



BRONZE AWARD



Qualifying Expedition Information Booklet

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Introduction

This booklet is to help you plan and prepare thoroughly for your qualifying expedition that you will be taking part in for the Bronze section of the Duke of Edinburgh's Award. Although this booklet does not include all the information you will need (hence the need for preparation sessions within school) it should act as a summary of many aspects of your training.

You should also refer back to **the information in your DofE OneNote** which you were issued with before your training expedition. It contains important information and advice on equipment and camp craft which will be useful in preparing for your assessment expedition.

Good luck.

Qualifying expeditions - requirements for success

It is important to realise that candidates who become involved in qualifying expeditions must plan, prepare and carry out the expedition with minimal help from staff. Candidates will therefore be put in the position of making crucial and important decisions in a remote outdoor environment without the help of staff. You will be assessed on how well you perform, and you will have to satisfy the following conditions if you are to pass the assessment:

1. Play a full part in the planning of an expedition route and the preparation of a route card that describes the route.
2. Be properly equipped and carry all the necessary and relevant equipment required for the safe participation in a two-day walking expedition in a mountain environment. Candidates should refer to the equipment list on page 4 for guidance.
3. Have a sufficient level of physical fitness to complete the planned route with your group in a safe and reasonable length of time.
4. Follow the planned route when on expedition. Short cuts or unplanned diversions must not be taken unless in an emergency or with prior permission from staff.
5. Be able to work as part of a team, offering support to other group members. Your group should walk together at all times; consideration must be shown to slower or less fit individuals who must not be left behind.
6. To show consideration for the environment and in particular to leave your campsite clean and litter free.

You should not put yourself forward for qualifying expedition unless you feel that you can meet all of the above requirements.

Dollar Academy DofE Expedition

Bronze Equipment List

The equipment list below is compulsory - please make sure you have everything on this list.

Clothing

- ☐ Boots with ankle support and ideally waterproof- walking trainers are not allowed.
- ☐ Socks including one spare.
- ☐ Thermal base layers - not cotton.
- ☐ Trousers including a spare pair. Tracksuit bottoms or walking trousers (no jeans).
- ☐ Warm layer including one spare. Fleece tops are ideal (no cotton hoodies or sweatshirts)
- ☐ Warm hat to cover ears.
- ☐ Warm gloves.
- ☐ Waterproof jacket with hood and taped seams (Canterbury tops are not waterproof and waterproof golf jackets are not usually suitable).
- ☐ Waterproof trousers with taped seams (Canterbury bottoms are not waterproof).

Personal and Emergency Equipment

- ☐ Map (will be provided but must be brought on expedition).
- ☐ Compass.
- ☐ Waterproof cover (a poly-pocket will suffice if taped up).
- ☐ Torch (with spare batteries).
- ☐ Emergency food rations (usually spare chocolate/cereal bars).
- ☐ Personal medication - medication stated on permission forms must be brought.
- ☐ Suncream.

Personal Camping Equipment

- ☐ Rucksack - approximately 60 litres in size.
- ☐ Waterproof liners for inside your rucksack. These can be strong bin bags or similar.
- ☐ Sleeping bag - this must be in a waterproof bag. Stuff sacks that sleeping bags come in are not waterproof.
- ☐ Sleeping mat.
- ☐ Water bottle - must be able to carry at least 1 litre of water.
- ☐ Litter bags - take a few small ones rather than one big bin bag. A small roll of medium/large food bags usually work well.
- ☐ Food - Lunch, dinner and breakfast. Consider sharing food with your tent group, particularly for anything that is being cooked.
- ☐ Snacks.

Group Equipment

- ☐ Bivvy bag (large orange polythene bag for emergency survival)*
- ☐ Tent*
- ☐ Trangia gas stove and gas*
- ☐ First Aid Kit*
- ☐ Trowel*
- ☐ Matches (in a waterproof container)

Items underlined can be collected from the school equipment store.

Boarding pupils (only) are also allowed to hire waterproofs, rucksack and a sleeping mat as required.

