

Name: _____

OceanRock DofE Bronze Award Expedition Handbook

www.oceanrockadventure.co.uk

Dates to remember:

- Online Personal Equipment deadline: _____
- Training Expedition:
 - Date & Venue: _____
 - Team number _____ Group _____
 - Drop off time _____ Pick up time _____
 - Campsite: _____
- Qualifying Expedition:
 - Date & Venue: _____
 - Team Number _____ Group _____
 - Drop off time _____ Pick up time _____
 - Campsite: _____



Our Expedition Venues



Google Maps

Navigation Session

Map Symbols Quiz -

In each box, draw the correct symbol, which is used to represent the word on an ordnance survey map. (You will need an OS map to help you!)

Church	Wood
Main Road	Field Boundary
Motorway	Minor Road
Footpath/ Bridleway	Camp Site
Parking	Radio/ TV Mast
Information Centre	Buildings
Quarry	Rivers

Location

You can use grid references to pinpoint your location on the map. 6 figure grid references will give your location to within 100m

Tips:

Along the corridor (Easting) & then up the stairs (Northings)

We will try some examples using your map

Distance

Use the following information below to help you work out how far you can travel for a day's walking. Remember you will be carrying all of your equipment so your speed will be a bit slower than normal, this will be about **3km/hr!! (5-6km/hr paddling speed)**

Walking rate (horizontal)

3km/hr

Uphill rate in metres/hr

Average 600m/hr = 10m in 1 min

Descents: add 1 minute for 10m of steep descent

Scale

We use 2 types of map scales for expeditions. These are 1:50,000 and 1:25,000. But what does this mean?

1:25,000 scale means that:

1cm on the map = 250 metres on the ground or **4cm = 1km**

1:50,000 Scale means that:

1cm on the map = 500m on the ground or **2cm = 1km**

Food ideas for your expedition

Breakfast - Porridge,
Wayfarers breakfast,
Brioche, Croissants (pre-
buttered & jammed) Tea,
Hot Squash, Coffee or
Hot Chocolate

Lunch - Bread Rolls filled
with Cheese, Salami,
Nutella, Peanut
Butter/Jam! Pitta
breads, Sausage Rolls,
Cold Pizza, Oatcakes,
Naan breads, cereal bars

Snacks - Peanuts, Raisins,
Dried fruit, Cereal bars,
Chocolate.

Dinner - Wayfarers
meal, Naan Bread/Pitta
Bread/Salami/Hard
Cheese

Dessert - Fruit cake,
Chocolate, Flapjack, Hot
Chocolate.

Do not bring:

- Fizzy drinks
- Cans or Tins
- Pot Noodles
- Raw or perishable foods

Your Menu Planner	
Training Expedition	
Day 1	
Snacks	
Lunch	
Dinner	

Day 2	
Breakfast	
Lunch	
Snacks	

Qualifying Expedition	
Day 1	
Lunch	
Dinner	
Snacks	

Day 2	
Breakfast	
Lunch	
Snacks	

Personal kit

NB: Failure to bring the correct equipment may stop you going on expedition

To look after yourself	<ul style="list-style-type: none"> • Toothbrush + minimum toiletries • Sanitary/hygiene products inc: Baby wipes, toilet tissues, Nappy sacks & Hand Gel • Water bottle (2 Litres minimum)
To keep you warm	<p>Come to your expedition wearing:</p> <ul style="list-style-type: none"> • Thermal top e.g. football jersey Sweater- Fleece top best • Walking trousers/leggings/Tracksuit bottoms • NO Jeans/ NO Strappy tops/ NO short shorts • 1 x extra Fleece / Down Jacket / Puffa Jacket <p>Pack in your rucksack a duplicate of the items listed above</p> <ul style="list-style-type: none"> • You basically need: 1x CHANGE OF CLOTHES
To keep you dry	<ul style="list-style-type: none"> • Waterproof Jacket with hood (Compulsory) (Hire available) • Waterproof Trousers (Compulsory) (Hire available) • Hat + Gloves x 2 (Compulsory) • Rucksack - 60 litres approx (Hire available) • Rucksack liner - (Hire available) - not bin liner
Looking after your feet	<ul style="list-style-type: none"> • Walking Boots/ shoes (they must give adequate ankle support) • Compeed Blister patches (Compulsory) • Crocs/sliders to wear around camp (Flip Flops are not acceptable) • Walking socks - 1 x spare pairs (Thick socks or football socks)/ 1 x spare pairs of thin liner socks
At camp	<ul style="list-style-type: none"> • Torch with spare batteries • Spork, Mug (PLASTIC) • Matches (windproof/waterproof) & Lighter • Sleeping Bag (Hire available) • Sleeping mat or Thermarest inflatable mattress (Hire available)
To help with navigation	<ul style="list-style-type: none"> • Permanent Pen x 2 (choose a dark colour so you can see it) • Compass • Watch (Not a phone)

