



Silver Expeditions Route Planning

Silver Duke of Edinburgh

SILVER

Volunteering 6 months

Physical

**one section for
6 months, the**

Skills

other for 3 months

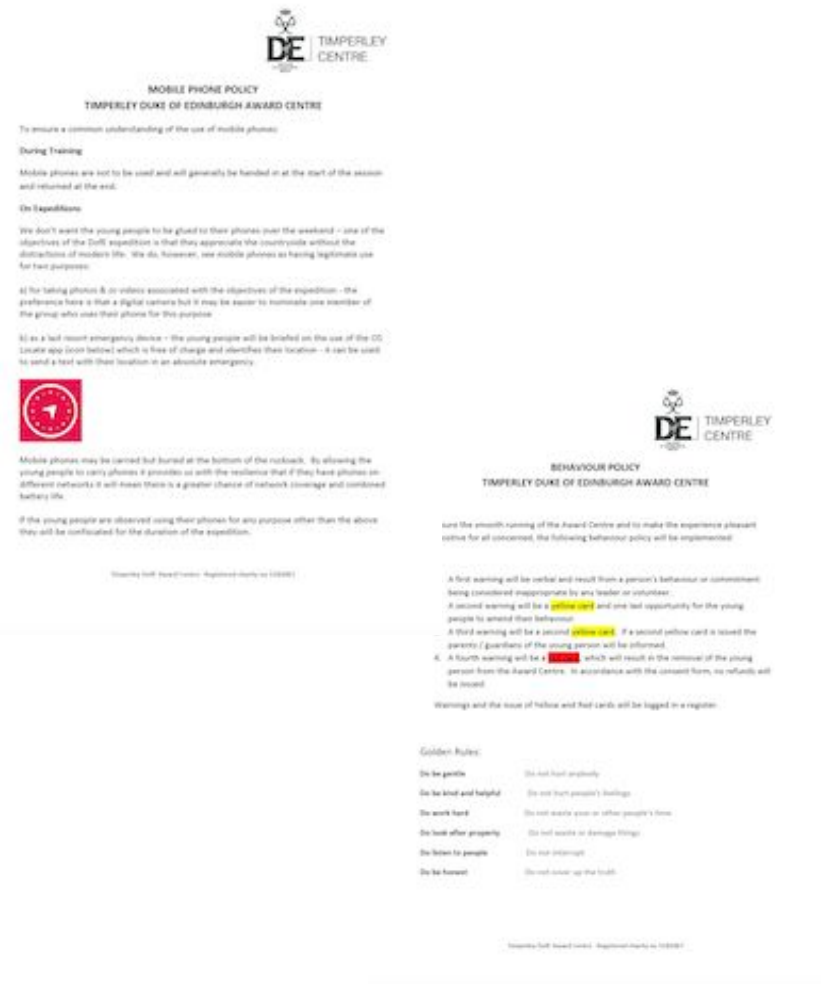
*Direct entrants
must do a
further 6 months
in the Volunteering,
or the longer of the
Physical or Skills
sections.*

Expedition 3 days 2 nights



Policies

- Behaviour Policy
 - You have all signed up to this
 - They are on website
 - If breaking policy
- 1. Verbal Warning
- 2. Yellow Card
- 3. Second Yellow Card
- 4. Red Card
- Mobile Phones
 - Hand in phone at start of session
 - Returned at end



Policies can be found on website at
<https://dofetimperley.org.uk/information/>

Silver Expeditions

- 2 Practice Route Planning Sessions
 - 1 Practice Expedition (3 days & 2 nights)
-
- 2 Qualifier Route Planning Sessions
 - 1 Qualifier Expedition (3 days & 2 nights)
-
- 1 Presentation Preparation Evening
 - 1 Presentation Evening
-



Direct to Silvers

- Additional training required
- One day training (with Bronze)
 - Navigation
 - First Aid
 - Cooking
 - Tent Pitching



What are you assessed on?

