



Romsey Baptist Church - Open Award Centre Expedition Syllabus



Award Group: _____

Participants: _____

		Date	Date	Date	Date
<i>First Aid and Emergency Procedures</i>					
Action in an emergency - resuscitation, airway, breathing and circulation	D				
The treatment of wounds and bleeding	D				
Treatment for shock	D				
Blisters, cuts, abrasions, minor burns, scalds, headaches, insect bites, sunburn, splinters	D				
Recognition of more serious conditions such as sprains, dislocations and broken limbs	D				
Knowing what to do in the case of an accident or emergency	E				
Summoning help - what people need to know, telephoning for help, written message	E				
Getting help, self-help, waiting for help, keeping safe and warm, helping people to find you	E				
(+) <i>First Aid Kits</i>	E				
<i>An Awareness of Risk and Health and Safety Issues</i>					
(+) <i>Assessing Risk</i>	E				
Expedition fitness	E				
Telling people where you are going	E				
Identifying and avoiding hazards	E				
Keeping together	E				
Weather forecasts - obtaining weather forecasts, relating weather forecasts to observed conditions, looking for signs which will indicate changes in the weather	E				
<i>Navigation and Route Planning</i>					
<i>Preparatory Map Skills</i>					
The nature of maps	E				
The use of 1:25 000 Explorer, 1:50 000 Landranger	E				
Map direction	E				
Scale and distance, measuring distance, distance and time	E				
Conventional signs	E				
Marginal information	E				
Grid references	E				
A simple introduction to contours and gradient	E				
The ability to give a verbal description of a route linking two places from the map	E				
<i>Practical Map Skills</i>					
Setting the map by inspection (two methods)	D				
Locating position from the map	D				
Determining geographical direction and direction of travel from the map	D				
Checking the direction of paths using the set map	D				
Identifying features in the countryside by using the map	D				
Locating features marked on the map in the countryside	D				
Planning a route, preparing a simple route card	D				
Following a planned route	D				
(S) <i>Relating the map to the ground, estimating speed of travel and arrival times</i>	D				

Expedition Syllabus

Full Gold compass syllabus					
(B) The care of the compass	E				
(B) Direction from the compass in terms of the cardinal and inter-cardinal points.	E				
(B) Setting the map by the compass where magnetic variation may be ignored	E				
(S) <i>The influence of ferrous objects and electromagnetic fields</i>	E				
(S) <i>Magnetic variation, relationship between True, Magnetic and Grid Norths</i>	E				
(S) <i>Measuring direction in degrees</i>	E				
(S) <i>Determining the direction of footpaths or direction of travel</i>	D				
(S) <i>Travelling on a bearing. Obtaining a grid bearing from the map, allowing for magnetic variation where appropriate</i>	D				
Camp Craft Equipment and Hygiene					
Choosing suitable clothing, footwear and emergency equipment	E				
Using suitable clothing, footwear and emergency equipment	D				
Packing a rucksack, waterproofing contents, keeping weight to approx ¼ body weight when walking	E				
Fitting a rucksack	E				
Choosing and caring for camping gear	E				
Pitching and striking tents	D				
Choosing a campsite, considering water, cooking and sanitation, refuse disposal, fire precautions	E				
Setting up a campsite	O				
Food and Cooking					
Choosing cooking stoves	E				
Cooking and the use of stoves	D				
Safety procedures and precautions which must be observed when using stoves and handling fuels	E				
Cooking simple meals under camp conditions	D				
(+) <i>Nutritional Requirements</i>	E				
(+) <i>Fluid Requirements</i>	E				
(+) <i>Meal Planning</i>	E				
(+) <i>Emergency Rations</i>	E				
(S) <i>Using dehydrated foods under Expedition conditions</i>	D				
(S) <i>Cooking substantial meals under camp conditions</i>	D				
Country, Highway and Water Sports Codes					
Understanding the spirit and content of the 'Country Code'	E				
The avoidance of noise and disturbance to rural communities	E				
A thorough knowledge of the content of the 'Highway Code' (inc. other modes of travel if app.)	E				
If undertaking a water venture, a thorough knowledge of the 'Water Sports Code'	E				
Observation Recording and Presentations					
Developing observation skills and different methods of recording information	E				
Skills relevant to the method of observation and recording	D				
Skills relevant to the method of presentation	E				
Choosing a purpose	E				
Researching relevant information	E				
Expedition Planning					
Aim selection	E				
Route planning	E				
Route cards / tracings	E				
Menu selection (cards)	E				
Equipment selection (kit lists)	E				
First Aid Equipment	E				
Emergency Procedures	E				

Legend: (Suggestions for a Training Programme delivered via Evenings and Training Days)

E = Topic suitable for Indoor Evening Training (Theoretical); D = Topic suitable for Outdoor Day Training (Practical); O = Topic suitable for Outdoor Overnight Training (Practical)