THE BRONZE AWARD AT TOOT HILL SCHOOL

Name:

Tutor Set:

DofE Group:

Teacher:

CONTENTS

INTRODUCTION

Welcome to the Duke of Edinburgh Award (DofE). YOUR adventure starts here!

You have chosen to follow the footsteps of many students before you. The Award is an excellent addition to your CV and is highly respected by employers, as it shows that you are able to work hard to reach your goals.

To participate in the Duke of Edinburgh Award you will be required to have a high work ethic and be committed 100% to achieving your goals. The Award is voluntary, which means you will **NOT** have teachers standing over the top of you demanding that you meet deadlines. This means that if you do not stay on top of your targets you may not pass when your peers do.

There are three Awards (more information on Pg. 4):

1. The Bronze Award
2. The Silver Award
3. The Gold Award

and you will need to choose activities for the following five sections:

1. **Skill** - developing existing talents or trying something new.
2. **Volunteering** - helping someone, your community or the environment.
3. **Physical** - becoming fitter through sport, dance or fitness activities.
4. **Expedition** - planning, training for and completing an adventurous journey.
5. **Residential** (Gold only) - staying and working away from home as part of a team.

You can find a lot more information about the DofE on www.dofe.org/.

Remember to regularly update your evidence on the eDofE. You should target for one piece of evidence a week for each section.

Log onto https://www.edofe.org/ and upload those pictures, videos, diary entries, signatures etc.

Username:

Password:

DofE AWARD INFORMATION

There are three levels of programme you can do which, when you've successfully completed lead to a Bronze, Silver or Gold Duke of Edinburgh's Award. The main differences between them are the minimum length of time it takes to complete them, how challenging it is and the minimum age you can start.

Don't forget, you have until your 25th birthday to complete whichever level you're working on and achieve an Award.

Level:	Minimum period of participation by:	
	Direct entrants	Previous Award holders
Bronze	6 months	n/a
Silver	12 months	6 months
Gold	18 months	12 months
Direct entrants are young people starting their DofE programme at either Silver or Gold level, who have not achieved the previous level of Award.		

The Bronze Award

A Bronze DofE programme has 4 sections, Volunteering, Physical, Skills and Expedition. You need be at least 14 years old to start a Bronze programme and you must do a minimum of 3 months activity for each of the Volunteering, Physical and Skills sections, and plan, train for and do a 2 day (1 night) Expedition.

You also have to spend an extra three months on one of the Volunteering, Physical or Skills sections. It's your choice which one and, though you can change your mind later, you should decide which section you want to do for longer at the beginning. Knowing how long you're going to do it for will help you to set your aims for the sections.

This table shows what you need to do:

Bronze

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition
*All participants must undertake a **further** three months in the Volunteering, Physical or Skills section.*			

The Silver Award

The next step up from Bronze... you need to be at least 15 to start doing your Silver DofE programme.

A Silver DofE programme has 4 sections, Volunteering, Physical, Skills and Expedition. You need to do at least 6 months Volunteering and a minimum of 6 months on either Physical or Skills and 3 months on the other. It's up to you which one you do for longer. The Expedition section involves planning, training for and doing a 3 day (2 night) expedition.

If you start the Silver without doing Bronze first you'll have to do an extra 6 months volunteering or doing whichever of the Physical or Skills sections you have spent more time on. Though you can change your mind later, you should decide which section you want to do for longer at the beginning. Knowing how long you're going to do it for will help you to set your aims for the sections.

This table shows what you need to do:

Silver

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and complete a 3 day, 2 night expedition
*Direct entrants must undertake a **further** six months in the Volunteering or the **longer** of the Physical or Skills sections.*			

The Gold Award

Once you hit 16 you can do your Gold DofE programme.

You'll spend 12 months on your Volunteering section. For Physical and Skills you must spend 12 months on one and six months on the other - you decide which way round you do it.

The big difference at Gold is you'll also do a Residential section - staying away from home for five days and four nights doing a shared activity with people you don't know. Its great fun and a real chance to do something different!

If you've jumped straight into your Gold DofE programme you'll need to do a further six months either volunteering or whichever one of your physical or skills activities you spent the most time on.

This table gives you a summary of what you have to do

Gold

Volunteering	Physical	Skills	Expedition	Residential
12 months	One section for 12 months and the other section for 6 months		Plan, train for and complete a 4 day, 3 night expedition	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights
*Direct entrants must undertake a **further** 6 months in either the Volunteering or the **longer** of the Physical or Skills sections.*				

FIRST AID

The section will cover a number of emergency first aid responses. Although you will not be a qualified first aider, it will educate you as to how to respond during an emergency situation.

The aims of first aid:

Preserve Life:
Not only preserve the casualty's life, but also your own.

Prevent the situation from worsening:
Take action to prevent the situation and/or casualty's condition from worsening.

Promote Recovery:
Help the casualty to recover from injury or illness.

The First Aid Kit

There are two types of first aid kit; firstly the 'Standard Kit', which will be carried by the qualified first aider, and secondly the 'Personal Kit' that all participants should have throughout an expedition.

Standard Kit – (to be carried by the 1st aider)

- Surgical Gloves x 3
- Assorted Plasters
- Tweezers
- Sterile gauze pads
- Safety Pins
- Face mask for resuscitation
- Burn gel
- Wound Dressings
- Scissors
- Crepe Bandages
- Thermometer
- Roll zinc oxide tape
- Electrical tape
- Paracetamol tablets
- Antiseptic wipes
- Triangular Bandages
- Sowing needles
- Cotton Wool Balls
- Sterile Strips
- Lint Pads

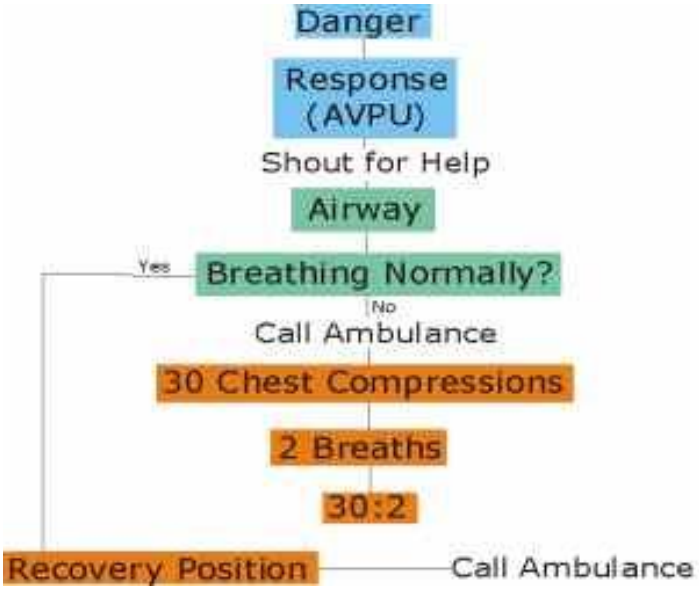
Personal Kit – (to be carried by each individual)

- Surgical Gloves x 3
- Tape
- Wound Dressing
- Electrical Tape
- Assorted Plasters
- Scissors
- Antiseptic Wipes
- Paracetamol
- Bandages
- Tweezers
- Safety Pins

Emergency Responses

D.R.A.B.

D = Danger
R = Respond
A = Airway
B = Breathing



D = DANGER

- Before you rush in to help, make sure there is no danger to yourself.
- Danger could be in the form of many things: electricity, gas, fire, water, other people, equipment, debris.
- Make sure that no one else gets hurt. You will not be able to help if you are also a casualty!
- Only proceed if it is safe to do so.

R = RESPOND

- is the casualty conscious?

- Gently shake the casualty and ask: 'Can you hear me?', 'what is your name?'
- If the casualty is **conscious**, check for and manage bleeding and other injuries
- If the casualty is **unconscious**, he/she should be placed into the recovery position.

A = AIRWAY

Clearing the airway

1. With the casualty supported on the side, tilt the head backwards and slightly down.
2. Open the mouth and clear any foreign objects. Only remove dentures if loose or broken.

Opening the airway

1. Place one hand high on the casualty's forehead.

2. Support the chin with the other hand.
3. Gently tilt the head backwards.
4. Lift the jaw and open the casualty's mouth slightly.