Route planning and route cards

Before going on expedition your group will have to plan its route and then put the details of the route into a route card; this is a very important part of your expedition preparation and takes place until 6pm.



A route card has to be completed for each day of the expedition.

Everyone in the group should be involved in helping to complete the route card – to pass the assessment you must know your group's route thoroughly and be able to describe where it goes on the map – the best way to ensure this is to make sure that you get involved in the route planning process with your group.

Your staff supervisor and your assessor will have to be provided with a copy of your completed route card.

Your staff supervisor will provide you with details of your route in the Ochils and will show you how to complete a route card. An example of a route card is shown on the next page.

Distance – we use a walking speed of **3km per hour**. That's 20 minutes for each km on your route card. It is fine to round the time you get to the nearest five minutes.

Height climbed – for every contour line *climbed* (that's **10m height gained**), add one **minute**. Do not add anything for going downhill, sometimes you might be quicker, sometimes you might be slower if the terrain is difficult.

Extra time – be sensible in adding times to stop, eat food, check the map, put on waterproofs when it rains, take them off a moment later when it stops, tie shoelaces, re-tie shoelaces, etc. For Bronze, your route-card must show at least 6 hours of journeying per day.

Your eDofE account has an excellent mapping feature which can produce route cards too. There is an advice video here: <https://youtu.be/ZlQwm5fdVe4>

DUKE OF EDINBURGH'S AWARD							DOLLAR ACADEMY		DAY	DATE	START TIME	
SCOTLAND							Dollar FK14 7DU					
ROUTE CARD							01259 742511		Saturday	02/09/2017	10:00	
Place with Grid Reference			Direction of Bearing as Required	Distance in km	Time estimated	Height climbed metres	Extra Time Estimated	Time for Stops, Meals, etc	Time per Leg	Time at End of Leg	ROUTE INFORMATION	Escape in Emergency to:
START Blackford												
GR (896085)												
TO glendevon reservoir												
GR (902049)			S	4.50	1:30	240	0:24:00	0:40	2:34	12:34		
TO back hills farm												
GR (913035)			SE	3.00	1:00	20	0:02:00	0:50	1:52	14:26		Backhills Farm
TO grodwell burn junction												
GR (916028)			S	1.00	0:20	0	0:00:00	0:30	0:50	15:16		Backhills Farm
TO Broich burn												
GR (917026)			S	0.40	0:08	0	0:00:00	0:45	0:53	16:09		Backhills Farm
TO												
GR					0:00	0	0:00:00	0:00	0:00	16:09		
TO												
GR					0:00	0	0:00:00	0:00	0:00	16:09		
TOTALS FOR DAY				8.90	2:58:00	260.00	0:26:00	2:45:00	6:09:00			
Supervisor's Name, Location, Phone ... will be filled in here												
Group Members		Joe Bloggs	Fraser Smith	Maggie McTurk								
Phillip Flop		Natasha Ninja	Linda McShoogie	Jimmy Jingles								
NOTES 1 Use one Route Card for each day 2 See attached for Foul Weather Deviation plans 3 Plan to stop for rests and meals, probably at end of legs. Estimate times for these, exploring, etc and include in route card. 4 Escape Route - insert only those places to which an escape may be attempted from a hazard or emergency.												

Dealing with emergencies

On an assessment expedition your group will have to deal with any difficulties or emergencies without the assistance of staff.

In the event of a serious accident or illness:

1. Look after the casualty (see separate first Aid notes):

Ensure that the casualty is kept warm and in shelter. If at all possible, you should put up a tent. The casualty should be put in a sleeping bag inside the tent, possibly with someone else to share body heat.

If a tent cannot be put up use any available shelter e.g., rocks or natural hollows. The casualty should be put in a sleeping bag inside a survival bag (plastic orange bivi bag), together with another member of the party.

An unconscious casualty should be placed in the recovery position. Your staff instructor will show you how to do this.

Remember that giving the casualty anything to eat or drink may delay medical treatment once they reach hospital.

