

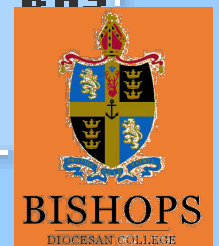
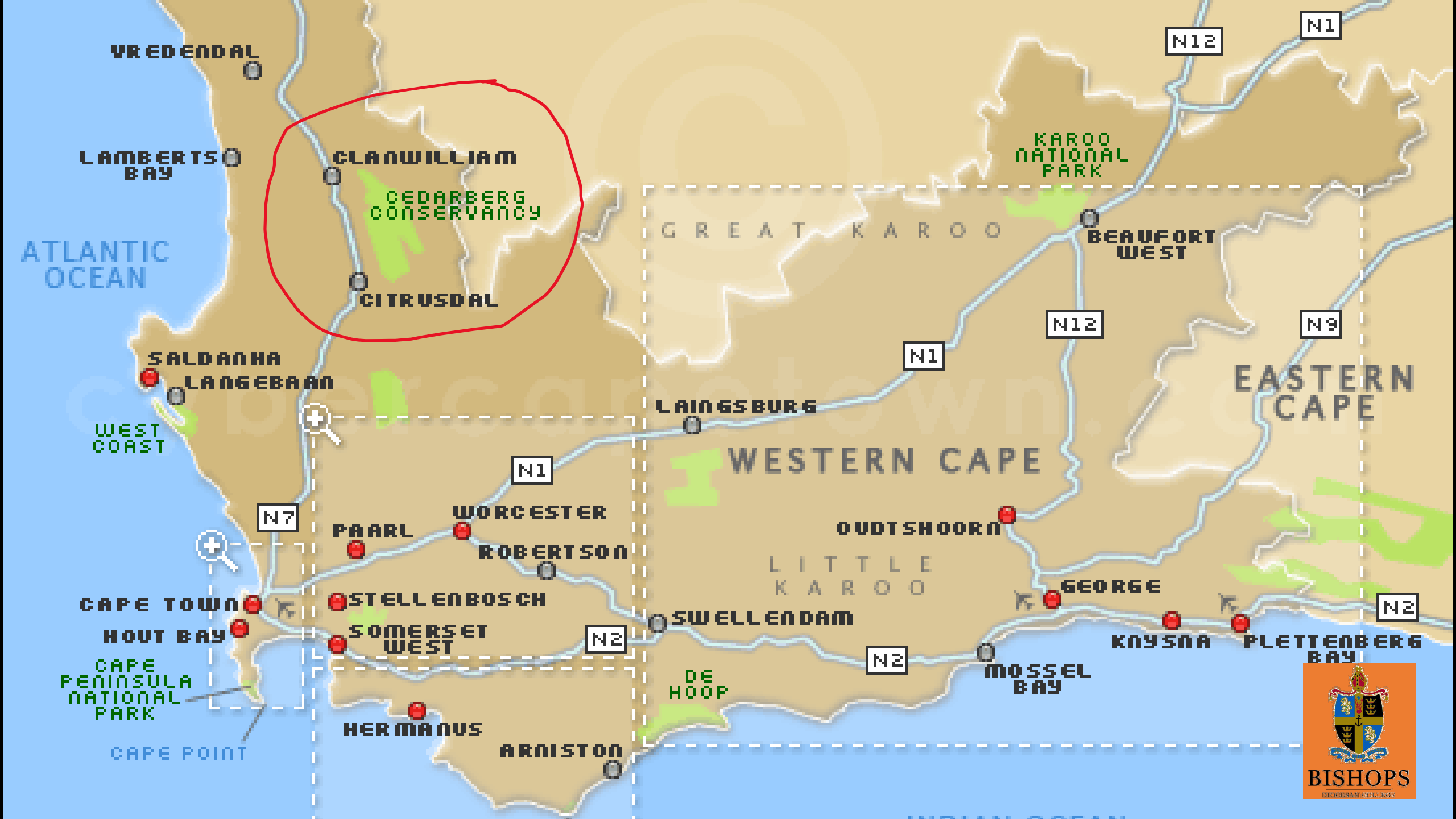
BISHOPS EPIC 2022 (No. 16)



2018-11-20 Epic pic Karen Slater

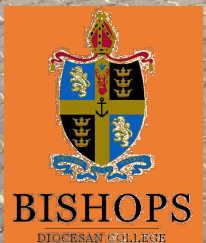


“A journey that lasts a lifetime”



How Does Epic Work?