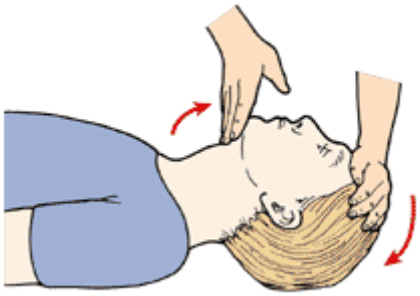
B = BREATHING

- Look for the chest rising and falling.
- Listen for the sound of breathing.
- Feel with your cheek.

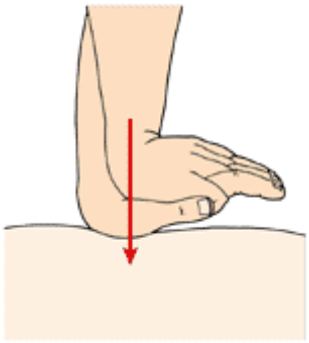
- If the casualty is **breathing**, ensure that he/she is in a stable side position. Check for and managed bleeding and other injuries. If unconscious place in the recovery position.
- If the casualty is **not breathing**. , dial 999 and commence CPR.

CPR (Cardiopulmonary Resuscitation)

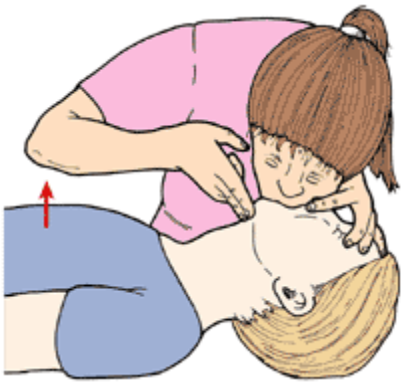
1. Dial 999/112
2. Tilt the head back and lift the chin



3. Place the heel of one hand in the centre of the chest (between the nipples) and then the other hand on top. Compress the chest 4-5cm, 30 times.



4. Pinch the nose closed and seal the casualty's mouth with yours giving two full breaths (ensure that the head is lifted back). Check that the lung are inflating.



5. Repeat stage 3 and 4 until either:
   - Qualified help arrives and takes over
   - Casualty starts breathing normally
   - You become exhausted

30 chest compressions to 2 rescue breaths

30:2

The Recovery Position

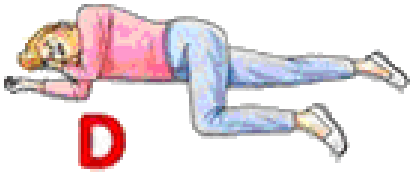
When a patient becomes **unconscious**, the airway can become compromised by the tongue touching the back of the throat, or vomit if the patient is sick. Placing the casualty in this recovery position protects the airway from both these dangers.

A. Remove the casualty's personal objects (jewellery, glasses, phone, keys etc.).
Move the arm nearest you outwards, elbow bent with palm uppermost.

B. Bring the far arm across the chest, and hold the back of that hand against the cheek.

C. With your other hand, grasp the far leg just above the knee, and pull it up, keeping the foot on the ground.
Keeping the casualty's hand pressed against their cheek, pull on the leg to roll them towards you, onto their side.

D. Adjust the leg so that the hip and knee are bent at right angles and tilt the head back to keep the airway open.



E. Dial 999/112.
Place a blanket/coat over the casualty and stay close until help arrives.
Check breathing regularly; if breathing stops perform CPR.

Serious Conditions

You will find below the symptoms and treatments of some serious conditions that you **MIGHT** encounter during your expeditions. As long as everyone if fully prepared for ALL weather types, it should not be a concern.

Hypothermia

Hypo = Loss, Thermia = Heat

Hypothermia means your core body temperature has fallen below 35°C. You body will be too cold to function properly. This could happen when you have been out in the cold, wet and wind for to long.

Signs:

- The casualty begins to act strangely.
- Skin is cold and pale, breathing becomes shallow.
- They become weak, stumble and have an overwhelming urge to lie down.
- They may collapse, become unconscious and die if not treated.

Treatment:

- Bring casualty indoors or to shelter if possible.
- Replace wet clothes with dry warm clothes.
- A conscious person may be put in a warm bath to warm up
- Give warm sweet drinks, but no alcohol.
- If you can't get them inside, then try to warm them up the best you can.
- If the casualty gets worse send for help.

Dehydration

De = lack of, Hydration = Water

Dehydration occurs when a person has lost more fluid than they have replaced. Dehydration can lead to headaches, cramps, loss of performance and ultimately Heat Exhaustion. Heat exhaustion occurs when your temperature raised causing you to sweat, causing a loss of water and salts.

Signs

- They are thirsty, this is a early warning indicator

- The skin is pale, grey and clammy
- The pulse is weak and rapid
- The person may feel weak, dizzy and get cramps, headaches.
- If water loss is severe, then shock may occur.

Treatment

- If it is caught early replace water and salt loss with a isotonic drink such as Powerade, lucozade
- If symptoms are bad, then lie the casualty down in a cool place, with legs raised.
- Give them frequent sips of a weak solution of salt in water
- Call a doctor.

Treatment of External Bleeding

The aims of treatment for external bleeding are firstly to stop the bleeding, preventing the casualty from going into shock and also to prevent infection.

Sit or Lay	Sit or lay the casualty down. Place them in a position that is appropriate to the location of the wound and the extent of their bleeding.
Examine	Examine the wound. Look for foreign objects and note how the wound is bleeding. **Remember to wear your surgical gloves.**
Elevate	Elevate the wound. Ensure that the wound is above the level of the heart, using gravity to reduce the blood flow to the injury.
Pressure	Apply **direct** or **indirect** pressure to stem bleeding.

Be Prepared

The best way to prevent an emergency situation is to *'be prepared'* (e.g. clothing and footwear). All sport and leisure activities require activity specific clothing and footwear.

Clothing

The clothing that you will require will depend on the following clues:

- Terrain, Climate, Weather and Temperature

Therefore you may need waterproofs, thermals, hats & gloves, good socks that all fit correctly.

*refer to the expedition kit list for a full list of equipment

Footwear

Footwear is very sport specific. For example football boots for football, rugby boots for rugby. Even different runners (long distant – short distant) require different types of footwear.

You will be required to wear footwear that will protect and support you foot/ankle. I would strongly recommend a pair of walking boots.

*refer to the expedition kit list for more information

Test Your Knowledge 1

Answer these simple questions and scenarios to test your first aid knowledge. You may look back through the booklet to find the answers if you like.

Questions

1. What are the three aims of first aid?

2. Name 5 things that you should have in your personal first aid kit.

3. Name 10 different pieces of equipment that differ between your personal first aid kit, and the standard first aid kit.

4. What should you first do when you arrive at a scene of an emergency?

5. What does D.R.A.B stand for?

6. What action should to take if the casualty is not breathing?

7. What action should you take if the casualty is breathing, but unconscious?

8. What ratio of chest compressions to rescue breaths would you do when performing CPR?

9. What are the 2 main dangers facing someone who is unconscious and on their back?

10. What is the aim of the recovery position?

Scenarios

1. Someone has cut their arm on some sharp metal. The metal isn't stuck in the wound but it is bleeding badly. What should you do?

2. When one of your companions slips on a steep, rocky slope and falls heavily, you find her unconscious at the bottom. What should you do?

3. Someone has been working outside in very cold rainy weather all day. You suspect that they are hypothermic. How should you treat them?

4. You are walking through a field and you see a man lying on the ground. You ask him if he's all right but he doesn't respond. What should you do next?

5. Someone is performing CPR on a casualty and is showing signs of fatigue, what should you do?

6. You have a badly twisted ankle and are miles from the nearest road. How do you suggest that you and your four/five companions deal with the situation?

7. During your summer expedition in lovely hot weather, one of your companions comes over giddy and complains of a very bad headache. You stop beside a stream. What do you think may be wrong? What do you do?

MAP READING

By the end of this section you will be able to recognise key features on a map and be able to describe a specific location to a six figure grid reference.