Group Equipment

Each team to organise this between members

- Small first Aid kit
- Mobile phone in sealed bag (1 per day per team.)
- Camera (Small)

OceanRock Group Equipment (To be given out at expedition start point)

- Tent (It is up to you to check you have poles and pegs)
- Trangia Stove(s)
- Maps 2 per group
- Emergency contact details for OceanRock staff

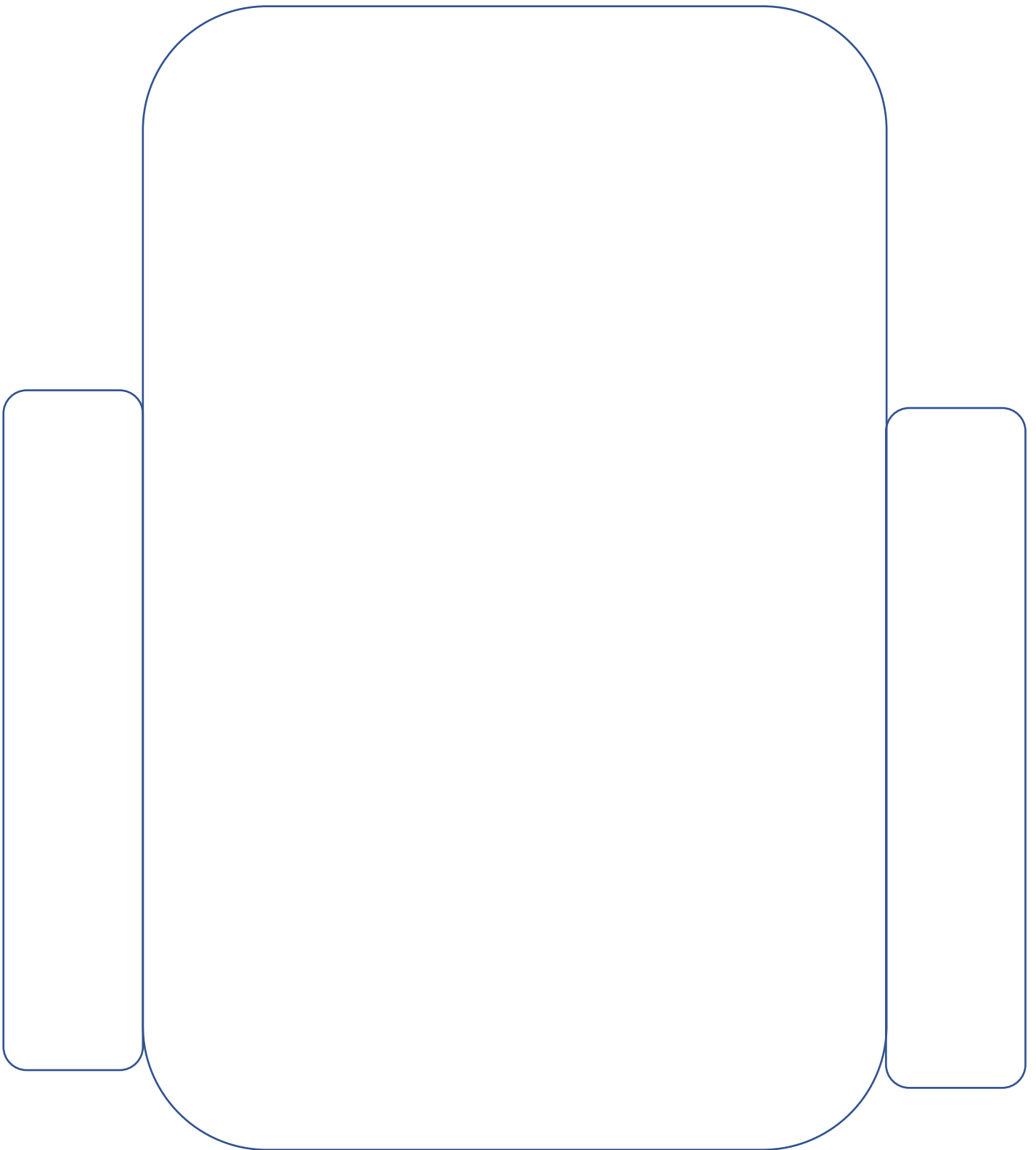
First Aid kit - below is a sample list of things you could put into your First Aid kit