20 Conditions

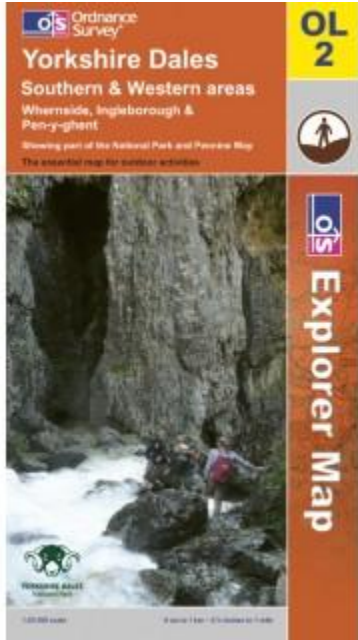
- All group members involved
- Aim agreed
- Completed a practice
- Recommended environment
- Camping
- 3 days & 2 nights
- 7 hours activity each day (15-20km)
- Behave responsibly
- Mobile phone policy
- Adhere to countryside code
- Plan food and eat a hot meal each day
- Presentation



The 20 Conditions of the Expedition section

DofE qualifying expedition conditions	
Planning the expedition	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.
Training and practice	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.
During the expedition	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.
Post expedition	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.

Expedition Route Planning



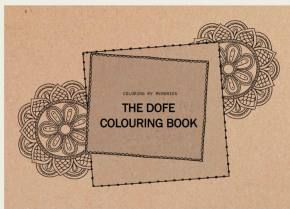
- Thursday 7pm - 8:30pm
- Come up with an Aim
- Groups plan their own routes
- Routes marked on map
- Route card completed
- Food planning
- Group kit planning



Aim & Presentation

Our Aim

We made a video diary, but instead of editing it into a video we wanted to remember our DofE experience in the form of a book – a colouring book. We don't currently have the book as it was being illustrated by hand abroad.



This is what the front cover will look like

- Come up with an Aim
- You will need to complete a presentation showing the results of what you achieved
- Discuss with your leader for ideas
- Ideas: Geocaching, Top tips, Surveys of people you meet / animals you see

HOW POPULATION GROWTH HAS INFLUENCED FARMING

BY BEN, ELIJAH, SACHIN, MOSTAFA,
GEORGIA, AIMEE AND OLIVIA



Geocaching

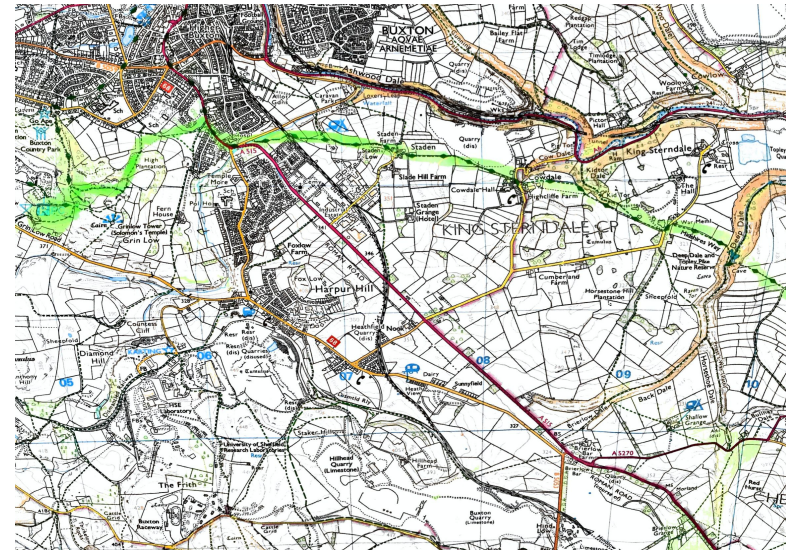


Maps

- Itinerary Provided
- Split up groups into 3 – do a day each
- Use highlighter pen initially (can be rubbed off)
- Find and highlight day start & end points
- Locate & mark route following marked paths
- Measure to ensure it is 15-20km
- Get leader to check
- Feel free to mark initially on more than one map (to make it easier to work on different days). However, final routes must all be on a single map

