

Date	Topic
21 st Nov	Introduction to Silver DoE • give your permission forms the Mr Mac • confirm your sections • Start your evidence folders
5 th Dec	An awareness of risk and health and safety issues <ul style="list-style-type: none"> • Expedition fitness • Telling people where you are going • Identifying and avoiding hazards • Keeping together • Weather forecasts – knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions • looking for signs which will indicate changes in the weather
9 th Jan	First aid and emergency procedures: <ul style="list-style-type: none"> • Action in an emergency – resuscitation, airway, breathing and circulation • Recognition and treatment of hypothermia and heatstroke. • The treatment of wounds and bleeding • Treatment for shock • The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters • The recognition of more serious conditions such as sprains, strains, dislocations and broken limbs • Knowing what to do in the case of an accident or emergency • Summoning help - what people need to know, telephoning for help, written message • Getting help, self-help and waiting for help to arrive, keeping safe and warm, helping people to find you.
23 rd Jan	Navigation and route planning: <ul style="list-style-type: none"> • The nature of maps • The use of 1:25 000 Explorer, 1:50 000 Landranger 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.
6 th Feb	Compass skills: <ul style="list-style-type: none"> • The care of the compass • Direction from the compass in terms of the cardinal and the four intercardinal points • Measuring direction in degrees • Setting the map by the compass where magnetic variation may be ignored • Determining the direction of footpaths or direction of travel • Travelling on a bearing. Obtaining a grid bearing from the map, allowing for magnetic variation where appropriate • The influence of ferrous objects and electromagnetic fields • Magnetic variation and the relationship between True, Magnetic and Grid Norths.
27 th Feb	Practical map skills: <ul style="list-style-type: none"> • Setting the map • Locating position from the map • Determining 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 • Relating the map to the ground and estimating speed of travel and arrival times • Planning a route, preparing a simple route card • Following a planned route.

Saturday 1st March – Practice Walk in the Ashdown Forest

Also training on:

Observation recording and presentations

- Choosing an aim.
- Developing observation skills and different methods of recording information.

- Skills relevant to the method of presentation.
- Researching relevant information.

Campcraft, equipment and hygiene:

- Choosing suitable clothing, footwear and emergency equipment and knowing how to use it.
- Choosing and caring for camping gear.
- Packing a rucksack or for waterborne expeditions a suitable waterproof container, waterproofing the contents, always keeping the weight down to a minimum, and about a quarter of the body weight when walking.
- A rucksack safe lifting technique.
- Choosing a campsite, arrangements for water, cooking and sanitation, refuse disposal, fire precautions.
- Pitching and striking tents

Food and cooking

- Cooking and the use of stoves.
- Safety procedures and precautions which must be observed when using stoves and handling fuels.
- Follow the stove safety instructions.
- Cooking substantial meals under camp conditions.

Countryside, Highway and Water Sports Safety Codes

- Understanding the spirit and content of the Countryside Code.
- The avoidance of noise and disturbance to rural communities.
- A thorough knowledge of the content 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.

6 th March	Debrief from Practice Walk. Decide with the group when they will produce route cards and meal plans for the assessed expedition (needs to be completed by 1 st June)
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14th – 16th March: Practice Expedition

20 th March	Debrief from Practice. Route cards and meal plan for the assessed expedition.
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Monday 7 th July	Pack your bags before the assessed expedition
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9th – 11th July – Assessed Expedition