- Antiseptic wipes, Micropore tape
- Elastic Bandage
- Crepe bandage
- Plasters + Compeed blister patches
- Suntan lotion

NB: PLEASE, PLEASE REMEMBER YOUR PERSONAL MEDICATION EG INHALERS ETC!!!!

Team Equipment I need to remember:

Packing Rucksack



**See us on the website and remind yourself
how to pack a rucksack!!**

Personal Equipment Hire

Rucksack:	£18
Sleeping Bag:	£13
Sleeping Mat:	£5
Waterproof rucksack liner:	£5
Waterproof Jacket:	£10
Waterproof Trousers:	£10

Please note: The hire cost means that you will get the equipment for BOTH the Practice and Final expeditions.

**Once you have ordered the equipment -
REFUNDS CANNOT BE GIVEN**

The equipment will be brought to the start point and it will be collected back in at the end point.

Time is built into the itinerary of the day at the start and finish points to allow time for you to pack your equipment.

** Note: If you need to hire equipment it is your responsibility to request it. Borrowed equipment must be returned clean and without damage. Equipment hire is subject to OceanRock's Terms & Conditions*

Incident Management

3 ways to get help on your Expedition

Dead Letter

- Wait at a dead letter
- Leave a message

Phone

- Call the Lead Instructor
- Call/go to a landline

Stop (on the route)

- The backstop Instructor will 'sweep you up'.
- Stay warm, safe and dry

NB: DO NOT PHONE HOME.....



The Recovery Position

Steps to take while waiting for medical attention.

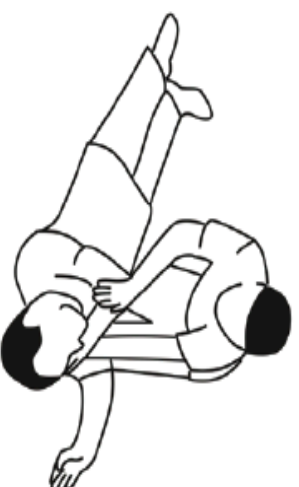
1

Move the arm closest to you in a 90 degree angle with the palm facing up adjacent to the head.



2

Take the opposite arm and move it across the chest, placing the palm of the hand against the cheek.



3

Support the head as you pull the knee furthest from you across the body to turn on the person's side.



4

Lift the chin to clear the airway. Continue to monitor breathing until medical help arrives.



RESUSCITATION (CPR)

D

DANGER

Check for hazards & ensure safety

R

RESPONSE

Check to see if Unresponsive/Unconscious

S

SEND FOR HELP

Call the ambulance on 000

Adults & Children



A casualty who is unresponsive and not breathing normally needs urgent resuscitation

A

AIRWAY

Open airway, Head tilt/Chin Lift

B

BREATHING

Check breathing, if not breathing / abnormal breathing commence CPR

C

CPR

30 compressions : 2 breaths
(if unwilling or unable to do breaths, consider doing chest compressions only)

D

DEFIBRILLATOR (AED)

Attach AED as soon as available and follow its prompts

Infants Under 12 months



Continue sequence until responsiveness or normal breathing returns, or help arrives

	HEAD TILT	PRESSURE	DEPTH	BREATHS	RATIO	COMPRESSION RATE
ADULTS & CHILDREN	Yes	2 Hands	1/2 chest depth (Approx 5 cm)	Full breaths	30-Compressions: 2 Breaths	Compressions should be performed at the rate of almost 2 per second i.e. continuous rate of 100 per minute
INFANT (both - 1 -)	No	2 Fingers	1/2 chest depth (Approx 4 cm)	Puffs	30-Compressions: 2 Breaths	

