

# Expedition Training Framework – Bronze

## 1. First aid and emergency procedures

<b>Before starting their qualifying expedition, participants must understand and demonstrate:</b>	<b>Competent?</b>
Knowing what to do in the case of an accident or emergency.	
Summoning help, e.g. what people need to know, telephoning for help, written message.	
Resuscitation; checking the airway, breathing and circulation.	
The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, and splinters.	
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>Competent?</b>
Appropriate expedition fitness for your planned expedition.	
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

### 3a. Preparatory map skills

<b>Before planning their qualifying expedition, participants must understand and demonstrate:</b>	<b>Competent?</b>
The use of 1:25 000 Explorer	
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.	

### 3b. Practical map skills

<b>Before starting their qualifying expedition, participants must understand and demonstrate:</b>	<b>Competent?</b>
How to set the map.	
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.

<b>Before starting their qualifying expedition, participants must understand and demonstrate:</b>	<b>Competent?</b>
How to 'look after' your compass.	
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

<b>Before starting their qualifying expedition, participants must understand and demonstrate:</b>	<b>Competent?</b>
How to choose suitable clothing, footwear and emergency equipment and know how to use it.	
Choosing and caring for camping gear.	
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).	
Rucksack safe lifting technique.	
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>Competent?</b>
Cooking and the use of stoves.	
Safety procedures and precautions which must be observed when using stoves and handling fuels.	
That you can follow the stove safety instructions.	
Cooking substantial meals as a team under camp conditions	

## 6. Countryside Code

<b>Before starting their qualifying expedition, participants must understand and demonstrate:</b>	<b>Competent?</b>
The spirit and content of the Countryside Code.	
The avoidance of noise and disturbance to rural communities.	

## 7. Observation recording and presentations

<b>Before planning their qualifying expedition, participants must understand and demonstrate:</b>	<b>Competent?</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.