2. Look after the rest of the party:

It is vital that the wellbeing of the rest of the party is not overlooked. They should get into shelter (ideally tents) and prepare hot drinks. Look after each other!

3. Get help:

If mobile phone reception is available, then you can phone your staff supervisor for advice.

In a **medical emergency** phone 999 and ask for the police who will organise a mountain rescue. Be ready to provide the police with the necessary information (see below), then contact your staff supervisor to inform him/her of what has happened. **Do NOT phone your parents; doing this can cause unnecessary worry to your family.**

If mobile phone reception is not available (a common situation in remote areas) then a minimum of 2 people should set out to obtain help by going to the nearest telephone landline. They should be fit and competent navigators. They should discuss their intended

route with the rest of the group. On reaching mobile phone reception or the nearest telephone landline they should phone the staff supervisor or police if it is a medical emergency.

4. Information required by the police/organiser:

It is best to write these details down before leaving the group to get help.

- Name of the casualty
- Description of the suspected injury or illness
- Location of the casualty – six-figure grid reference and verbal description
- Is the party in a tent(s)? If so what colour?
- Size of rest of party and names of individuals

The main thing to remember in an emergency is to try to remain calm and to use common sense. Whether it is a medical emergency or another incident perhaps involving the weather or equipment, you have the basic survival skills and equipment required to deal with the situation.

First Aid for dealing with medical emergencies

Do not try advanced or complicated First Aid on a casualty. Keep it simple and follow a few basic rules as outlined below.

Unconsciousness

- Assess the casualty first. Look for signs of consciousness.
- Assess the condition of the casualty. Is he/she breathing?
- Check the airway and if required tilt the head back and give two breaths
- Check for circulation. Has he/she got a pulse?

Only if there are no signs of the above should CPR be given. Remember 15 chest compressions to 2 breaths. If completed successfully put casualty into the recovery position.

Treatment of Bleeding

- Apply pressure to the wound.

- Raise and support the injured part and if possible, keep the wound above heart level. This may involve sitting or lying the casualty down.
- Bandage the wound

Treatment of Shock

There are some classic signs that a person may be in shock. These characteristics may change.

- rapid pulse
- grey-blue skin
- sweaty feeling
- cold
- clammy skin

The following should be done:

- Lay the casualty down.
- Loosen any tight clothing.

Blisters – the most likely medical problem to occur on a D of E expedition

- Hotspots are an early sign that blisters are forming so stop and cover with an adhesive dressing
- Use 'Compeed' or any suitable adhesive dressing to protect the affected area from further abrasion
- Adjust boots, lacing and socks to suit
- If full blister forms, then burst it with a sterile needle to drain then fluid but always keep it clean

Burns

- Bathe in cold water for at least ten minutes or if possible, immerse injured part in a stream
- Cover with a sterile dressing
- Simple painkillers such as aspirin or paracetamol may be taken if patient consents.
- In the event of a serious burn then external medical help should be sought.

Treatment of suspected broken bones or damaged joints

- The injured bone or joint should be steadied and supported.
- The injury should be protected with padding (soft items of clothing e.g., a fleece would do).
- Seek external medical help.

DO NOT ATTEMPT TO BANDAGE IF ASSISTANCE IS COMING SOON.

DO NOT ATTEMPT TO MOVE THE INJURED LIMB UNNECESSARILY.

DO NOT ALLOW CASUALTY TO EAT OR DRINK ANYTHING.

Hypothermia

When the vital organs i.e., brain, lungs, heart etc. are cooled as a result of exposure.

Causes include windchill, wet weather or low temperatures. Insufficient or inadequate clothing, exhaustion, lack of training and conditioning and illness or injury can all lead to the onset of hypothermia.

Recognition:

- body feels cold
- unreasonable, unexpected behaviour
- physical & mental lethargy
- slurring of speech
- violent outbursts of energy
- lack of muscular co-ordination.

Action

- seek shelter
- put dry clothing on
- sleeping bag and bivi bag
- hot drink and food
- huddle around and give support (never just carry on)!!!