

Expedition Section - Next steps



1. Get a form filled in by your Parents.

2. Return the form to Chris Coats with a cheque for your Participation Fee.

3. Get the dates in your diary and remember to do the training and preparation.

Useful contacts

www.dofe.org
www.dofe.org/expedition
www.scouts.org.uk

<http://explorers.swnotts-scouts.org.uk/>

<http://www.swnotts-scouts.org.uk/index.php>

<http://www.notts-scouts.org.uk/explorerscouts/index.html>

Chris Coats.
 District Explorer Scout Commissioner
 South West Notts. District Explorer Scouts
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 E-mail: coatscg@gmail.com



Introduction to the Expedition Section

South West Notts Explorer Scouts

What to do in five simple steps

1. Preparation –

You need to research what you want to do, who you're going to do it with and how you're going to travel and what you're going to study or achieve on route, then agree it with your Leader. At each level the environment you visit gets tougher and there are few other conditions your journey should match.

2. Training –

You need to make sure you're trained in your mode of travel and have completed the Expedition Training Framework.

3. Practice Expedition –

You must do enough practice to ensure you can travel safely and complete your qualifying expedition. Silver and Gold practice expeditions must include at least 2 consecutive nights away.

4. Qualifying expedition, debrief and presentation –

the best bit – actually doing it! You must go on your journey, observed by an accredited DofE Assessor. Your Assessor will debrief the team and you will need to prepare and give a presentation on your aims and experiences.

5. Assessment –

To complete your DofE programme you must meet your Assessor to talk about what you've done and make sure they sign it off.

Note:

For **Bronze** they need to be walking for at least 3 hours during the day with up to another 3 hours spent on project work. (a total maximum of 6 hours) The journey should take 2 days and 1 night.

For **Silver** they need to be walking for at least 3.5 hours during the day with up to another 3.5 hours spent on project work. (a total maximum of 7 hours) The journey should take 3 days and 2 nights.

For **Gold** they need to be walking for at least 4 hours during the day with up to another 4 hours spent on project work. (a total maximum of 8 hours) The journey should take 4 days and 3 nights.



EXPEDITION

20 conditions for the Expedition section

DofE Qualifying Expedition Conditions	Further explanation and interpretation of conditions
1*	All expeditions must be by the participants' own physical effort, without motorised or outside assistance.
2	<p>All expeditions must be unaccompanied and self-sufficient.</p> <p>a) The team must be unaccompanied, unguided and supervision must be carried out remotely.</p> <p>b) As part of effective remote supervision, teams may be more closely supervised for parts of the expedition where specific hazards are unavoidable. This supervision should be kept to an absolute minimum.</p> <p>c) If a team does not possess the necessary expedition and medical skills required for an area, then they should not be in that area.</p>
3	All expeditions must be supervised by an adult who is able to accept responsibility for the safety of the team.
4	The expedition must have an aim.
5	All participants must be properly equipped.
6	Participants must have completed the required training and practice expeditions.
7	At least one practice expedition must be undertaken at each level of the programme, in the same mode of travel in a similar environment to the qualifying expedition.
8	The team must plan and organise the expedition.
9	Assessment must be by an approved accredited Assessor.



Expeditions Bronze / Silver Expedition Training Framework -2

Country, Highway and Water Sports Codes

- Understanding the spirit and content of the Countryside Code.
- The avoidance of noise and disturbance to rural communities.
- A thorough knowledge of the content of the Highway Code with special emphasis on specific modes of travel such as horse riding or cycling if they are to be utilised during the expedition.
- If undertaking a water expeditions, a thorough knowledge of the Water Sports Code.

Observation Recording and Presentations

- Developing observation skills and different methods of recording information.
- Skills relevant to the method of presentation.
- Choosing an aim.
- Researching relevant information.

Team-building

The Expedition section involves participants working together as a team in order to complete the expedition. Team-building should permeate all expedition training and can be enhanced through team building exercises and regular reviews so that when the team sets out on the qualifying expedition, participants are able to work together as an effective and cohesive unit.

Proficiency in the Mode of Travel

Cycling

- Training to the standard of the National Cycling Proficiency Scheme and the Right Track Awareness Programme as appropriate.
- Maintenance and repair of the cycle.
- Loading a cycle with equipment.
- Handling a loaded cycle.
- The skills associated with off-road cycling as appropriate.

Horse Riding

The horse riding expedition training syllabus is set out in the horse riding expeditions – additional training syllabus

Expedition on Water

Training should be directed towards the completion of a journey on water and not restricted to the skills of handling the craft. It must be concerned with any potential hazards associated with the water on which the venture will take place, as well as infections or health concerns related to any possible water pollution. Participants must be able to swim a distance of at least 25 metres in light clothing without any buoyancy aid and be competent and confident in the relevant capsizing and recovery drill and man overboard drill. All participants must:

- Wear appropriate buoyancy aids or lifejackets. Exceptions may be made, with the approval of the Operating Authority, for rowing expeditions on canals and rivers, and for sculling craft where traditionally, by custom and practice, life jackets are not usually worn, except on the instruction of the Cox.
 - Wear suitable clothing and footwear.
 - Be able to recognise and treat hypothermia.
 - Understand the Water Sports Code.
- All craft must have adequate buoyancy and be sound, suitable and fitted out for the conditions in which they are to be used. A suitable repair kit must be carried and participants should be trained in its use.

