



# The 20 Conditions for the Expedition section and advice for supporting participants who have additional needs

DofE qualifying expedition conditions		Guidance on applying the 20 Conditions for participants with additional needs
Planning the expedition	<b>1</b> The team must plan and organise the expedition; all members of the team should be able to describe the role they have played in planning.	For participants with additional needs they may need prompts or support from staff or a buddy to plan and organise the expedition.
	<b>2</b> The expedition must have an aim. The aim can be set by the Leader at Bronze level only.	The aim creates an opportunity for young people to take ownership of the expedition, shaping its purpose to their personal interests and strengths.
	<b>3</b> All participants must be within the qualifying age of the programme level and at the same Award level (i.e. not have completed the same or higher level of expedition).	
	<b>4</b> There must be between four and seven participants in a team (eight for modes of travel which have tandem).	
	<b>5</b> The expedition should take place in the recommended environment.  <div style="display: flex; justify-content: space-between; border: 1px solid black; padding: 5px;"> <div style="border: 1px solid red; padding: 2px;"><b>Bronze:</b> Expeditions should be in normal rural countryside – familiar and local to groups.</div> <div style="border: 1px solid grey; padding: 2px;"><b>Silver:</b> Expeditions should be in normal rural, open countryside or forest – unfamiliar to groups.</div> <div style="border: 1px solid orange; padding: 2px;"><b>Gold:</b> Expeditions should be in wild country (remote from habitation) which is unfamiliar to groups.</div> </div>	Environments at all levels have numerous tracks, bridleways, towpaths and disused railway lines that can be used, many are gradient free. At Gold level, all participants should aim for their expedition to take place in wild country. If this is not possible then open country is acceptable, agree this in advance with the Licensed Organisation and DofE Region/Country Office.
	<b>6</b> Accommodation must be by camping or other simple self-catering accommodation (e.g. camping barns or bunkhouses).	<ul style="list-style-type: none"> <li>- It is possible for DofE participants with additional needs who need help with personal care including using hoist-assisted toilets, and support with all daily routines to successfully compete their expedition.</li> <li>- Participants going on an expedition who require personal care such as washing, bathing, toileting, dressing or undressing will need to have arrangements in place for their care. DofE centres should consider arrangements will in advance to release staff to assist with these tasks if needed, especially during overnight stays. Safe sleeping arrangements for certain medical conditions, suitable beds, and suitable toilets may present particular challenges.</li> </ul>
	<b>7</b> The expedition must be of the correct duration and meet the minimum hours of planned activity.  <div style="display: flex; justify-content: space-between; border: 1px solid black; padding: 5px;"> <div style="border: 1px solid red; padding: 2px;"><b>Bronze:</b> A minimum of 2 days, 1 night; 6 hours planned activity each day.</div> <div style="border: 1px solid grey; padding: 2px;"><b>Silver:</b> A minimum of 3 days, 2 nights; 7 hours planned activity each day.</div> <div style="border: 1px solid orange; padding: 2px;"><b>Gold:</b> A minimum of 4 days, 3 nights; 8 hours planned activity each day.</div> </div>	At least half of the planned activity each day should be spent journeying, but this does include rest breaks, and could form an exploration of an area rather than a traditional 'hike'.
	<b>8</b> All expeditions must be supervised by an adult (the Expedition Supervisor) who is able to accept responsibility for the safety of the team.	Teams are not usually accompanied by adults but they must always be supervised by an appropriately experienced individual.
	<b>9</b> Assessment must be by an accredited Assessor. At Bronze level only, the Assessor may also be the Expedition Supervisor.	The Assessor must be notified if the team includes participants who have additional needs and must be aware of any approved variations before the expedition takes place.
	<b>10</b> Expeditions will usually take place between the end of March and the end of October. They may take place outside this period. If so, non-camping accommodation options should be considered.	Plan the expedition for a time of year which will best suit the team and give them the best chance of success and enjoyment. This can be particularly important for participants with medical conditions which can be exacerbated by the weather.

