



BRONZE

Duke of Edinburgh's Award



Expedition assessment

Information Booklet 2

Name:

Form Class:

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Introduction

This booklet is to help you plan and prepare thoroughly for your assessment 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 **information booklet 1** 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.

Assessment expeditions -requirements for success

It is important to realise that candidates who become involved in assessment 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:

- Play a full part in the planning of an expedition route and the preparation of a route card that describes the route.
- 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.
- Have a sufficient level of physical fitness to complete the planned route with your group in a safe and reasonable length of time.
- 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.
- 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.
- To show consideration for the environment and in particular to leave your campsite clean and litter free.

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

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Expedition Equipment List

Clothing

Boots **with ankle support**

Trainers / sandals (optional)

Socks

Underwear (a thermal, sweat wicking vest is recommended)

Trousers (tracksuit bottoms or light walking trousers are fine but no jeans)

Thin fleece or warm shirt/top

Warm jumper or fibre pile / polar fleece jacket

Warm headwear (often forgotten but important)

Mitts or gloves **50p**

Waterproof overjacket **50p**

Waterproof overtrousers **50p**

Those items underlined can be collected from the school equipment store. If a hire fee is required it is listed in **bold**.

Personal and Emergency Equipment

Map

Watch

Torch (with spare bulb and batteries)

Emergency food rations

Spare clothing (spare socks, underwear, trousers and fleece/)

Coins for phone (just in case you have to use a landline).

Personal medication

Personal Camping Equipment

Rucksack **£1.00**

Sleeping bag (inner sheet lining optional)

Sleeping mat **50p**

Toiletries (soap, towel, toothbrush, toilet paper)

Mug and plate

Knife, fork and spoon

Water bottle

Group Equipment

Whistle

Compass 1 per tent group

Bivvy bag (large poly bag) 1 per tent group

Tent **£1.00 per tent group member**

Trangia meths stove (gas stoves are not permitted on school expeditions) **50p per tent group member**

Fuel (meths) **50p per tent group member**

Cleaning materials (scouring pad, detergent)

Matches (in a waterproof container)

Tin opener (if required)

First Aid kit

Trowel

A **£20.00** cash deposit is also payable when any equipment is collected or hired from the school store. This deposit is returned when the equipment is handed back **in good order** and **on time**. Fines will be imposed for the late return of equipment or for the return of dirty stoves or wet tents.

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.



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

Everyone in the group should be involved in helping to complete the route card - remember that 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 partially completed route card is shown on the next page.



Dollar Academy EXPEDITION ROUTE CARD

Day of the week:		Date:	Day of venture:		Names of group members:				Supervisor`s name	
<i>Saturday</i>		<i>19th Sept</i>	<i>(1st, 2nd etc.) day 1</i>		<i>Fraser Smith</i>		<i>Maggie Mcturk</i>		<i>Joe Bloggs</i>	
					<i>Natasha Ninja</i>		<i>Phillip Flop</i>		<i>Jimmy Jingles</i>	
									<i>Linda McShoogle</i>	
Leg	PLACE WITH GRID REF	General direction or bearing	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for exploring, rests or meals	Total time for leg	Estimated time of arrival	Setting out time: 9.30 am	E mail
a	START <i>Blackford GR 896086</i>								Brief details of route to be followed.	Escape/Notes
									j	k
1	<i>TO Upper Glendevon Reservoir GR 903050</i>	<i>South</i>	<i>4</i>	<i>210</i>	<i>101 minutes</i>	<i>30 minutes</i>	<i>131 minutes</i>	<i>11.31 am</i>	<i>Follow footpath to Glen Bee at north end of reservoir</i>	<i>Return to Blackford</i>
2	<i>TO</i>									
3	<i>TO</i>									
4	<i>TO</i>									
5	<i>TO</i>									
Totals:										

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 bivvi 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. **At this stage it is not helpful to 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 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. Once 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 bivvy bag
- hot drink and food
- huddle around and give support (never carry on)!!!

Emergency Contact Information Sheet

The following information should be provided to the emergency services in the event of a request for assistance:

Name of casualty: _____

Suspected injury: _____

Description of the injury: _____

Time of the incident: _____

Location of the casualty (6 figure grid reference) _____

Prominent landmarks in the surrounding area eg. bridge, track, burn: _____

Is the party in a tent? If yes, what colour?: _____

Names of other members of the party remaining with the casualty:

Diary page

You can use this page to remind you of important details of your assessment expedition.

Dates:

Meeting time on Sat morning (beside the Bronze doors) for kit check:

Other people in my group:

Tent partner(s):

Date and time for collecting equipment from school stores

Items to buy:

Food to buy:

Date and time for returning equipment to school stores: