by the marshals. Traffic management will be implemented on drop off to avoid traffic jams.
- Participants / teams should wait in the holding area until either collected by their leader, or the team is complete (GTx / GT+)
- GT+ and GTx teams will be allocated camping in a leader free zone, therefore teams need to be self-sufficient when they arrive at site.
- Leaders (or team representatives where no leaders are present) must check in as promptly as possible, by visiting the event reception.
- When booking in a time for route scrutineering will be provided and must be adhered to.

19:30 – 22:30 route scrutineering

- For GT – 2 Scouts and 1 leader only are required to attend their timeslot
- For GT+/GTx, the entire must attend.
- Any team not passing route scrutineering will not be allowed to walk, or may be downgraded at the discretion of the organisers

Saturday

07:30 – 10:00 Kit check, team checkout, and start

- Departure times will be issued on Friday evening at registration if they haven't been released in advance.
- Any team not passing kit scrutineering will not be allowed to participate in the event.
- Teams will complete the route, visiting all checkpoints and other compulsory waypoints. Teams will be scored on compliance with route card timings
- Teams check in at campsite reception immediately on return to site. Failure to sign in will mean expulsion of the team from the event.
- Teams will be issued with the route for Sunday.
- Teams will set up camp in the area issued to them at reception.
- Teams should review and understand the supplied route for Sunday
- Teams are required to camp Saturday night
- GT+ and GTx teams will be scored on cooking their evening meal. GT teams may optionally take part in this activity but it will not contribute to final scores.

Gwentrek – GT19



Sunday

Teams to cook breakfast and break camp, prior to:

- Departing for route during the departure window having booked out at reception, giving their expected return time.
- Activities may be given for teams to complete along the route
- All teams should aim to arrive at the finish destination by 13:30

14.30 Car park opens

No pick up vehicles will be allowed on site before this time to ensure participant safety.

15:00 Presentations

16:00 Clear site and departure

The event organisers aim is for the site to be clear of all participants by 16:00

The intention is to allow parking on site for pick-up purposes on Sunday, however if the weather is poor, alternative arrangements will be made. The event organisers will confirm the pick-up process to teams on Saturday evening.

Gwentrek – GT19



Routes and Route Planning

Scout (GT/GT+) teams will be given a route to plan in advance of the event and must plan a route between the checkpoints given in the most effective manner possible, they must prepare a route card and will be tested on it before being allowed to leave the site.

GT teams will still be checked and marked but their knowledge is not expected to be at the same level as the GT+ / GTx teams.

Your route must use paths and tracks as marked as public rights of way or 'access land' on the OS map.

When preparing your route card using the designated template, note that teams will be scored by their accuracy of time taken to reach the checkpoints.

Sections may require walking along public roads and cross busy roads, therefore the high cross code and country code must be adhered to at all times. Teams must be warned of the dangers of crossing busy sections and reminded not to take risks. Manned crossing points will be in effect, teams must not cross at any other point.

Route	Supplied...	Plan route...
GT / GT+ Saturday	By email to registered teams by the afternoon of Thursday 19 September	Prior to event
GT / GT+ Sunday	After booking in Saturday	Saturday evening
GTx Saturday	By email to registered teams by the afternoon of Thursday 19 September	Prior to event or Friday evening
GTx Sunday	After booking in Saturday	Saturday evening

The route is issued for planning purposes, and the spirit of the event means teams should not pre-walk the route or sections of it. Some of the organising team live very close to the route so will be watching!

GPS and electronic navigation devices are not permitted for navigating during the event. The only exception to this rule is in the event of an emergency situation. Permission to use such equipment during emergencies should first be sought from the Event Leader, Deputy Event Leader or Head of Competition. Where it is not possible to contact these members of the event management team, Scouts and Explorers are expected to adhere to their Scout Promise and law and take actions to minimise risk and ensure the safety of themselves and their team. Use of such equipment should be reported to the event management team along with an explanation of the circumstances leading to it being required. The individual circumstances for each incident will be taken in to consideration by the event management team and will not necessarily result in any penalty being applied to the team.

Make sure you bring everything you need to prepare a route plan, paper, blank route cards, pens etc

All leaders are expected to camp at the campsite, the aim is for teams to experience the camp and expedition therefore GT+ / GTx teams will be camping in a leader free area, points will be deducted for leader intervention. GT teams can camp with leaders, as they need support.

Whilst it may be prudent depending on the weather to bring a mess tent, it is not in the spirit of this light weight expedition to bring tables, chairs and non-expedition equipment... of course leaders in the designated areas can enjoy all the comforts they like!

Expedition Skills

Gwentrek is an expedition skills competition, therefore expedition skills form a key part of the competition. Participants (GTx & GT+) will be marked across the weekend on a number of skills, the competition starts on Friday night after registration. Expedition skills will include campsite set-up and clearance, cooking, hiking equipment, first aid. Further skill tests may occur during the hike or Saturday night.

Note to leaders

It is the responsibility of leaders to prepare teams according to the requirements of the event, Gwentrek can only function effectively if young people are properly prepared. GT/GT+ routes are in the region of 12-16km Saturday and 8-12km on Sunday, GTx should expect a Saturday route potentially upwards of 20km and 8-12km on Sunday.

Teams require working knowledge of navigation and its application, emergency procedures and a good helping of common sense! They must be aware and practice the country and highway codes.

Leaders and GT+ will be given notes of the route for guidance.