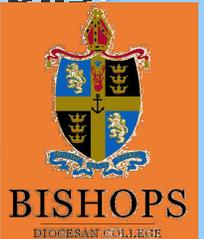


# BISHOPS EPIC 2022 (No. 16)



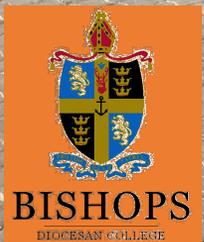
***“A journey that lasts a lifetime”***





# 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



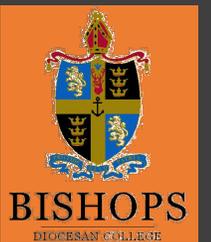
- School
- Rock Art Trail
- Bush Clearing
- 'Rubbly'





# Jamaka

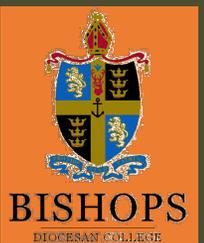
- School
- Shooting
- 24-hour solos
- Volleyball





# 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

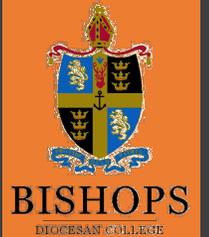


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# How do we Prepare the boys?

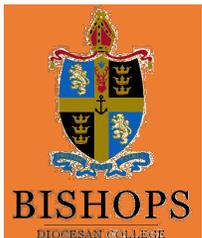
- Physical assessment in LO
  - Identify boys of concern
  - Fitness programme
  - Practice hikes
- Beginners' cycling course/ swimming lessons
- LO topics, including
  - Physical Preparation
  - How to teach in Schools
  - Conflict Management
  - Group Dynamics
- Thursday Afternoon sessions in terms 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

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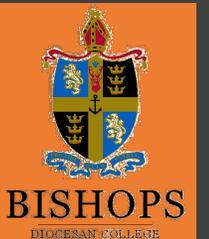
**HI-TEC**





# 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

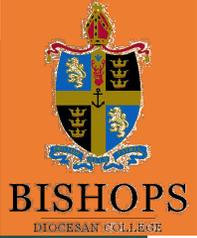




# What do we provide for hiking?

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- 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

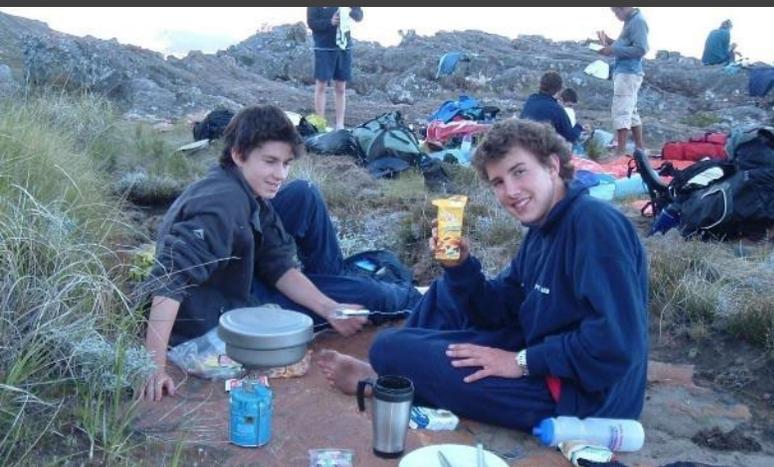
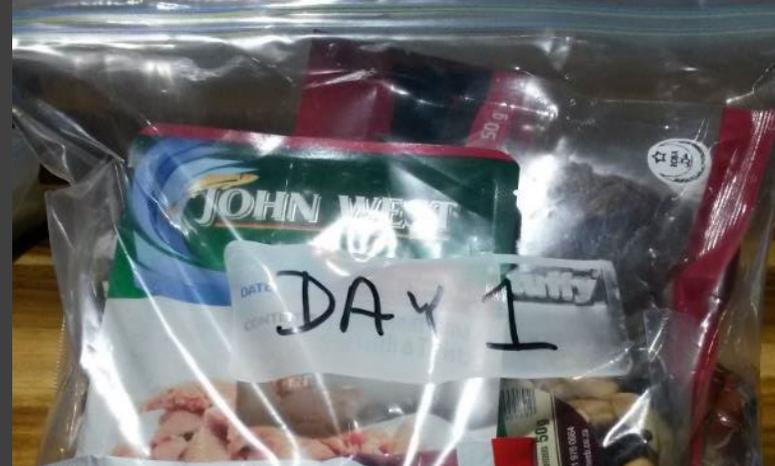


