

# Expedition Training Framework – Bronze

## How to deliver expedition training

Training sessions are best taught outdoors, although some aspects can be taught indoors during cold weather, over the winter. Outdoor training sessions, days and overnight camping are used to gauge and refine a team's competence and strengths whilst also identifying areas for improvement. They are great for team building and allowing teams to experience a more prolonged outdoor expedition experience.

The training plan for a DofE team should be a progressive process with skills being acquired on training sessions and then practised in the outdoor environment until participants are capable of carrying out the skills without support or adult intervention.

DofE Training Resources can be found [on our website](#).

## Who can deliver training?

Expedition training, at all levels, must be delivered by a competent adult as defined by the Licensed Organisation's or Approved Activity Provider's offsite visits (or equivalent) and safeguarding policies and approved by the DofE Manager.

We would recommend Leaders to attend a DofE Expedition Skills course or have a relevant National Governing Body qualification.

## Verifying competence

The DofE Leader must mark the training as complete on eDofE, once the Expedition Supervisor is satisfied the participants have evidenced the required competence. It is important to note that the Licensed Organisation or Approved Activity Provider is responsible for ensuring all participants are adequately trained and safe to complete a remotely supervised qualifying expedition.

# The Training Framework

## 1. First aid and emergency procedures

Training is based on the current edition of the Authorised Manual of St John Ambulance, St. Andrew's Ambulance Association or The British Red Cross.

Before starting their qualifying expedition, participants must understand and demonstrate:	Suggested delivery methods
Knowing what to do in the case of an accident or emergency.	Role play, including practising first aid scenarios in an outdoor environment.
Summoning help, e.g. what people need to know, telephoning for help, written message.	Using online resources to support sessions (e.g. <a href="https://www.sja.org.uk/get-advice/a-z-of-first-aid-teaching-courses/the-duke-of-edinburgh-first-aid-teaching-resources/">https://www.sja.org.uk/get-advice/a-z-of-first-aid-teaching-courses/the-duke-of-edinburgh-first-aid-teaching-resources/</a> ).
Resuscitation; checking the airway, breathing and circulation.	

The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, and splinters.	Putting together their first aid kits as a team.  <b>Please note: the LO or AAP is responsible for approving adults to deliver first aid training. However, the DofE would recommend training be delivered by an individual with a current first aid qualification that covers the elements within this framework.</b>
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, and helping people to find you.	

## 2. An awareness of risk and health and safety issues

<b>Before starting their qualifying expedition, participants must understand and demonstrate:</b>	<b>Suggested delivery methods</b>
Appropriate expedition fitness for their planned expedition.	Plan a fitness programme which will peak just before the expedition. It should start two or three months before this. Participants could use the <a href="#">NHS fitness plan</a> .  Practise carrying a full rucksack and walking for a similar duration as required on one day of their qualifying expedition.  <a href="#">Met Office weather information</a>
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 – available for the whole of England, Scotland and Wales and parts of Northern Ireland – should be used for expeditions on foot as they make 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. Participants using other modes of transport may also need to be familiar with 1:50 000 scale Landranger maps.

### 3a. Preparatory map skills

<b>Before planning their qualifying expedition, participants must understand and demonstrate:</b>	<b>Suggested delivery methods</b>
The use of 1:25 000 Explorer or the relevant maps in Northern Ireland and abroad.	Participants planning and executing practice routes in their local environment.  <a href="#">OS resources</a>
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.	
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### 3b. Practical map skills

Before starting their qualifying expedition, participants must understand and demonstrate:	Suggested delivery methods
How to set the map.	As above (including preparing and using a <a href="#">Route Card</a> ).
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

The introduction of the compass at Bronze level should be at a basic level.

Before starting their qualifying expedition, participants must understand and demonstrate:	Suggested delivery methods
How to 'look after' their compass.	Using their compass on practice walks (in similar terrain to their qualifying expedition).
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

Before starting their qualifying expedition, participants must understand and demonstrate:	Suggested delivery methods
How to choose suitable clothing, footwear and emergency equipment and know how to use it.	Practise using their equipment either during training walks or an overnight camp.
Choosing and caring for camping gear.	Review afterwards what they would/wouldn't use next time.
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).	Completing an overnight camp with their expedition team.
Rucksack safe lifting technique.	Read the advice in the <a href="#">DofE's Expedition Kit Guide</a>
Choosing a campsite, arrangements for water, cooking and sanitation, refuse disposal, and fire precautions.	
Pitching and striking tents.	

## 5. Food and cooking

<b>Before starting their Qualifying Expedition, participants must understand and demonstrate:</b>	<b>Suggested delivery methods</b>
Cooking and the use of stoves.	Cooking a team meal using stoves as part of a training day walk or overnight camp.  <u><a href="#">Stove safety instructions</a></u>
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

<b>Before starting their qualifying expedition, participants must understand and demonstrate:</b>	<b>Suggested delivery methods</b>
The spirit and content of the Countryside Code.	Discuss rules around behaviour when on training walks (littering, interacting with local people/other walkers, livestock, leaving no trace, etc.).  Create a 'code of behaviour' as a team prior to the qualifying expedition.  Resources: <u><a href="#">the Countryside Code</a></u> and the DofE's <u><a href="#">Countryside Care posters</a></u>
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

<b>Before planning their qualifying expedition, participants must understand and demonstrate:</b>	<b>Suggested delivery methods</b>
How to choose an expedition aim.	
Observation skills and different methods of recording information.	
Skills relevant to the method of presentation.	
Researching relevant information.	

## 8. Team building

The Expedition section involves participants working together as a team to complete an expedition. Team-building exercises should permeate all expedition training so that when a group of participants set out on their qualifying expedition, they're able to work together as an effective and cohesive unit.

## 9. Proficiency in the mode of travel

### Cycling

- Training to the three levels of the National Standard for Cycle Training, or an equivalent level of competence, to gain the basic skills and cycle maintenance experience and training programmes appropriate to the environment which the participant is cycling in.
- Understanding the spirit and content of the responsible cycling and code of behaviour guidance and have a thorough knowledge of the Mountain Bike Code.
- Maintenance and repair of the bicycle.
- Loading a bicycle with equipment.

- Handling a loaded bicycle.
- The skills associated with off-road cycling as appropriate.

## **Horse riding**

The horse-riding expedition training syllabus is set out in the DofE Training Framework for horseback expeditions.

## **Expeditions on water**

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 expedition 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 capsizing 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 Licensed Organisation, for rowing expeditions 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/hyperthermia.
- Understand the Water Sports Safety Code.
- Be able to administer resuscitation on and in the water, as well as adjacent to it.
- 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 the requirements for paddle expeditions as set out in the DofE's *Expedition Guide*. All participants must undergo training based on the Training Framework – core paddling skills.

## **Rowing**

All participants must complete training based on the Training Framework for boat work. Licensed Organisations may direct their participants to undergo training based on the training schemes of the Sea Cadets, Scouts or Girlguiding UK.

## **Sailing – dinghies and open keelboats**

All participants must be adequately trained to the requirements of the Training Framework for sailing expeditions. Participants should follow their Licensed Organisation's guidance on any required level of RYA training or equivalent.

## **Sailing – yachts, multihulls and sail training vessels**

All participants must be adequately trained to the requirements of the Training Framework for sailing expeditions. Participants should follow their Licensed Organisation's guidance on any required level of RYA training. The DofE recommends that all participants doing sailing expeditions complete RYA Seamanship as a minimum. It is common for participants to complete Day Skipper when doing expeditions in coastal and open sea environments.