Canoeing

All participants must be adequately trained in the requirements for paddle expeditions.

Rowing

All participants must undergo training based on the syllabus for Boat work in the *Expedition Guide* or the training schemes of the Sea Cadets, Scouts or Girlguiding UK.

Sailing (sailing dinghies or keelboats)

For Silver level, all participants must attain proficiency to the standard of the RYA National Sailing Scheme Seamanship and Day Sailing.

Yachts

All participants must attain the RYA Day Skipper Shore Based and Practical Certificates or have an equivalent level of competence.



Expeditions Bronze / Silver Expedition Training Framework -1

First Aid and Emergency Procedures

Training based on the current edition of the Authorised Manual of St. John Ambulance, St. Andrew's Ambulance Association or The British Red Cross.

- Action in an emergency – resuscitation, airway, breathing and circulation.
- Treatment of hypothermia
- The treatment of wounds and bleeding.
- Treatment for shock.
- The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters.
- The recognition of more serious conditions such as sprains, dislocations and broken limbs.
- Knowing what to do in the case of an accident or emergency.
- Summoning help - what people need to know, telephoning for help, written message.
- Getting help, self-help and waiting for help to arrive, keeping safe and warm, helping people to find you.

An Awareness of Risk & Health & Safety Issues

- Expedition fitness.
- Telling people where you are going.
- Identifying and avoiding hazards.
- Keeping together.
- Weather forecasts - knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, looking for signs which will indicate changes in the weather.

Navigation and Route Planning

The 1:25 000 scale Explorer Maps, available for the whole of England, Scotland, Wales and parts of Northern Ireland, should be used wherever possible as it makes instruction and learning easier. They show the field boundaries, making it easier to locate precisely the footpaths, tracks and lanes used for travel in this type of country. Participants should also be familiar with the 1:50 000 scale Landranger Maps.

Preparatory Map Skills

- The nature of maps.
- The use of 1:25 000 Explorer, 1:50 000 Landranger or the relevant maps in Northern Ireland and abroad.
- Map direction.
- Scale and distance, measuring distance, distance and time.
- Conventional signs.
- Marginal information.
- Grid references.
- A simple introduction to contours and gradient.
- The ability to give a verbal description of a route linking two places from the map.

Practical Map Skills

- Setting the map.
- Locating position from the map.
- Determining geographical direction and direction of travel from the map.
- Checking the direction of paths using the set map.
- Identifying features in the countryside by using the map.
- Locating features marked on the map in the countryside.
- Relating the map to the ground and estimating speed of travel and arrival times.
- Planning a route, preparing a simple route card.
- Following a planned route.

Compass Skills

Participants should be confident with a range of compass skills:

- The care of the compass.
- Direction from the compass in terms of the cardinal and the four intercardinal points.
- Measuring direction in degrees.
- Setting the map by the compass where magnetic variation may be ignored.
- Determining the direction of footpaths or direction of travel.
- Travelling on a bearing. Obtaining a grid bearing from the map, allowing for magnetic variation where appropriate.
- The influence of ferrous objects and electromagnetic fields.
- Magnetic variation and the relationship between True, Magnetic and Grid Norths.

Camp Craft Equipment and Hygiene

- Choosing suitable clothing, footwear and emergency equipment and knowing how to use it.
- Choosing and caring for camping gear.
- Packing a rucksack, waterproofing the contents, always keeping the weight down to a minimum, and about a quarter of the body weight when walking.
- Choosing a camp site, arrangements for water, cooking and sanitation, refuse disposal, fire precautions.
- Pitching and striking tents.

Food and Cooking

- Cooking and the use of stoves.
- Safety procedures and precautions which must be observed when using stoves and handling fuels.
- Cooking substantial meals under camp conditions.