A map is simply a plan of the ground on paper. The plan is usually drawn as the land would be seen from directly above. A map will normally have the following features:

- Names of place/locations
- Symbols to show the location of key landmarks/features
- A key
- Scale
- Grid system
- Contour lines

Identifying Features from Map Symbols

From your knowledge and using a 1:25000 Ordinance Survey Map

Part One:
Draw the symbols that represent the following (describing colour where necessary)

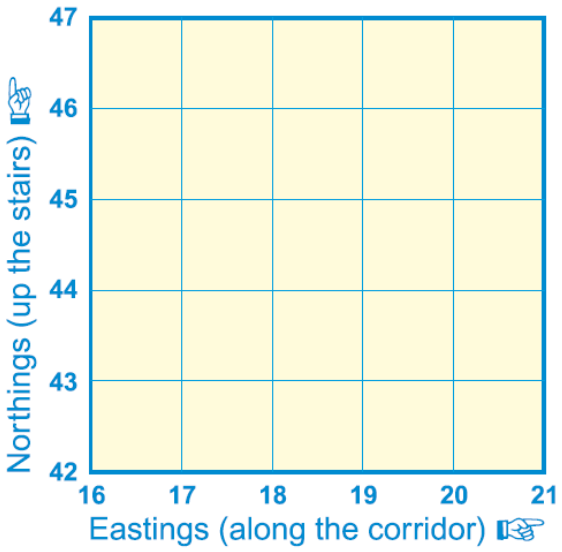
1. Dual Carriageway
2. National Trail or Recreation Path
3. Tunnel
4. Place of Worship with a Tower
5. Well
6. National Trust Areas – Always Open
7. Picnic Site
8. Permitted Path
9. Path
10. Electricity Transmission Line
11. Public Path (Bridleway)
12. Triangulation Pillar
13. Gradient on Roads
14. Spring
15. Contour Lines
16. Spot Height
17. Camp Site
18. Coniferous Wood

Part 2:
List the Symbols that the following descriptions signify:

1.	Pink/Red Triangle
2.	Blue Triangle with blue dot in the centre
3.	Blue coloured box with white 'P' in the centre
4.	Black telephone handset
5.	Green diamonds along path or track
6.	Yellow road with broken lines on either side
7.	Two crossed swords
8.	Beige rectangle with thick black border
9.	Continuous solid black line
10.	Small orange/brown dashes
11.	Non-Coniferous trees on a white background
12.	Blue letter 'W' with a blue dot beside it
13.	Purple arrows
14.	Large green dashes
15.	Black dashes separated with black dots
16.	Blue letter 'NT' in a green outlined box

Grid References

Ordnance Survey maps are covered in a series of faint blue lines that make up a grid. The lines have numbers accompanying them that allow you to accurately pinpoint your location on a map. Once you have located where you are, the grid system makes it simple to give others (such as mountain rescue) an accurate description of your location. This description, which will be a series of numbers, is known as a grid reference.



Before you begin to look at grid references it is important to be aware
that all the numbers going across the face of the map, for example, left to right, are called eastings (this is because they are heading eastward), and

similarly, all the numbers going up the face of the map from bottom to top are called northings (again because they are heading in a northward direction).

There are two main types of grid reference:

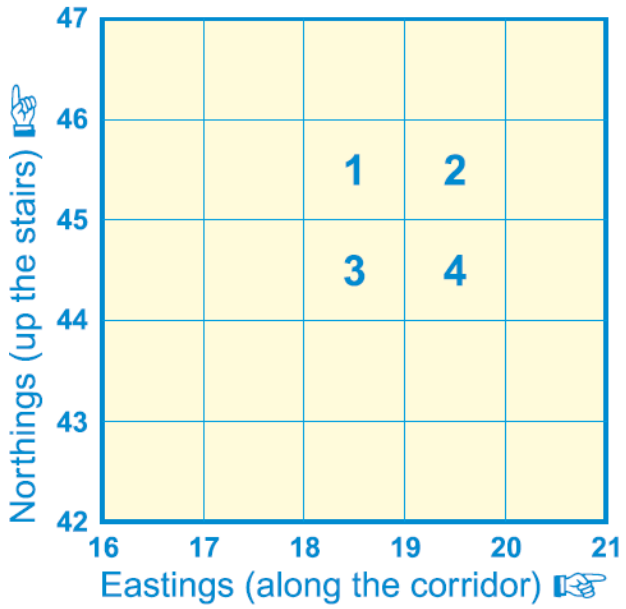
- 4-figure – for example, 1945, this indicates a single kilometre (1km) square on an Ordnance Survey map.
- 6-figure – for example, 192454, shows a point within a square.

4-Figure Map References

When giving a 4-figure grid reference you should always give the eastings number first and the northings number second, very much like when giving the reading of a graph in school – you must go along the corridor/hallway (horizontal) and then up the stairs (vertical).

For example, the number 2 in the diagram opposite is 19 across and 45 up and therefore the 4-figure grid reference is 1945.

The numbered squares on the diagram above would have the following 4-figure grid references:



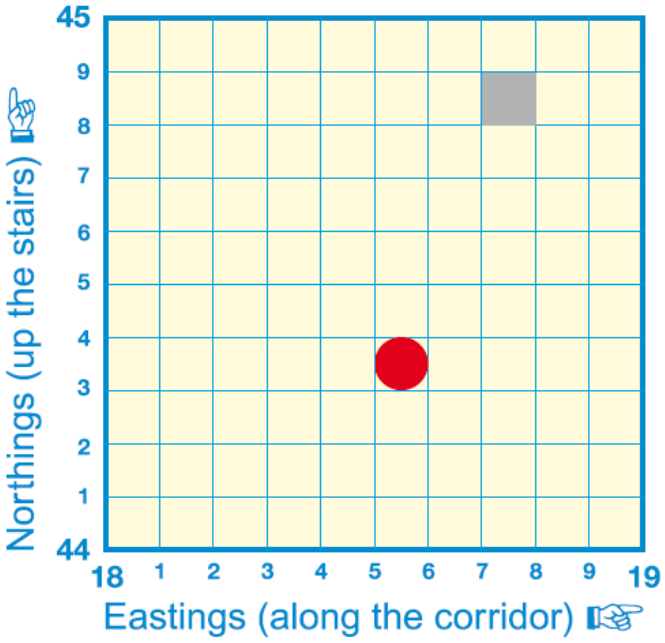
1 = 18 45
2 = 19 45
3 = 18 44
4 = 19 44

6-Figure Map References

Having worked out the basic 4-figure grid reference, for example, square 3 below, imagine this square is further divided up into tenths. Using the example opposite, the grey box is in the square 1844. More accurately it is 7 tenths across and 8 tenths up within the grid square 1844 and therefore has the 6-figure map reference 187448.

The shapes on the map opposite would have the following 6-figure grid references:

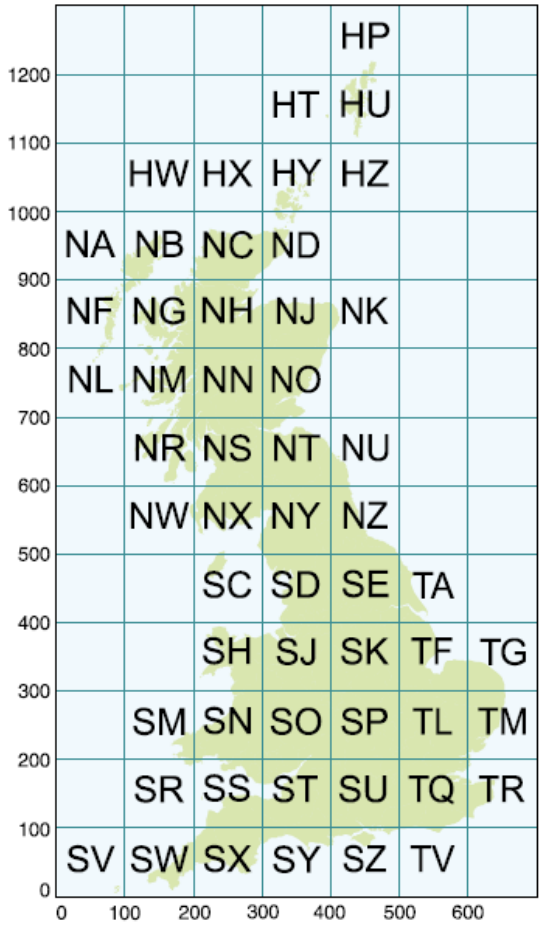
= 187448 = 185443



National Grid Lines

As well as numbered grid lines, Ordnance Survey maps have codes made of two letters. These two letter codes can be found printed in faint blue capitals on Ordnance Survey maps. The whole of Great Britain is divided into squares of 100 km and each square is given two letters. There will be a diagram within your map's key showing you which areas of your map fall into different squares of the National Grid.