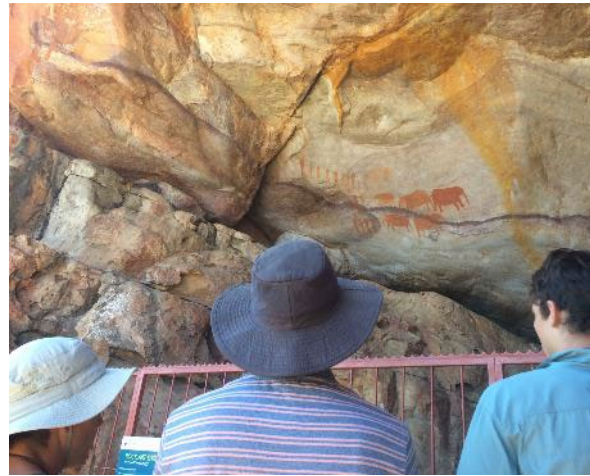
- 22 November – 7 December
 - 16 days
 - 5 rotations (3 nights each)
-
- 3 rotations at three of four base camps
 - 2 rotations of hiking (staff hike & solo hike)
 - 6 groups of 24 (144)
 - Hiking groups are between 10 and 13 boys
 - Paired with a friend (boys choose)
 - Houses are mixed
 - Abilities are mixed
 - a 24-hour solo
 - Cycling/ hiking/ driving between bases



Water Base

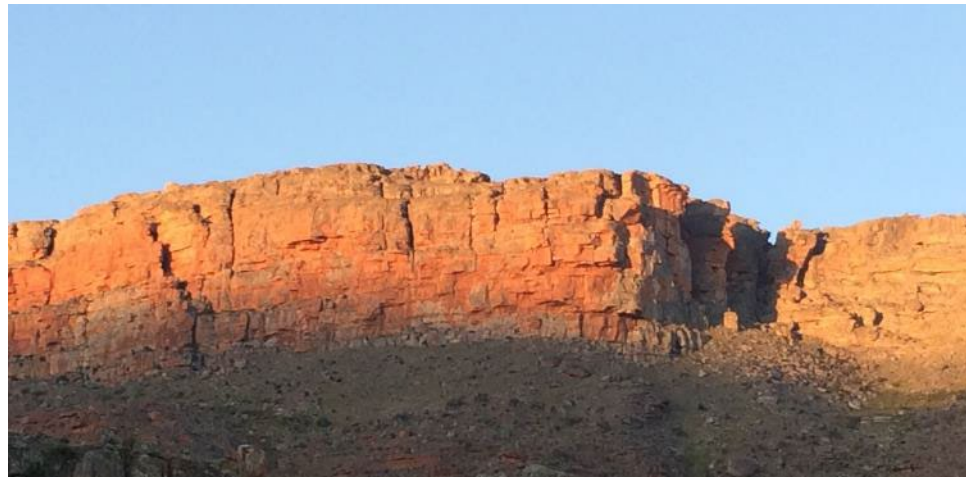
- Skiing
- Tubing
- Kayaking
- Sailing
- Fishing
- Raft-building





Sanddrif

- Mountain-biking
- Abseiling
- Rock-climbing
- Horse-riding
- 24-hour solos
- Maalgat high jump
- Stadsaal rock art



