

Please be aware that unless otherwise notified within the brief, The first day of any practice expedition is seen as a Practice/training day at all levels. This means you will be walking with participants (up to 2 groups or 12 participants) on the first day. See below for specific training

Bronze

Map reading/walking with groups.:

- You should ensure each group is competent with their navigation to a level that will ensure they can follow a route.
- Be able to recognise where they are on the map.
- Know what to do in an emergency. (including have the resources to contact their instructors and understand when to do this).
- Understand the basic message of the country code.
- Understand how many kilometres per hour they are walking at.

At camp/campcraft:

- NO participant should light their stove until it has been checked, remember they may never have ignited a gas stove previously.
- Participants should also be supported in erecting their tent. Making sure they do this in the correct order. (Instructors should NOT do this for them).

Silver and Gold

Map reading/walking with groups.:

- You should ensure each group is competent with their navigation to a level that will ensure they can follow a route.
- Be able to recognise where they are on the map.
- Be able to take a bearing.
- Know their foot pacing's over 100 meters and understand clearly how to use this information for precise navigation.
- Understand how many kilometres per hour they are walking at.
- Know what to do in an emergency. (including have the resources to contact their instructors and understand when to do this). Throughout the day there should be 1-2 hours of conversation around first aid and emergency scenarios.
- Understand the basic message of the country code.

At camp/campcraft:

- NO participant should light their stove until it has been checked, remember they may never have ignited a gas stove previously.
- Participants should also be supported in erecting their tent. Making sure they do this in the correct order. (Instructors should NOT do this for them).