# Jackets

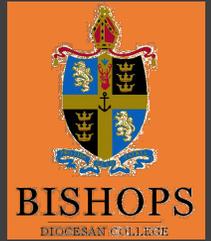
Part of the package for  
all



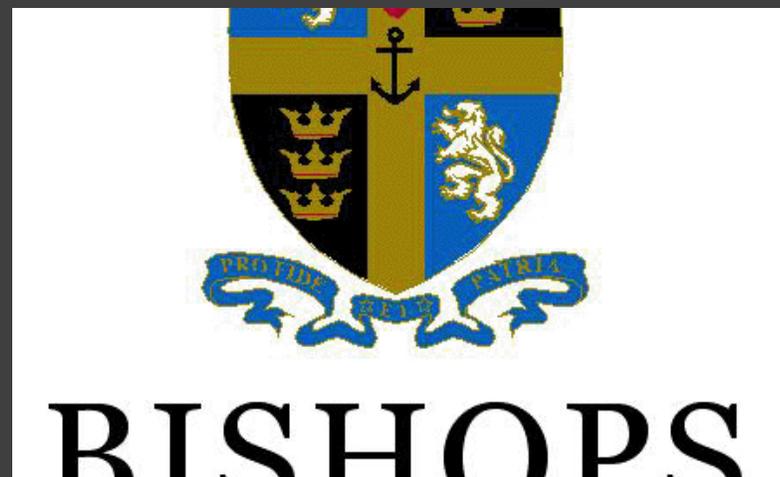
2018-11-20 Epic pic Karen Slater



# 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

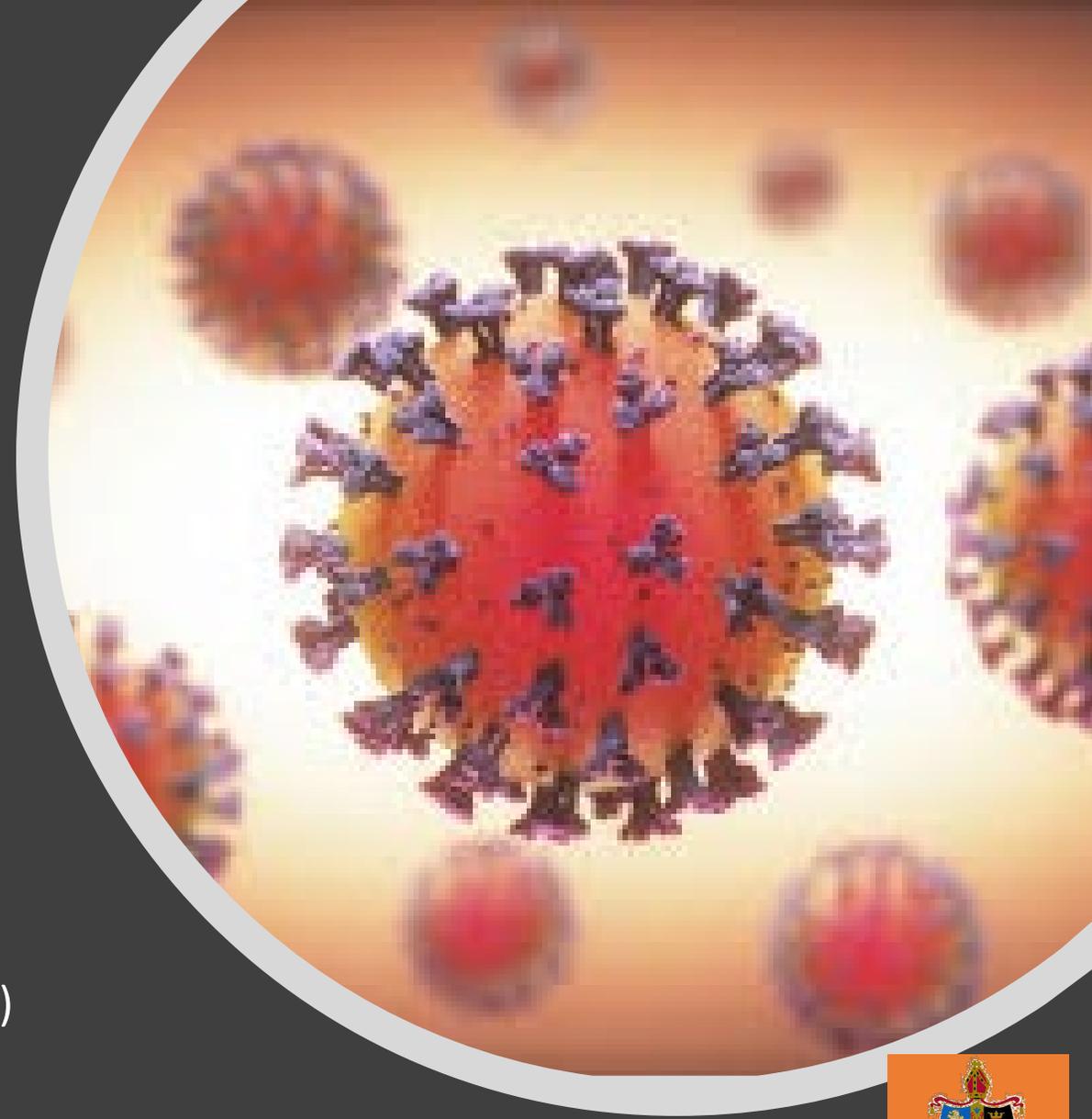


# COVID

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

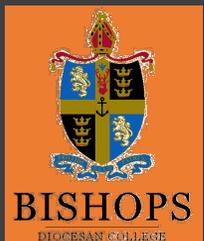
We don't know what to expect this year, but we will be fully prepared. And adhere to the national regulations:

- 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?

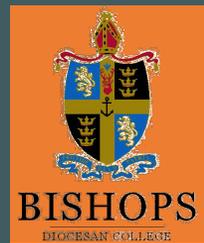
- Fill in the dietary requirements and Medical Aid details
  - Click [here](#) for help on the My Bishops Life parent portal.
- Make sure your son is **FIT** – it will reduce his anxiety and increase his enjoyment
  - He should be comfortable hiking & cycling & swimming
- Check the **WEBSITE** and read 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





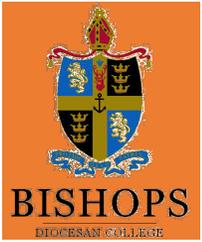
# Vehicles

Do you have a vehicle to lend us?



# 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](mailto:gklerck@bishops.org.za) or on 0727678275 in an emergency.

Graeme Klerck  
Epic Director