Elizabethfontein



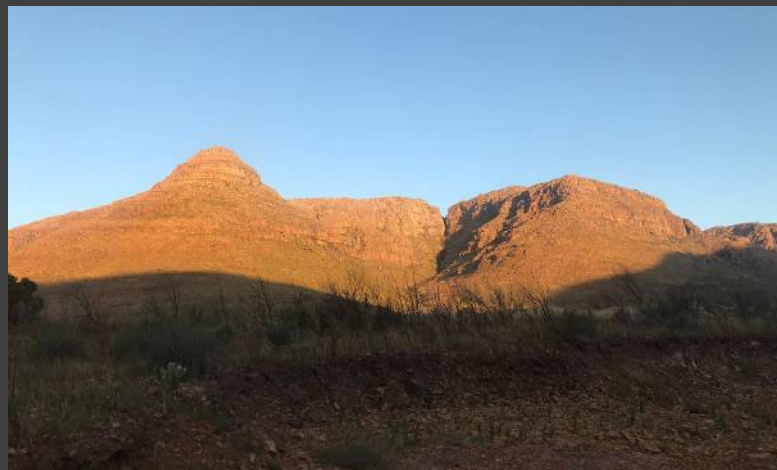
- School
- Rock Art Trail
- Bush Clearing
- 'Rubbly'





Jamaka

- School
- Shooting
- 24-hour solos
- Volleyball





Hiking

- Staff Hike (with staff & group)
- Solo Hike (without staff, & same group)



What do we hope to achieve?



**This is
NOT**



a boot camp!



What do we hope to achieve?

Develop boys...

- Outdoor skills
- Sense of identity, strength and resourcefulness
- Social & emotional personal development
- Horizons
- Leadership skills
- Ability to make a contribution to a team, the community and the environment
- Organizational and practical intelligence
- Resilience
- Enjoy a range of outdoor experiences

Rite of Passage

Rite of Passage

- Junior - Senior phase transition
- 'Blessing of the Boots' ceremony:
- Parent's letter
- Father/ significant paternal figure) involvement:
- Travels to son's base on last afternoon
- Included in the final evening's debriefing/ tribal council
- Spends the night together
- Travels home with son



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How do we Prepare the boys?

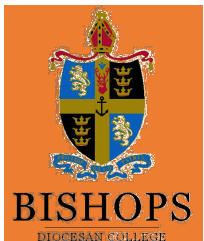
- Physical assessment in LO
 - Identify boys of concern
 - Fitness programme
 - Practice hikes
- Beginners' cycling course/ swimming lessons
- LO topics, including
 - Physical Preparation
 - How to teach in Schools
 - Conflict Management
 - Group Dynamics
- Thursday Afternoon sessions in terms 3 & 4
 - Introduction
 - Various talks about (Leopard Trust; Snakes; Food ; Boots; Cycling etc.)
- First Practice Hike up Devil's Peak



How do we Prepare the boys?

Chris de Bruyn letter and talk

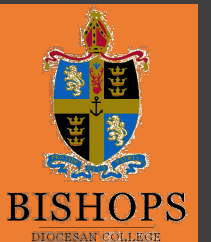
HI-TEC





How do we Prepare the Boys?

- Epic Training Week: 14-18 November
 - First Aid Course
 - High Ropes session (Team-building)
 - Campcraft session
 - Backpack Setup session
 - Biking session
 - Sat. Phone training
 - Fire-prevention training
 - Map Reading session
 - Training in Mindfulness
 - Second Practice Hike with a full pack





What do we provide for hiking?

- Comprehensive Website
 - Food advice
 - Kit advice
- Maps
- Groundsheets (which can be used for shelter)
- Boxes
 - Solo box (1 day's food)
 - Hiking box (2/3/4 day's food)
- First Aid Kits



