

Expedition / Exploration Requirements

- ❑ The following requirements are for all types of venture:
- ❑ All qualifying ventures should have a clearly defined purpose.
- ❑ On completion, participants review the venture and give an account or presentation related to this purpose.
- ❑ Unaccompanied ventures should take place between the end of March and the end of October.
- ❑ Ventures involve joint planning and preparation by all members of the group.
- ❑ Groups consist of between four and seven young people.
- ❑ Accommodation is by camping and all equipment must be suitable for the activity and environment in which the venture is to take place.
- ❑ Participants are to be trained in the skills necessary to undertake their planned venture.
- ❑ Participants must undertake sufficient practice journeys to ensure that they are able to journey safely and independently in their chosen environment.
- ❑ All ventures must be supervised and qualifying ventures assessed by suitably experienced people.

Level	Planned Activity *	Walking Expeditions	Cycling, Horse Riding, Canoeing, Rowing, Expeditions	Sailing Expeditions	Explorations (all modes of travel)
Queen's Badge / DEA Silver	3 days, 2 nights. Minimum of 7 hrs each day	48km / 30 miles	At least 5 hours journeying each day	21 hours planned activity over the 3 days	At least 10 hours journeying over the 3 days

* Planned Activity includes journeying, navigation, setting up and striking camp and on tasks related to the purpose of the journey



Common Training Syllabus for all DEA Silver / Queen's Badge ventures

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
- 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 and Health and 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

At DEA Silver / Queen's Badge level in normal or open country, most route finding should be based on the map alone. Using a compass in rural country devoted to agriculture with its hedges, meadows and fields under crop, is inappropriate and unnecessary. It causes ill-feeling with the farmers, hinders the young people in developing a 'sense of direction' and impedes their map reading skills. 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, so helping reduce friction with landowners. Participants should also be familiar with the 1:50,000 scale *Landranger Maps*. Groups who use large woodland or forested areas for their ventures may wish to use the full compass syllabus of the Gold level of the Award.

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 by inspection (two methods)
- 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

The compass should not be introduced until the participants have mastered the techniques of finding their way using the map alone.

- 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
- Using dehydrated foods under Expedition conditions
- Cooking substantial meals under camp conditions

Country, Highway and Water Sports Codes

- Understanding the spirit and content of the 'Country 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 venture
- If undertaking a water venture, 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 a purpose
- Researching relevant information

Team Building

Team building should permeate all Expedition training and can be enhanced through team building exercises and regular reviews so that when the group sets out on the qualifying venture, 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

- Training to Pony Club 'C' standard, Riding Club Grade 2 or British Horse Society Progressive Test 10
- A knowledge of tethering
- Competent in ensuring the well-being of the horse for the duration of the venture
- Be able to recognise dangerous going and the action to be taken in the event of an accident to horse or rider

Water Ventures

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 capsize 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 ventures 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 to:

- Satisfy the Assessor as to their competence
- Demonstrate that their equipment is waterproofed
- Satisfy the Assessor that their kayak or canoe, equipment and clothing are suitable for the venture

Open canoeists must be trained to at least the standard of the BCU 2 Star Test.

Kayakists must be trained to the standard of the BCU Closed cockpit Kayak 2 Star Test or BCU Placid Water 2 Star Test.

Rowing

All participants must undergo training based on the syllabus for 'Boatwork' in the *Expedition Guide* or the training schemes of the Sea Cadets, Scouts or Guides.

Sailing

All participants must attain proficiency to the standard of the RYA National Dinghy or keelboat Certificate Level 3.



Expedition Equipment Checklist

All participants should make their own checklists of equipment when they start to prepare for their first practice journey. The list below can be used as a guide with items being added or deleted according to personal needs and experience. All individuals must always carry the personal emergency equipment listed below. Reference should be made to the relevant chapters in the Duke of Edinburgh's Award *Expedition Guide*.

PERSONAL EMERGENCY EQUIPMENT

(to be carried by each individual)

- Map(s)
- Compass (optional)
- Watch
- Torch and Spare Bulb and Battery
- First aid kit
- Whistle
- Coins/card for telephone
- Notebook and pen/pencil
- Spare jumper/sweater
- Waterproof jacket/coat
- Water bottle
- Expedition Safety card from *Entrance Pack* (optional)
- Extra warm clothing including head gear and gloves (optional)
- Waterproof trousers (if appropriate)
- Bivvy bag/large poly bag
- Emergency food rations (optional)
- Matches (optional)

PERSONAL CAMPING EQUIPMENT

- Large rucksack
(Approximately 55-65 litre Capacity)
- Strong, large plastic bags
(to line your rucksack)
- Sleeping bag
- Sleeping bag inner (optional)
- Sleeping mat
- Small sum of money (optional)
- Knife, fork, spoon
- Pocket knife (small)
- Plate/bowl
- Mug
- Soap and towel (small)
- Tooth brush and tooth paste
- Toilet paper
- Camera and film (optional)

PERSONAL CLOTHING

- Boots (broken in)
- Socks
- Shirts
- Sweater
- Trousers (NOT jeans)
- Underwear
- Trainers (optional)
- Sun hat and sun cream (if appropriate)
- Gaiters (optional)

GROUP EQUIPMENT

(to carry between the team)

- Tents
- Stoves (and fuel)
- Matches (sealed in a dry container)
- Cooking pots
- Soap pads or sponge with abrasive pad
- Washing-up liquid
- Tea towels
- Water container
- Food (small and lightweight)
- Trowel
- Route card(s)
- Map cases
- Pack of cards (optional)
- Plastic bags (for rubbish etc.)

For equipment specific to the mode travel see the relevant chapter in the DEA *Expedition Guide*.