Silver Practice 2020 – SQ1 and SQ2

Yorkshire Dales National Park, Ordnance Survey Explorer Map OL2		
https://goo.gl/maps/G5vUi6gzRBxuZDhI9		
Stage	Location	Grid Reference
Start Point Fridays 9am	Bentham Car Park, Grasmere Drive, Bentham Lancaster LA2 7PR	SD 667 693
Campsite 1 SP1 Fri 17 April SP2 Fri 1 May	Dalesbridge Centre Austwick, Nr. Settle Yorkshire Dales, LA2 8AZ Contact: Jon Beavan, Tel 015242 51021 Email info@dalesbridge.co.uk	SD 763 676
Campsite 2 SP1 Sat 18 April SP2 Sat 2 May	Cragg Hill Farm Contact: 01729 860 266	SD 806 709
Finish Point Sunday @4pm	Malham National Park Centre Chapel Gate Malham BD23 4DA	SD 900 627



Route Cards

- One route card per day
- 2 sides (with room for 12 legs if required)
- Complete info on page 1
- Once route identified and is of correct length, split into legs
 - Mark legs based on identifiable start and end points
 - Each leg should be 2-3km
 - Write in legs onto route card

DofE EXPEDITION ROUTE CARD (use one per day) – PAGE 1

Centre name/logo: 

Team name: _____ Day number: _____ Day of week & Date: ____ / ____ / ____

Aim of expedition: _____

Setting out time:	Names of team members:									
Legs	Start of leg: Grid Ref & place name	End of leg check point: Grid Ref & place name	Distance in km	Height climbed in m	Time allowed for travel	Time for aim, rests or meals	Total time for leg	Estimated time at end of leg	Brief details of route to be followed.	Escape to:
1	From: GR	To: GR								
2	From: GR	To: GR								
3	From: GR	To: GR								
4	From: GR	To: GR								
5	From: GR	To: GR								
6	From: GR	To: GR								

For expert kit advice, the DofE Kit Guide, the DofE Kit List and information about The DofE Reward Card discount visit www.DofEShopping.org

Feb 2020

DofE EXPEDITION ROUTE CARD (use one per day) – PAGE 2

Centre name/logo: 

Legs	Start of leg: Grid Ref & place name	End of leg check point: Grid Ref & place name	Distance in km	Height climbed in m	Time allowed for travel	Time for aim, rests or meals	Total time for leg	Estimated time at end of leg	Brief details of route to be followed.	Escape to:
7	From: GR	To: GR								
8	From: GR	To: GR								
9	From: GR	To: GR								
10	From: GR	To: GR								
11	From: GR	To: GR								
12	From: GR	To: GR								

Bronze: 6 hours, minimum 3 hours journeying.
Silver: 7 hours, minimum 3.5 hours journeying.
Gold: 8 hours, minimum 4 hours of journeying.

Totals: _____

Finish time: _____

Team Supervisor's name, location and Tel No: _____

For expert kit advice, the DofE Kit Guide, the DofE Kit List and information about The DofE Reward Card discount visit www.DofEShopping.org

Feb 2020

Route Cards

- From – Name of start point plus grid ref
- To – Name of end point plus grid ref
- Distance – Distance in km
- Height climbed – Calculate using contours (distance up only)
- Time travelled – 20 min per km plus 1 min for every 10 metres up
- Time for break – Allow time
- Total time - Calculate
- Time at end of leg - Calculate
- Details of route – Write detail
- Escape to – Place where you could be picked up