DofE Qualifying Expedition Conditions		Further explanation and interpretation of conditions
10*	There must be between four and seven in a team (eight for modes of travel which have tandem).	
11	All participants must be within the qualifying age of the programme level.	This is regardless of whether they are under assessment or not.
12*	Participants must be at the same level of assessment.	Participants should have a similar ability or level of experience and make a full contribution to the team.
13*	The team must not include those who have completed the same or higher level expedition.	Participants should have a similar ability or level of experience and make a full contribution to the team.
14	Accommodation should be by camping.	
15	The expedition must be of the correct duration.	a) The expedition must be of the minimum number of days and nights and must include appropriate acclimatisation/ final preparation time. b) An acclimatisation day during an expedition due to extreme altitude may be included as long as the minimum hours of activity and journeying are still completed. c) An additional acclimatisation/rest day may be included during an expedition but this will not count toward the expedition days.
16	The expedition should normally take place between the end of March and the end of October.	The expedition must take place at an appropriate time of year for the expedition's location and aim and the enjoyment of the participants.
17	The expedition should take place in the recommended environment.	The expedition should take place in an appropriate and challenging environment. Overseas expeditions should take place in an area appropriate to the level of the expedition.
18	The expedition must meet the minimum hours of planned activity.	a) Six hours at Bronze, seven hours at Silver and eight hours at Gold. At least half of these daily hours must be spent travelling. b) Time associated with overnight accommodation and catering is additional to the minimum daytime hours of planned activity.
19	A substantial meal should be cooked and eaten by participants each day.	This is optional on the final day.
20	A presentation must be prepared and delivered after the expedition.	The presentation or report, which may be in any format the participants choose, must be related to the expedition's aim and level.

*Variations to these conditions must be submitted to the DofE Head Office as a variation request or an adventurous project, and will only be considered in highly exceptional circumstances.

NOTES

- All conditions must be read in conjunction with the Expedition section of *The Handbook for DofE Leaders*.
- All qualifying expeditions must fulfil the conditions of DofE programmes. Further information on the Expedition section conditions can be found in *The Handbook for DofE Leaders*.
- Where approval has been sought for an assessed expedition, all team members must meet the conditions of the Expedition section.
- Where participants have individual needs that mean one or more of the above conditions cannot be met, then they may apply for a variation to these conditions to enable them to participate in DofE programmes. Variation application forms can be found on the DofE website and should be sent to the appropriate Operating Authority DofE Manager (for Bronze and Silver), DofE Regional/Country Office (for Gold) or DofE Head Office (for adventurous projects). A copy of applications sent to DofE Offices must also go to the participants Operating Authority. Approved variations should then be attached to the appropriate expedition notification form when submitted by the Expedition team. More detailed information and timescales can be found in *The Handbook for DofE Leaders* or online at www.DofE.org
- In exceptional circumstances, like extreme weather conditions, rock slides or political instability, a request for a variation may be made in advance through the usual process. Alternatively, should a change need to be made during an expedition, it is the Supervisor's responsibility to liaise with the DofE Assessor to ensure that the expedition will still meet the conditions of DofE programmes.

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www.DofE.org info@DofE.org



Training schedule

There will be several sessions of training to be held **fortnightly on Tuesday** evenings on the dates shown.

Date	Time	Venue
19th Feb 2013	7.30- 9.30 pm	2nd Beeston Sea Scouts HQ
5th March 2013	7.30- 9.30 pm	2nd Beeston Sea Scouts HQ
19th March 2013	7.30- 9.30 pm	2nd Beeston Sea Scouts HQ
2nd April 2013 TBC	7.30- 9.30 pm	2nd Beeston Sea Scouts HQ
16th April 2013	7.30- 9.30 pm	2nd Beeston Sea Scouts HQ
30th April 2013	7.30- 9.30 pm	2nd Beeston Sea Scouts HQ
14th May 2013	7.30- 9.30 pm	2nd Beeston Sea Scouts HQ
28th May 2013	7.30- 9.30 pm	2nd Beeston Sea Scouts HQ
11th June 2013	7.30- 9.30 pm	2nd Beeston Sea Scouts HQ
25th June 2013	7.30- 9.30 pm	2nd Beeston Sea Scouts HQ

The training and preparation will include the following topics and will be varied with reviews of teamwork to be completed beforehand.

Teamwork, Observation, First Aid, Safety, Mapping, Navigation, Camp Hygiene, Menus, Cooking, Codes.

The dates in the Easter Holidays may include some day hikes to be discussed. The 2nd April date will depend on Leader availability TBC.

There may be a **training weekend** depending on opportunity.

For alternative methods of travel Participants will need to attain the suitable level of competence and possibly a personal Permit for the Activity.

Expedition schedule

	Bronze (2 days)	Silver (3 days)
Introduction Meeting	10 th February 2013.	10 th February 2013.
Preparatory training and Team training needs to take place from now so:-	19 th February 2013.	19 th February 2013.
Check Practice Route card & specifics by:- (2 weeks prior to Expedition)	13 th April 2013	17 th May 2013
Practice Expedition	27 th /28 th April 2013	31 st May / 2 nd June 2013
Reviewing of issues from Practice:-	30 th April 2013	11 th June 2013
Final check Route card & specifics by:- (2 weeks prior to submission to Assessor)	25 th May 2013	28 th June 2013
Finalised Route card to Assessor by:- (2 weeks prior to Expedition)	8 th June 2013	12 th July 2013
Assessors Kit/ Final Check:-	11 th June 2013 TBC	23 rd July 2013 TBC
Qualifying Expedition to take place:-	22 nd /23 rd June 2013	26 th /28 th July 2013
Presentation by Team to suitable audience	16 th July 2013	10 th September 2013

These Expedition Dates are fixed because we have booked assessors from other Districts in the County.