When you quote your six-digit grid reference you should put the two letters of the area you are in before the numbers. This means
that there is no doubt or confusion about your location. For example,
you may be at grid reference 509 582 in south-west Scotland. The complete grid reference you should quote would be NX 509 582 (without the letters the numeric reference would be repeated in every 100 km square).



Altrincham Map

Using the Altrincham map, answer the following questions

1. Describe the feature at the following grid references.
    a. 778881 - _____
    b. 727818 - _____
    c. 740879 - _____
    d. 794828 - _____
    e. 737872 - _____
    f. 731832 – _____
    g. 743837 - _____
2. Is it possible to walk on the track at 748825?

    _____

    _____
3. Who has the right of way at 741889?

    _____

    _____
4. Give a six figure grid reference for the following features:
    a. Triangulation Point: _____
    b. Church with a spire: _____
    c. Public House: _____
    d. Mile Post: _____

Bolton/Horwich Map

Using the Bolton / Horwich map, answer the following questions.

1. Describe the feature at the following grid references.
    a. 696113 - _____
    b. 639143 - _____
    c. 619164 - _____
    d. 628139 - _____
    e. 687117 - _____
    f. 610094 - _____
    g. 638181 - _____

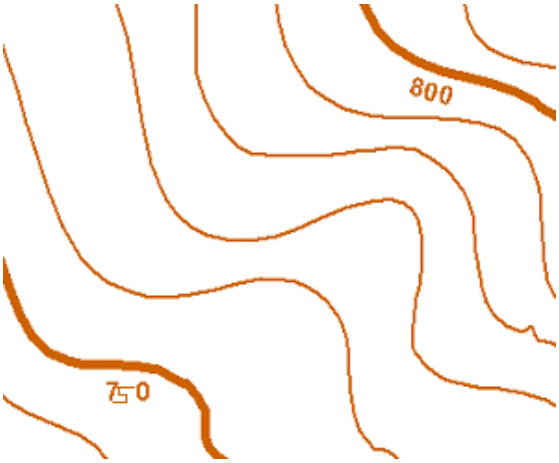
2. What is the difference between the landscape at 695161 and 633131?

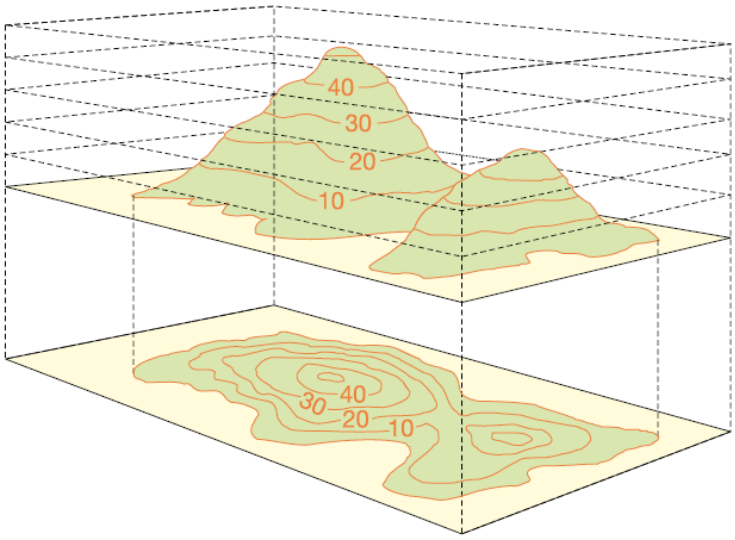
3. Describe the grid square 6616.

4. Following the footpath between the following grid references, 648131 and 657136 how high would you climb?

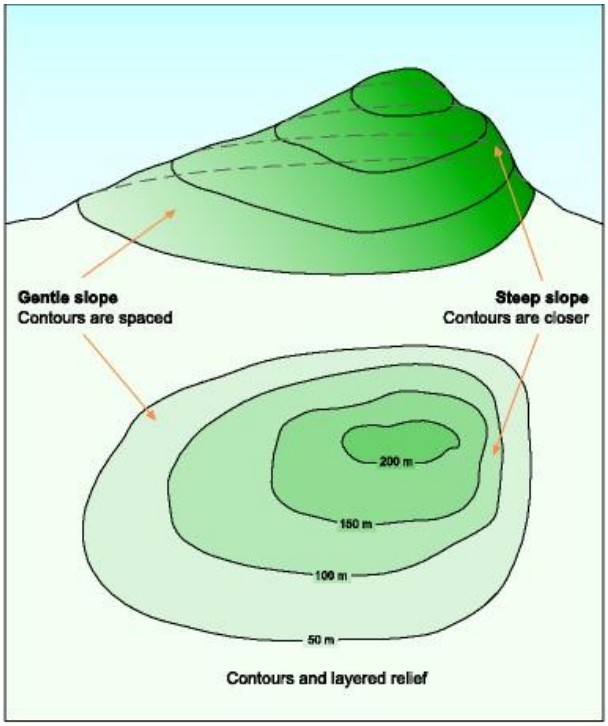
Contour Lines & Relief

The height and shape of the land is shown on a map using 'contour lines'. These lines appear as thin orange or brown lines with numbers on them. The number tells you the height above sea level of that line.





Being able to visualise the shape of the landscape by looking at the contour lines of a map is a very useful skill that can be developed with practice. It will allow you to choose the best route for your journey.



Relating the Map to the Ground

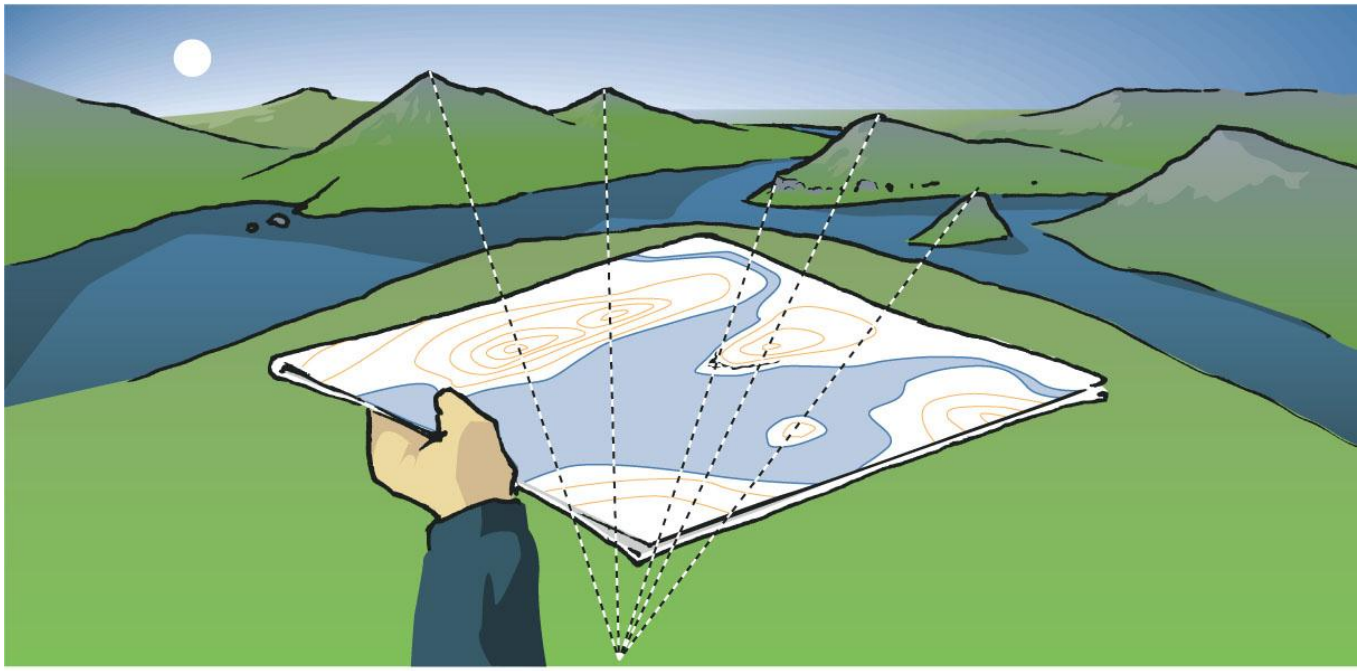
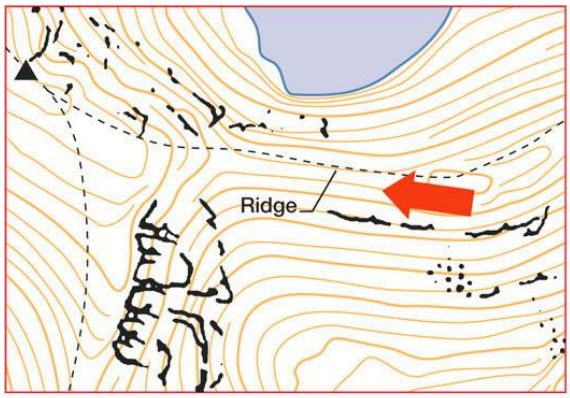
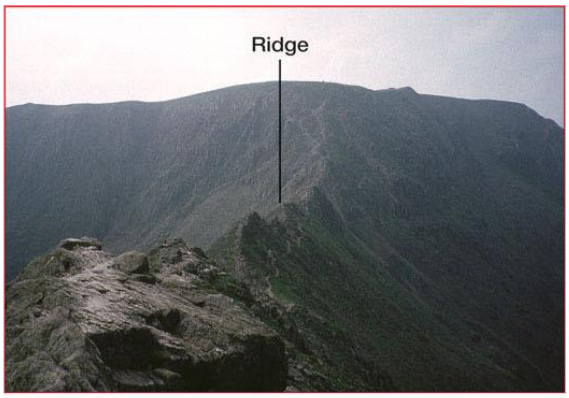
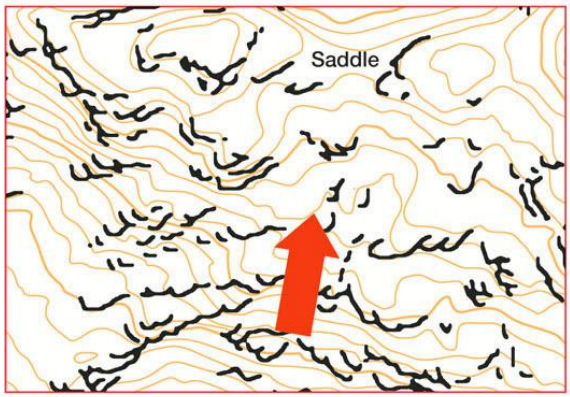
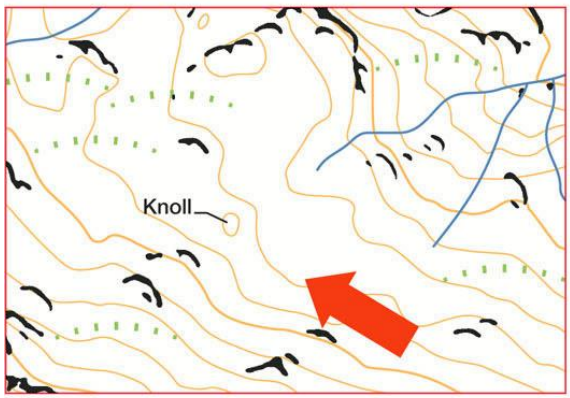


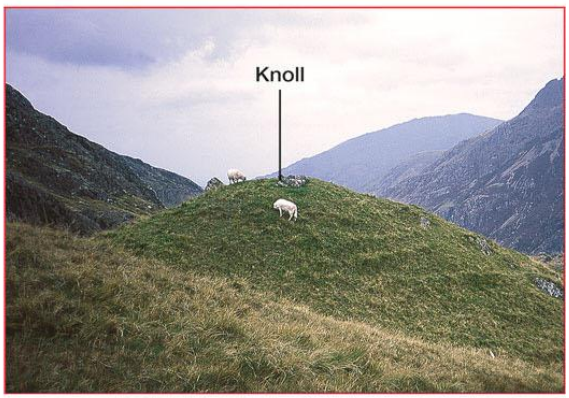
Illustration from 'Hill Walking' © MLTUK/ VG 2003

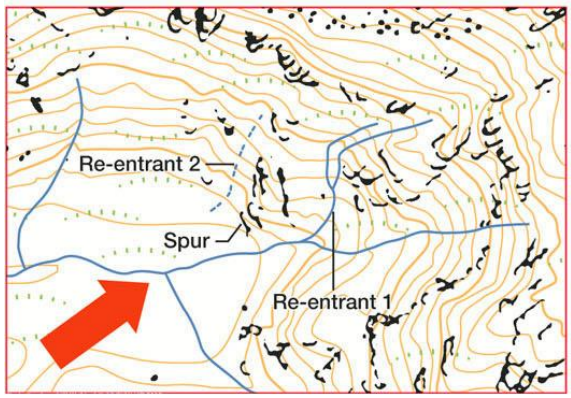


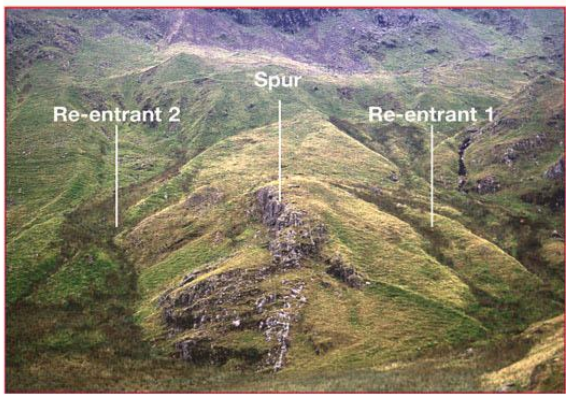






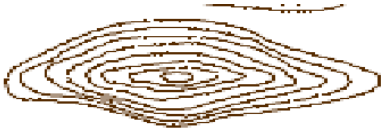


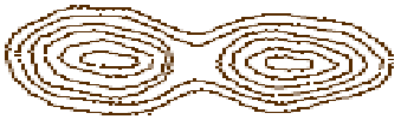




Activity

Draw the following features as you would in real life.



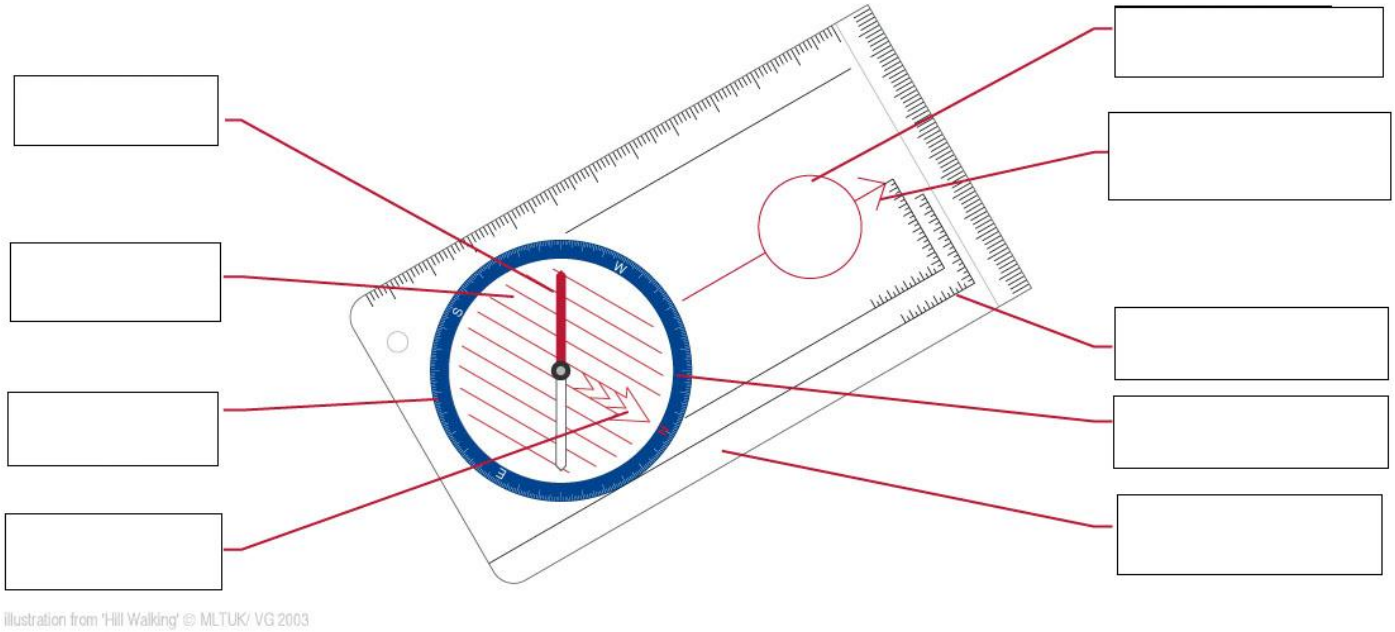


USING A COMPASS

Now that you have the skills and knowledge to read and understand a map, the next step is to learn how to orientate your map to the land so that you can use it to navigate. One of the best ways to orientate a map is with a compass.

Features of a Compass

Match the key features on the compass below:



Base plate:
The mounting of the compass with a ruler for measurement.

The compass housing:
Contains the magnetic needle and has the points of the compass printed on a circular, rotating bezel.

The compass needle:
Floats on liquid so it can rotate freely, the red end should always point to magnetic north.

Orienting line:
Fixed within the compass housing, aligned to north on the housing.

The index line:
Fixed within the compass housing. It marks the bearing you set by rotating the compass housing.

The direction of travel arrow:
Shows the direction that you want to travel along, or the bearing you are taking. It is parallel to the sides of the base plate.

Compass scale:
Displayed along the edge of the base plate so you can measure distances on maps.

Magnifying glass:
Used to enlarge features on a map.

Looking after your compass

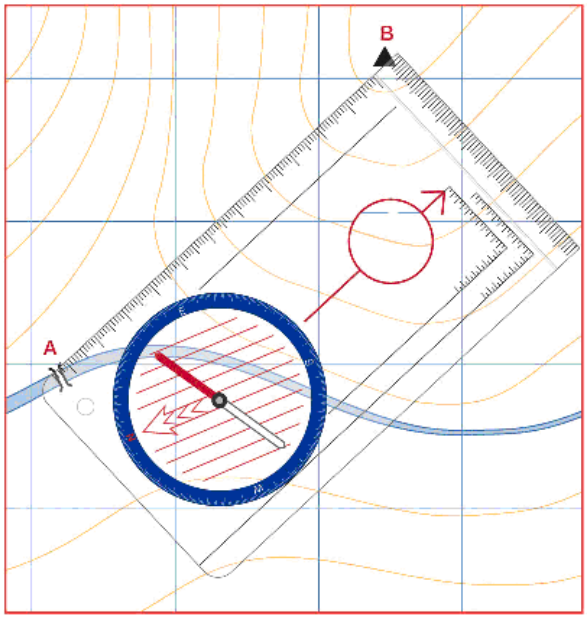
Your compass is a very important piece of equipment, without it becomes very difficult to find your way.

- Try to keep it way from metallic surfaces.
- Try not to drop it.
- Keep it way from magnetic items.

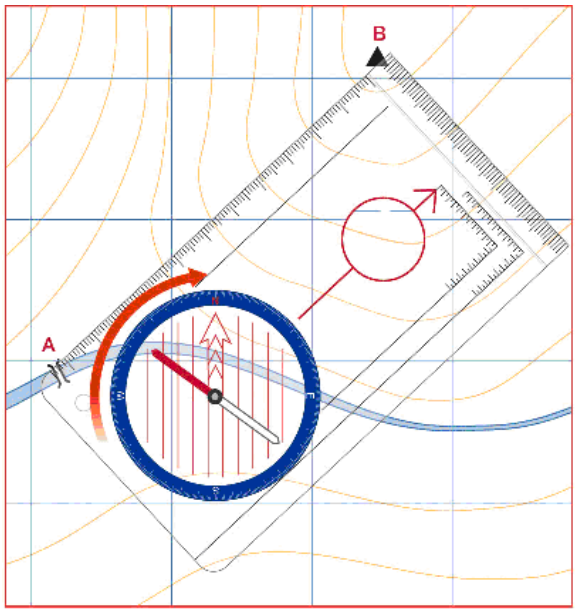
How to Take a Bearing

Align your map using the key features. Remember that the top of a map is ALWAYS north.

1. Work out on the map where you are or your starting point.
2. Work out where you want to go to or you finish point.
3. Then align your compass along these two points. See figure



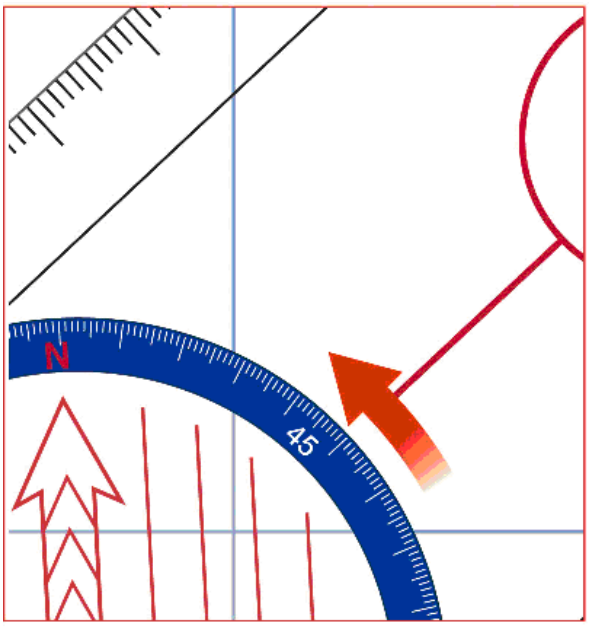
A Align the compass along the required route on map



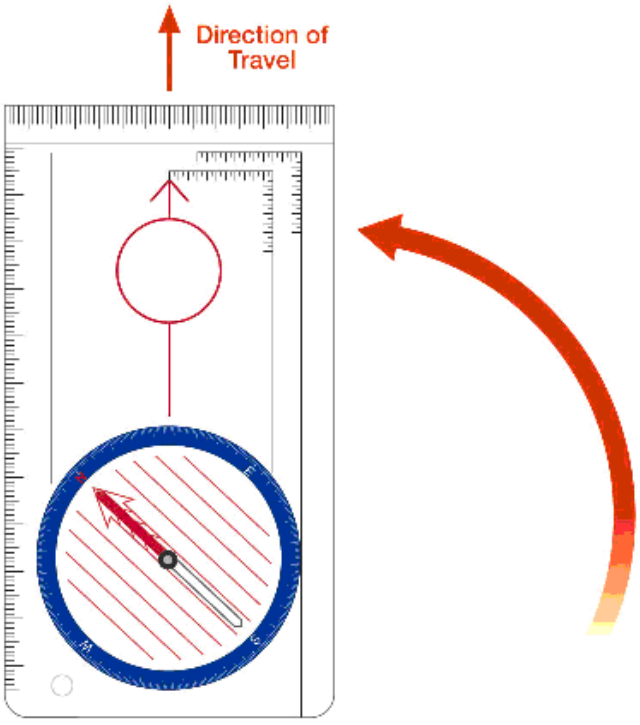
B Rotate the compass housing to align the orienting lines with the north–south grid lines on the map

4. Now rotate the compass housing to align the orienting lines with the north-south grid lines on the map.

5. The Rotate the compass housing to compensate for magnetic variation. (Grid to mag add, mag to grid get rid), which is 2deg in Britain.



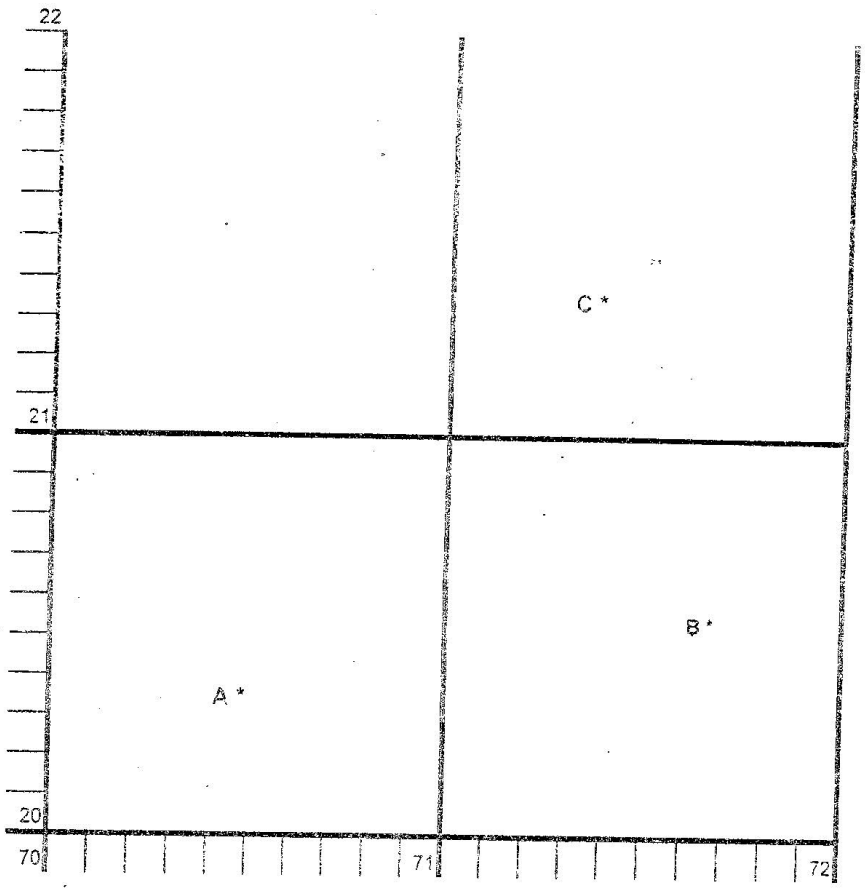
C Rotate the compass housing to compensate for magnetic variation



6. The take the compass from the map and hold it flat in the palm of your hand. Without moving the compass housing, align the magnetic needle with the orienting lines. The Direction of travel arrow will now be pointing to where you want to travel.

5

Compass Bearings and Grid References Excercise



Grid references

A _____

B _____

C _____

Compass bearings		If used to walk on. (use a magnetic variation of 4 deg.)
A to B	_____	_____
B to C	_____	_____
C to A	_____	_____

Prepared by Nigel Spencer and Andy Bovington.

D:\MOUNTAIN\TASKS\COMPASS.XLS (JAN-96)

NAVIGATION & ROUTE PLANNING

The 1:25 000 scale Explorer maps, available for the whole of England, Scotland, Wales and parts of Northern Ireland, should be used as they make instruction and learning easier. They show the field boundaries, making it easier to locate precisely the footpaths, tracks and lanes used for travel in this type of country.

Pacing measurement

You should know your pacing measurement, if you don't go and measure it now! Measure how many paces it takes for you to walk 100 metres (use the example table below to work out your rough measurements.

100m	58 paces	60 paces
75m	43.5	45
50m	29	30
25m	14.5	15
10m	5.8	6
5m	2.9	3

Timing Charts:

Timing Chart	**Speed in Kilometres per hour**			
Distance	**5kph**	**4kph**	**3kph**	**2kph**
1000m	12min	15min	20min	30min
900m	11	131/2	18	27
800m	91/2	12	16	24
700m	81/2	101/2	14	21
600m	7	9	12	18
500m	6	71/2	10	15
400m	5	6	8	12
300m	31/2	41/2	6	9
200m	21/2	3	4	6
100m	1	11/2	2	3
50m	½	¾	1	11/2
Remember to add 1min for every 10m of ascent				

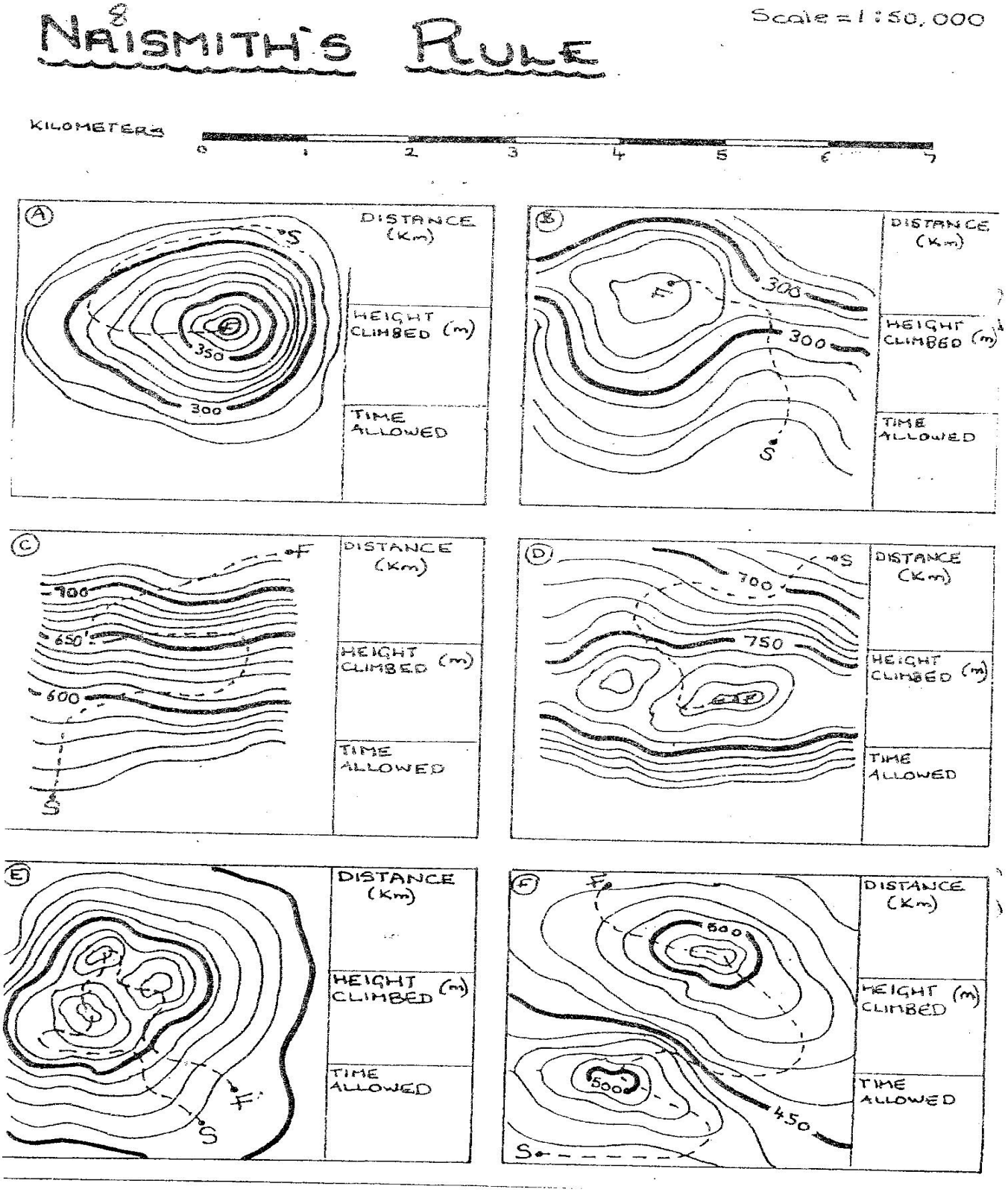
Naismith's Rule

This is used to calculate the time that it will take to walk various distances. Expeditioners usually use 3km/hr as the walking pace for flat ground. (See table above).

To calculate Naismith's Rule you need to work out the height climbed by counting the contour lines which you will cross.