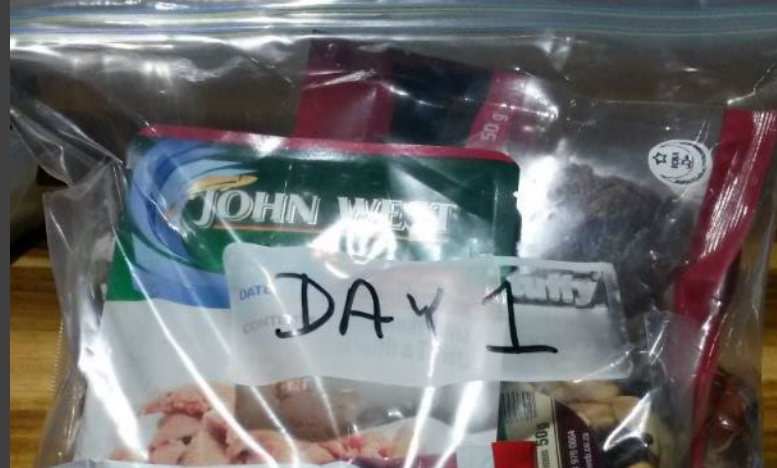
Jackets

Part of the package for
all

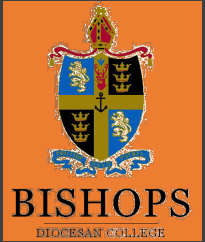




2018-11-20 Epic pic Karen Slater



FOOD



- 16 Days Away
- Packed breakfast required for day 1's journey to the Cederberg
- All meals in base camps provided
- 6/7 days of hiking food required for both hikes in backpack and/ or hiking box (provided)
- 1 day's (3 meals) meals required and pre-packed in solo box (provided) for solo
- Father/ father figure provides meal/ braai for last night (7 December)





Staffing

- Most of Epic is not outsourced
- Always several Bishops staff at every base
- Roving Epic-Director
- 60-70 staff rotate through Epic in 3-day shifts (including academic staff, stooges, ODs, Scouts and paid specialists)



Safety

- Satellite Phones for all hikes
- Maps
- First Aid Kits
- WildMedix based at Jamaka
- Dr Jas Strauss (Clanwilliam GP) on standby
- Excellent hospital in Clanwilliam

