

D of E Bronze & Silver Timetable 2nd Meeting



You should now have logged into eDofE and started your selected section activities, set a start date for each one and had a DofE leader validate your selections.

As you complete each section activity you must update your eDofE account with your evidence so a DofE leader can logon and validate each section.

If you have any questions during this phase please ask your explorer leader or contact the DofE leaders via the eDofE portal

Expedition Section

For this section you will work in teams of 4 -7 members and need to be competent in the skills listed in the Training framework. If you feel you need training in any of the skills listed please speak to your Explorer Leaders.

A personal kit list has been provided and you are expected to carry this equipment.

Other equipment required like maps, compass, map cases, tents and stoves will hopefully be loaned from your groups or the DofE team. You will be sharing and carrying things like tents and stoves within your teams on the expedition so no need for everyone to have one.

26/4/19 – 27/4/19 Bronze training session Silverdale campsite 6pm – 4pm

This is designed for Bronze members only and the session will concentrate on the following areas.

Choosing a pitch and tent pitching plus camp set up.

Packing a rucksack

Navigation & route planning

Emergency procedures & first aid

Preparing and cooking a main meal and breakfast

De camp and tent & personal gear packing

You will be cooking your own food so you will need to bring the following meals:

Friday Evening: Something to cook on an open fire (Sausage, baked potato, marshmallows).

We will provide: Hot chocolate and biscuits for Friday evening

Saturday Breakfast: Bring your own to heat / cook on a Trangia (Trangias and fuel supplied)

Saturday main meal, we will provide all the ingredients all you have to do is cook it!!

The cost for the training event will be £10 which covers the campsite fees, equipment and supplied food.

4 /5/19 – 5/5/19 - Bronze and Silver practice expeditions

The practice is on the May bank holiday weekend, Saturday 4th to Sunday 5th May 2019. You will use public transport to get to a start location and be expected to supply all your own food.

The cost for this event will be £10 which covers the campsite fees and equipment, **BUT DOES NOT** include the public transport cost which must be paid at time of use.

25/5/19 – 27/5/19 Bronze and Silver expeditions

The Bronze expedition is one night on the spring bank holiday weekend Saturday 25th to Sunday 26th May.

The Silver will be two nights Saturday 25th to Monday 27th.

More details to follow.

Kit list required for Expeditions

Waterproof Jacket with a hood & Waterproof over trousers (Waterproof not showerproof)
Base Layer clothing, thermal/wicking underwear type is best. (Cotton T shirts are the worst.)
Upper clothing, thin polyester fleece is best. (Cotton sweatshirts or hoodies are no good.)
Spare sweater /thermal like a Polyester fleece or a thin insulated top. (Cotton sweatshirts are not as good.)
Leg wear, outdoor hiking type pants are the best. (No Jeans or cotton pants.)
Boots & 2 x spare Socks
Head torch & spare batteries
Water Bottle/ Camel pack (water carrier)
Rucksack
Sleeping bag & Sleeping mat
Penknife/ spoon/ mug / bowl /plate.
Wash kit, Towel & some spare toilet paper

Other items to consider

Gaiters
Cap/ Woolly hat/ Gloves/ Scarf
Lighter/matches
Sunglasses
Medication i.e. Sun cream/lip balm/hay fever/ paracetamol/Insect repellent
Watch
Sponge/washing up liquid
Small spare torch
Flip Flops or light shoes

You will also need to organise and carry within your groups the following

Food / Menu
Tents
Stoves / gas
Maps / map case / compasses
First Aid kit

Expedition Training Framework – Bronze



Before starting their qualifying expedition, participants must understand and demonstrate the following:

1. First aid and emergency procedures

Knowing what to do in the case of an accident or emergency.

Summoning help, e.g. what people need to know, telephoning for help, written message.

Resuscitation; checking the airway, breathing and circulation.

The treatment of blisters, cuts, abrasions, minor burns, scalds, headaches, insect bites, sunburn, and splinters.

The recognition of more serious conditions such as sprains, strains, dislocations, and broken limbs.

Recognition and treatment of hypothermia and heatstroke.

The treatment of wounds and bleeding.

Treatment for shock.

Getting help, self-help and waiting for help to arrive, keeping safe and warm, helping people to find you.

2. An awareness of risk and health and safety issues

Appropriate expedition fitness for their planned expedition.

How to identify and avoid hazards.

The importance of keeping together and telling people where you are going.

Weather forecasts – knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, and looking for signs which indicate changes in the weather.

3. Navigation and route planning

The 1:25 000 scale Explorer maps should be used for expeditions on foot. They show the field boundaries, making it easier to locate precisely the footpaths, tracks and lanes used for travel in this type of country.

3a. Preparatory map skills

The use of 1:25 000 Explorer 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.

3b. Practical map skills

How to set the map.

Locating their position from the map.

How to determine 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.

How to plan a route and prepare a simple route card.

Following a planned route.

3c. Compass skills

How to 'look after' their compass.

Direction from the compass in terms of the cardinal and the four intercardinal points.

Setting the map by the compass.

Finding a direction.

4. Campcraft, equipment and hygiene

How to choose suitable clothing, footwear and emergency equipment and know how to use it.

Choosing and caring for camping gear.

Packing a rucksack (or, for waterborne expeditions, a suitable waterproof container), waterproofing the contents and always keeping the weight down to a minimum (about a quarter of the body weight when walking).

Rucksack safe lifting technique.

Choosing a campsite, arrangements for water, cooking and sanitation, refuse disposal, and fire precautions.

Pitching and striking tents.

5. Food and cooking

Cooking and the use of stoves.

Safety procedures and precautions which must be observed when using stoves and handling fuels.

That they can follow the stove safety instructions.

Cooking substantial meals as a team under camp conditions

6. Countryside, Highway and Water Sports Safety Codes

The spirit and content of the Countryside Code.

The avoidance of noise and disturbance to rural communities.

Thorough knowledge 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-based expedition, a thorough knowledge of the Water Sports Safety Code.

7. Observation recording and presentations

How to choose an expedition aim.

Observation skills and different methods of recording information.

Skills relevant to the method of presentation.

Researching relevant information.