Naismith's Rule say to allow 1min extra for every 10m gained in height

Practice this below:



EXPEDITION PREPARATION

Kit Lists

Personal Kit:

Clothing
- Boots
- Socks
- Trousers
- Underpants
- T – Shirt
- Fleece
- Waterproof
- Hat
- Gloves
- Scarf / Hood
- Spare clothing
- Tevas??
- Gaiters??

Personal
- Maps
- Watch
- Compass
- Whistle
- Emergency Rations
- Matches & Lighter
- Torch
- Batteries
- Bivvy Bag
- 1st Aid Kit
- Note book
- Pencil
- Money
- Water Bottle
- Mobile
- Leatherman / Knife
- Camera??
- Binos??
- GPS??
- Survival Kit
- Wet Wipes
- Rope
- Sun Cream
- Vaseline

Personal Camping
- Back Pack
- Sleeping Bag
- Soap & Towel
- Toothbrush
- Toothpaste
- Toilet Paper
- Mug & Plate
- KFS
- Roll Mat/Thermarest
- Waterproof liner
- Trowel

Group Camping
- Tent
- Stove
- Fuel
- WaterContainer
- Washing Liquid
- Scourer
- Tea Towel
- Food
- Pots & Pans
- KISU??

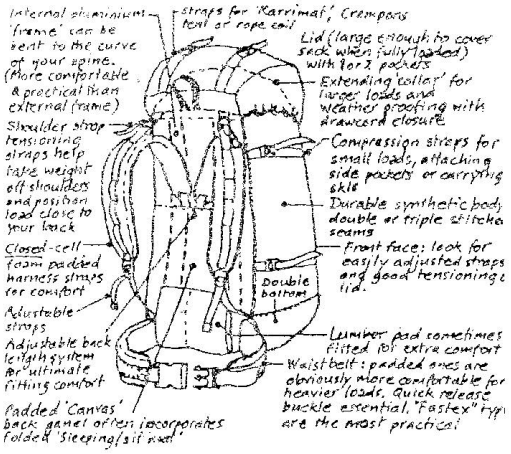
Rucksack Packing

10

RUCKSACK PACKING AND LOAD CARRYING TRAINING AIDS

You may find the following tips helpful:

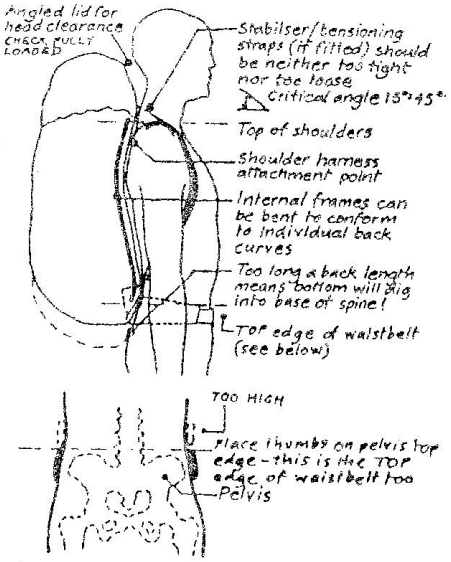
- Choose what to take with care: no one enjoys walking with a bulging rucksack full of items which will never be needed.
- Try to keep the weight down to less than one quarter of your body weight and in any case no more than 15kg.
- Line your rucksack with a large waterproof plastic bag and wrap anything which must stay dry in a separate plastic bag.
- Pack something soft against your back such as a piece of foam rubber or karrimat. This can act as a useful seat.
- Place small items which may be needed at any time but are easily lost (such as penknife, gloves, whistle, sweets, plasters), either in a rucksack pocket or in a separate bag tucked under the rucksack lid.
- If not being worn, then anorak, overtrousers and a spare jumper should be packed accessibly near the top of your rucksack.
- Keep stoves and fuel away from food and sleeping bags.
- Try to be neat, filling every space as you go, so that nothing is left to dangle noisily and untidily from the outside straps.
- Map and compass should be in a pocket and not near the bottom of the rucksack.



TYPICAL MODERN, INTRANALLY FRAMED RUCKSACK with full features for the ultimate in comfort. Most specialist retailers will weight a rucksack for objective assessment before you purchase

Externally framed rucksacks tend to encourage heavy load carrying! More importantly they are awkward when descending difficult ground and can snag branches - dangerous on a narrow path.

GETTING A GOOD FIT

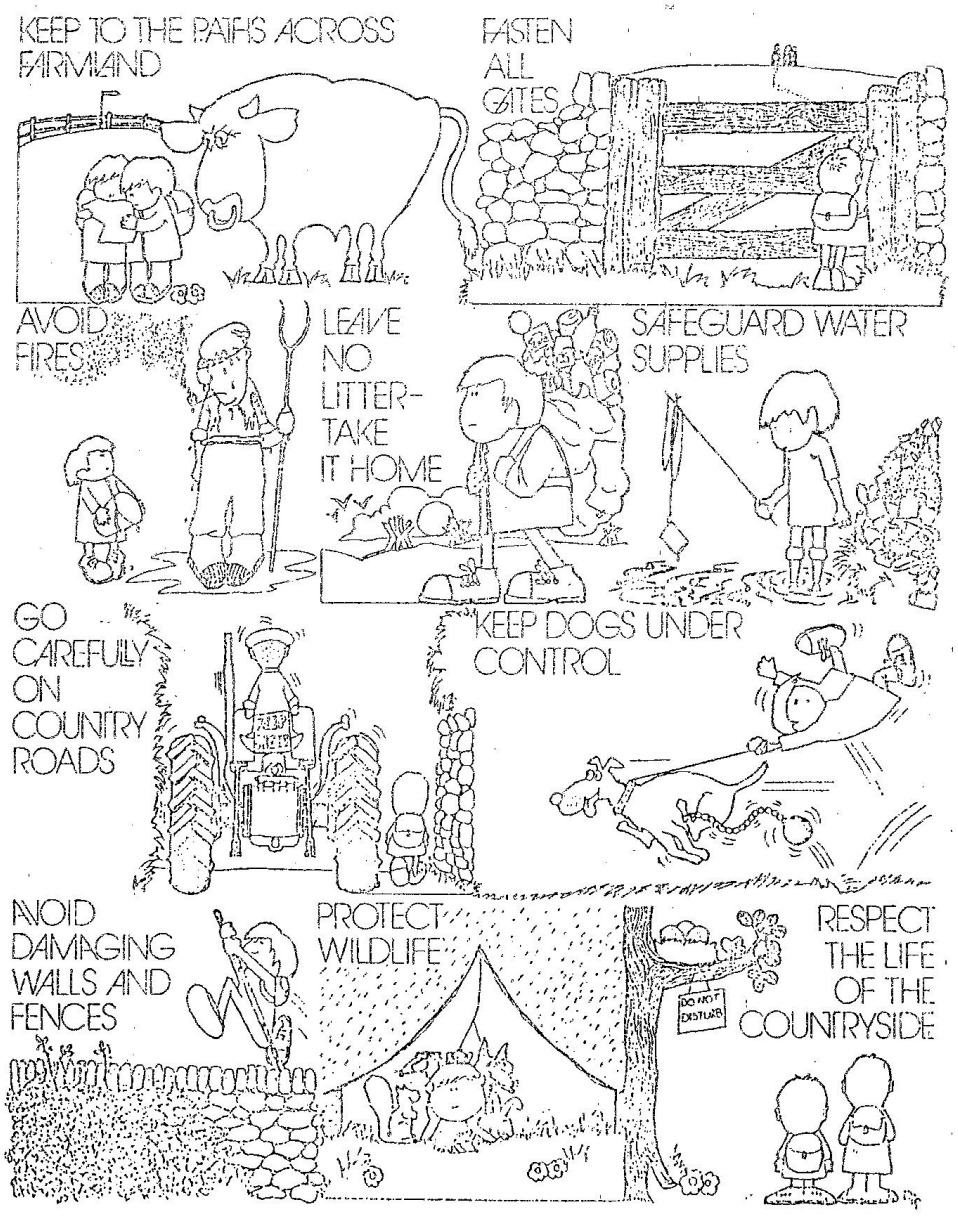


Countryside Code

14

Duke of Edinburgh's Award - Expedition Training Booklet

DO YOU KNOW YOUR COUNTRYCODE ?



17

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