DofE EXPEDITION ROUTE CARD (use one per day) – PAGE 1

Centre name/logo:  **Timperley DofE**

Team name: _____ Day number: _____ Day of week & Date: _____ / ____ / ____

Aim of expedition: _____

Setting out time:	Names of team members:									Escape to:
Legs	Start of leg: Grid Ref & place name	End of leg check point: Grid Ref & place name	Distance in km	Height climbed in m	Time allowed for travel	Time for aim, rests or meals	Total time for leg	Estimated time at end of leg	Brief details of route to be followed.	Escape to:
1	From: GR	To: GR								
2	From: GR	To: GR								
3	From: GR	To: GR								
4	From: GR	To: GR								
5	From: GR	To: GR								
6	From: GR	To: GR								

For expert kit advice, the DofE Kit Guide, the DofE Kit List and information about The DofE Reward Card discount visit www.DofEShopping.org Feb 2020

DofE EXPEDITION ROUTE CARD (use one per day) – PAGE 2

Centre name/logo:  **Timperley DofE**

Legs	Start of leg: Grid Ref & place name	End of leg check point: Grid Ref & place name	Distance in km	Height climbed in m	Time allowed for travel	Time for aim, rests or meals	Total time for leg	Estimated time at end of leg	Brief details of route to be followed.	Escape to:
7	From: GR	To: GR								
8	From: GR	To: GR								
9	From: GR	To: GR								
10	From: GR	To: GR								
11	From: GR	To: GR								
12	From: GR	To: GR								

Bronze: 6 hours, minimum 3 hours journeying.
Silver: 7 hours, minimum 3.5 hours journeying.
Gold: 8 hours, minimum 4 hours of journeying.

Totals: _____

Finish time: _____

Team Supervisor's name, location and Tel No: _____

For expert kit advice, the DofE Kit Guide, the DofE Kit List and information about The DofE Reward Card discount visit www.DofEShopping.org Feb 2020



THE DUKE OF
EDINBURGH'S AWARD

Example Route Card



DofE EXPEDITION ROUTE CARD (use one per day)

Centre name/logo:

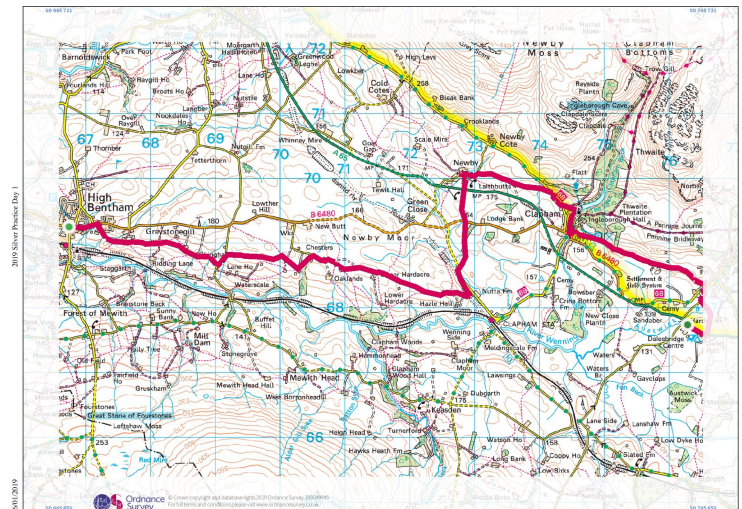
Team name: Silver 6

Day number: 2

Day of week & Date: 1 / 1

Aim of expedition: A funny video diary

Setting out time:		Names of team members:		Annie		JESS		Amelie		Amar											
Leg no		Start of leg:		End of leg check point:		Distance in km		Height climbed in m		Time allowed for travel		Time for aim, rests or meals		Total time for leg		Estimated time at end of leg		Brief details of route to be followed.		Escape to:	
Grid Ref & place name		Grid Ref & place name																			
1	From: GR <u>The Dalen Bridge</u> <u>763, 673</u>	To: GR <u>Prutwick Bridge</u> <u>771, 682</u>	1.8	+10	30	10	40	9.10	SW from camp down road until FP, head N then NW up FP until road head, NE up FP, head E then N up road until FP.				Hole 1 769, 683								
2	From: GR <u>Prutwick Bridge</u> <u>771, 682</u>	To: GR <u>Gop Ridding</u> <u>785, 689</u>	1.8	+70	35	10	45	9.55	Head E then NE until cross roads, take E one to Gop Ridding.				Gop Ridding 785, 689								
3	From: GR <u>Gop Ridding</u> <u>785, 689</u>	To: GR <u>Waterfall</u> <u>777, 702</u>	2	0	35	15	50	10.45	Head NE until cross rd, take N one stay on the same FP until rd head N up rd, keep on the same FP until waterfall.				White house 788, 695								
4	From: GR <u>Waterfall</u> <u>777, 702</u>	To: GR <u>N of Munter Stg</u> <u>780, 717</u>	2.4	60	45	15	60	11.45	Stay on same FP straight until cross road at 7 FP's, take NE one until checkpoint.				Caple bank 782, 721								
5	From: GR <u>N of Munter Stg</u> <u>780, 717</u>	To: GR <u>Area of Shalehole</u> <u>789, 729</u>	2.1	80	50	60	110	1.15	Head on same FP until 1st crossroads, head N until checkpoint.				Beecroft Hall 798, 727								
6	From: GR <u>Area of Shalehole</u> <u>789, 729</u>	To: GR <u>Harbour</u> <u>809, 729</u>	2.9	0	45	15	60	2.15	Head along same FP and across main track and then off rd head N until FP, follow FP down rd until FP, head NE up FP.				Harbour 809, 729								
7	From: GR <u>Harbour</u> <u>809, 729</u>	To: GR <u>Horton bridge</u> <u>811, 721</u>	2.1	0	35	10	45	3.00	Head NE until cross rd, take SE one and follow it, then W until rd head S down rd then E and follow shore rd then N that is more.				Horton bridge 811, 721								
8	From: GR <u>Horton bridge</u> <u>811, 721</u>	To: GR <u>Craghill farm</u> <u>806, 709</u>	2	0	35	0	35	3.35	Find FP to the E of the road, follow it S then W then SW until you join the main road, then N to Craghill farm.				Craghill farm 806, 709								
Bronze: 6 hours, minimum 3 hours journeying. Silver: 7 hours, minimum 3.5 hours journeying. Gold: 8 hours, minimum 4 hours journeying.		Totals:		17	220	5.2 hrs	2.25 hrs	7.45 hrs	3.35	Finish time				Team Supervisor's name, location and Tel No:							



Menu Planning & Kit

Menus & Kit

- Work out what food you want to eat
- Write it down
- Agree who will buy what
- Generally, one person buys the ingredients for a meal
- Individuals buy their own day food / snacks
- Agree amongst yourselves how you want to do it
- Need to cook one hot meal per day. Hot breakfast also good idea



DofE expedition menu planner

Team name:

Your name:

Level: Bronze / Silver / Gold Practice / Qualifying



Day	Breakfast	Lunch	Supper	Snacks	Total Calories
1					
2					
3					
4					
Emergency Rations					

Make sure you: Keep a balanced menu, have the most calories for the lowest weight, take food you'll enjoy, waterproof your food and remember to pack each meal and days food together so you can find it easily.

If you are doing Silver or Gold have your favourite food on day 2 or days 2 and 3 as that's usually when you'll want a motivational boost. Choose something homely that you'll look forward to having like curry, lamb hotpot, chilli con carne, chocolate pudding or similar.

For more advi

GROUP KIT

GROUP NUMBER :

Who is carrying what?

Two items of each below to be shared evenly amongst the group

	1	2
Ground Sheet		
Fly Sheet		
Inner		
Poles		
Pegs		
Stove		
Gas		

Group Photos

- We also want group photos of you
- This will help leaders and assessors know who you are when assessing
- We will ask groups to do this during the planning sessions