<b>Training and practice</b>	<b>11</b>	Participants must be adequately trained to safely undertake a remotely supervised expedition in the environment in which they will be operating.  <div style="display: flex; justify-content: space-between; border: 1px solid black; padding: 5px;"> <div style="border: 1px solid red; padding: 2px;"><b>Bronze:</b> Teams must complete the required training.</div> <div style="border: 1px solid gray; padding: 2px;"><b>Silver:</b> Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.</div> <div style="border: 1px solid orange; padding: 2px;"><b>Gold:</b> Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights</div> </div>	Some participants will need to undertake their practice and qualifying journeys in the same area to allow them to gain familiarity with the location and to feel more comfortable.  If the same area is to be used, this must be discussed with the DofE Manager and DofE Assessor in advance.  Multiple training events or practice expeditions may be needed to help some teams take control of their qualifying expedition, so plan in time for this at the start of the section.
	<b>During the expedition</b>	<b>12</b>	All expeditions must be by the participants' own physical effort, without motorised or outside assistance. Mobility aids may be used where appropriate to the needs of the participant.
<b>13</b>		All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.	<ul style="list-style-type: none"> <li>- Participants with additional needs that limit their ability to carry a heavy load may have their equipment pre-positioned, but they must still carry their personal emergency equipment. There is no need to fill in a variation form, but will need to confirm with their DofE Manager and DofE Assessor in advance.</li> <li>- Increased adult supervision when needed is permissible, for example a 'buddy' with the group at all times or shadowing the group from a distance.</li> <li>- There are a range of resources available on DofE.org to support Leaders and participants in planning their expedition e.g. photo maps and route cards. For further information ask your Operations Officer.</li> <li>- Videos and photos can be used to support practice walks e.g. taking photos along the route during a training walk and then using as a guide to follow a route.</li> <li>- Learning the area of the route by using similar routes over the course of several weeks or even months of expedition training.</li> </ul>
<b>14</b>		Teams must possess the necessary physical fitness, first aid and expedition skills required to complete their expedition safely.	This should be appropriate to the needs of the participants, the nature of their expedition and the level of adult support required.
<b>15</b>		Groups must adhere to a mobile phone use policy as agreed with their Expedition Supervisor and Assessor. This agreement should also include use of other electronic equipment.	This policy will be based on the particular needs of the group or individuals, and relative to the expedition they are planning.
<b>16</b>		Participants must behave responsibly with respect for their team members, Leaders, the public and animals.	
	<b>17</b>	Groups must understand and adhere to the Countryside /Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).	

<b>During the expedition</b>	<b>18</b>	Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal on each day. This is optional on the final day.	<ul style="list-style-type: none"> <li>- All participants will be encouraged to take part in meal preparation to the best of their ability. However, we acknowledge some participants may require specialised feeding regimes.</li> <li>- Participants with additional needs may need longer to build these skills and will be assessed by their leader for competency.</li> <li>- Team members or adults may be able to assist a young person with additional needs to take part where it has been assessed support is required.</li> <li>- Groups may use an appropriate camp stove which is more stable and adapted to users with additional needs.</li> <li>- Participants with additional needs may require competent adult supervision when cooking using camping stoves or similar equipment.</li> <li>- Any variations to this condition must follow the usual variation application process.</li> </ul>
	<b>19</b>	Participants must actively participate in a debrief with their Assessor at the end of the expedition.	The nature of the expedition debrief must be appropriate for the group, and relative to the expedition they have completed.
<b>Post expedition</b>	<b>20</b>	At Silver and Gold level, a presentation must be prepared and delivered after the expedition.	Give early attention to the aim and preparation of the presentation. There is a rich variety of presentation styles and techniques, ranging from poetry to film, painting to dance, written to oral, which are available to participants thus enabling them all to give an interesting and creative account of their expedition.

## 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.
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- **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 Licensed Organisation DofE Manager (for Bronze and Silver), DofE Regional/Country Office (for Gold). A copy of applications sent to DofE Offices must also go the participant's Licensed Organisation. Approved variations should then be attached to the appropriate expedition notification form when submitted to the expedition team.

More detailed information and timescales can be found in *The Handbook for DofE Leaders* or at [DofE.org/expedition](http://DofE.org/expedition).

- In exceptional circumstance, 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.