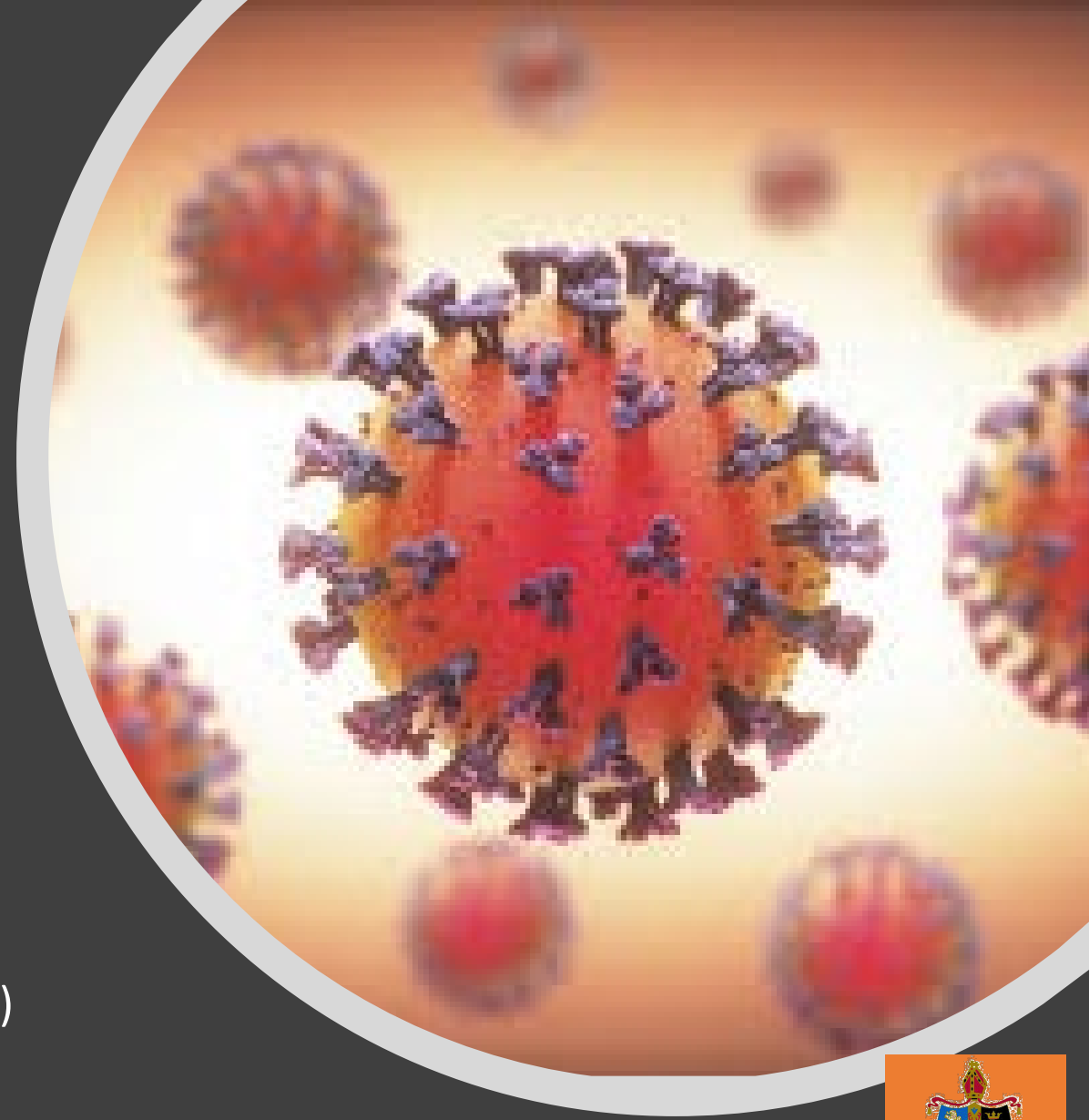


COVID

Excellent track record in 2020 & 2021 – Zero Covid cases during both Epic!

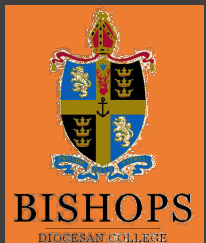
We don't know what to expect this year, but we will be fully prepared. And adhere to the national regulations:

- Outdoors
- Masks mandatory in vehicles (particularly on the journey there)
- Possible proposed Isolation from 12pm on Friday 18 November – 22 November (which we have done before)
- After 5 days, boys will be in a bubble (maximum of 25 boys)
- Covid Policy
- Isolation facilities
- Sanitizers



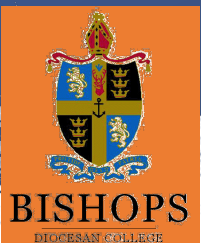
Outreach

- School-based activities (with kids)
- Building/ Maintenance at schools
- Donations
- Parents' Committee
- Grade 7 weekend
- Mark Hanley Fund
- Cape Leopard Trust



What can you do to help?


- Fill in the dietary requirements and Medical Aid details
 - Click [here](#) for help on the My Bishops Life parent portal.
- Make sure your son is **FIT** – it will reduce his anxiety and increase his enjoyment
 - He should be comfortable hiking & cycling & swimming
- Check the **WEBSITE** and read correspondence
- Buy him a good pair of **BOOTS** well in advance and get him to walk them in
- Encourage your son to shop and pack for Epic himself (with your **help and support**)
- **VOLUNTEER** for the parents' committee
 - Make crafts/ design activities for Grootkloof & Elizabethfontein outreach
- Help **DONATE** items for the wish lists of the two farm schools
- Write that fathers'/ significant other's **LETTER** timorously (in by 14 November, please)
- Fathers/ significant other should **BOOK OFF** 6 & 7 December
 - You can leave as late as 2pm (Tues) and return by 10am (Wed)
- Keep the Epic-Director informed about any relevant issues





Vehicles

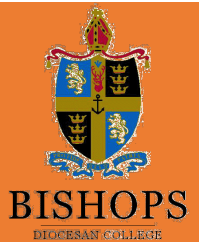
Do you have a vehicle to lend us?



The Bishops Diocesan College logo, featuring a crest with a cross and four quadrants, topped with a crown. Below the crest, the word 'BISHOPS' is written in a large, serif font, and 'DIOCESAN COLLEGE' is in a smaller font below it.

Cost

- Budget is about R2.8 million
 - Transport and Petrol
 - Personnel
(school covers Bishops staff)
 - Accommodation
 - Trail & Conservancy Fees (permits)
 - Food
 - Satellite Phones
 - Equipment (purchased and hired)
 - Jackets
 - Epic Training Week
- R18000 per person spread over 3 terms
(0% increase from 2020)
- Additional costs: boots; rucksack;
sleeping bag





I hope this PowerPoint Helps!!

Please contact me via email on gklerck@bishops.org.za or on 0727678275 in an emergency.

Graeme Klerck
Epic Director