Scenario	Treatment
<p>You're at the campsite cooking your evening meal. Your supervisor is still out with another expedition group. There is no mobile phone signal. Someone reaches across the stove to get the sauce for your meal, and accidentally tips the pan of boiling water over the arm of another member of the group.</p>	
<p>You're 5km from a road / help, in a mountainous area. The weather is cold and it's been raining all day. There's a mobile phone signal. A member of your group had been saying they feel cold for the last 2 hours. Now they've fallen behind and are being dreamy and slow to answer questions.</p>	
<p>You're 2km from a road / help. There's no mobile phone signal. A member of your group falls onto some broken glass and cuts their hand. The bleeding is heavy but not massive. After 20 minutes they feel cold and dizzy.</p>	
<p>You're 3 km from the finish on the last day, with rolling farmland and then a wide canal footpath to go. There is a mobile phone signal. A member of your group stumbles and twists their ankle.</p>	



For a sprainWhy?		
R	Elevation	
I	Compression	
C	Rest	
E	Ice	



The Countryside Code

“Respect, _____, Enjoy”

Respect other people

- Consider the local _____ and other people enjoying the outdoors
- Leave _____ and property as you find them and follow _____ unless wider access is available

Protect the _____ environment

- Leave _____ of your visit and _____
- Keep dogs under effective control _____ the outdoors.
- Plan ahead and be prepared _____ and local signs.



Our Golden rules for good *behaviour* and
Conduct when on expedition

1.

2.

3.

Camp Craft Session

How to cook, camp, stay dry, get organized and look after yourself and your team

After the Camp Craft Session	Tick off to show you know what is expected.....
I can put a self-supporting tent	
I understand how to use pegs and guy ropes	
I can put up a tunnel tent	
I can safely light a stove	
I know where to store my kit	
I know how to manage my litter	
I understand the behaviour that is expected of me at the campsite	

Match the Questions and Answers

Litter is personal. You put it in your own bag	away from you.
Divide the tent up: 1 person has the inner, 1 the outer	participants into your tent.
A tent should be at least.....	and goes home with you.
A peg should be placed in the ground....	and 1 the stove and poles.
The (EMPTY) tent bag and pole bag should be.....	have footwear on your feet.
You strike a match.....	10 minutes minimum.
A stove should be 3 metres from.....	another tent and stove.
You should always.....	stored in the top of your rucksack.
Tie hair back when cooking & roll up.....	3 metres from another tent.
Never lean over or leave a stove.....	unattended.
It is expected that you will sit only with.....	seperate to your waterproof liner that has your sleeping bag and spare clothes in.
Leave wet kit, boots and rucksacks in.....	the porch
Burns need to be run under a tap for.....	sleeves.
You should never invite nor accept other.....	at a 45 degree angle (away from the tent).
Put the wet inner or outer tent.....	your team.

The 20 Conditions of the Expedition section

DofE qualifying expedition conditions			
1	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.		
2	The expedition must have an aim. The aim can be set by the Leader at Bronze level only.		
3	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).		
4	There must be between four and seven participants in a team (eight for modes of travel which have tandem)		
5	The expedition should take place in the recommended environment.		
	Bronze: Expeditions should be in normal rural countryside – familiar and local to groups.	Silver: Expeditions should be in normal rural, open countryside or forest – unfamiliar to groups.	Gold: Expeditions should be in wild country (remote from habitation) which is unfamiliar to groups.
6	Accommodation must be by camping or other simple self-catering accommodation (e.g. camping barns or bunkhouses).		
7	The expedition must be of the correct duration and meet the minimum hours of planned activity.		
	Bronze: A minimum of 2 days, 1 night; 6 hours planned activity each day.	Silver: A minimum of 3 days, 2 nights; 7 hours planned activity each day.	Gold: A minimum of 4 days, 3 nights; 8 hours planned activity each day.
8	All expeditions must be supervised by an adult (the Expedition Supervisor) who is able to accept responsibility for the safety of the team.		
9	Assessment must be by an accredited Assessor. At Bronze level only, the Assessor may also be the Expedition Supervisor.		
10	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.		
11	Participants must be adequately trained to safely undertake a remotely supervised expedition in the environment in which they will be operating.		
	Bronze: Teams must complete the required training.	Silver: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.	Gold: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights
12	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.		
13	All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.		
14	Teams must possess the necessary physical fitness, first aid and expedition skills required to complete their expedition safely.		
15	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.		
16	Participants must behave responsibly with respect for their team members, Leaders, the public and animals.		
17	Groups must understand and adhere to the Countryside /Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).		
18	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.		
19	Participants must actively participate in a debrief with their Assessor at the end of the expedition.		
20	At Silver and Gold level, a presentation must be prepared and delivered after the expedition.		