



Whilst we are updating our website and resources, please find below the original programme guidance notes for this activity.

## COMMON TRAINING GOLD

### *Common Training Syllabus for Gold Ventures*

#### *First Aid and Emergency Procedures*

Training based on the current edition of the Authorised Manual of St. John Ambulance, St. Andrew's Ambulance Association or The British Red Cross.

- Action in an emergency - resuscitation, airway, breathing and circulation
- The treatment of wounds and bleeding
- Treatment for shock
- The recognition and the immediate treatment of more serious conditions, sprains, dislocations and broken limbs
- The emergency transport of casualties
- The recognition, treatment and prevention of hypothermia
- The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn and splinters
- Knowing what to do in the case of an accident or emergency
- Summoning help - what people need to know, telephoning for help, the written message
- Getting help, self-help and waiting for help to arrive keeping safe and warm, helping people to find you

#### *An Awareness of Risk and Health and Safety Issues*

- Expedition fitness
- Telling people where you are going
- Undertaking a risk assessment
- Keeping together
- Weather forecasts - knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, looking for signs which will indicate changes in the weather

#### *Navigation and Route Planning*

The 1:25 000 scale *Outdoor Leisure* or *Explorer* Maps, available for the whole of England, Scotland and Wales and parts of Northern Ireland, should be used wherever possible as it makes 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, so helping to reduce friction with landowners. Participants must also be familiar with the 1:50 000 scale *Landranger* Maps and/or any foreign maps of the area in which the venture is to take place.

**MEMORY MAP** is the Recommended Routeplanning Tool for The Duke of Edinburgh's Award. Click [HERE](#) for info on Award discounts.

#### *Preparatory Map Skills*

- The nature of maps
- Map direction
- Scale and distance, measuring distance, distance and time
- Conventional signs
- Marginal information

Grid references

Understanding contours, recognition of major land forms such as hills, valleys, ridges, spurs. Interpretation of contours into mountain land forms and relief, slope and gradients and the determination of height

The ability to give a verbal description of a route linking two places from the map

### ***Practical Map Skills***

Setting the map by inspection (two methods)

Relating the map to the ground

Locating position using the map

Determining geographical direction, and direction of travel from the map.

Checking the direction of paths using the set map

Identifying and locating features in the country by using the map

Locating features marked on the map in the countryside

Relating the map and contours to the ground. Estimating journey times in wild country

Planning a route, preparing a route card. Estimating speed of travel and arrival times. (ETA estimated time of arrival)

Following a planned route

Navigation in restricted visibility. Action to be taken in the event of being lost

### ***Compass Skills***

The compass should not be introduced until the participants have mastered the techniques of finding their way using the map alone

The care of the compass

The influence of ferrous objects and electromagnetic fields

Magnetic variation and the relationship between True, Magnetic and Grid Norths

Direction from the compass in terms of the cardinal and inter-cardinal points. Measuring direction in degrees

Setting the map by the compass where magnetic variation may be ignored

Determining the direction of footpaths or direction of travel

Travelling on a bearing. Obtaining a grid bearing from the map, allowing for magnetic variation where appropriate

Practically all the understanding and techniques listed above are equally important for ventures on land or on water, but instruction should be modified as necessary for water ventures and charts substituted.

### ***Camp Craft Equipment and Hygiene***

Choosing suitable clothing, footwear and emergency equipment and knowing how to use it

Choosing and caring for camping gear

Packing a rucksack, waterproofing the contents, always keeping the weight down to a minimum, and about a quarter of the body weight when walking

Choosing a camp site, arrangements for water, cooking and sanitation, refuse disposal, fire precautions

Pitching and striking tents

### ***Food and Cooking***

Cooking and the use of stoves

Safety procedures and precautions which must be observed when using stoves and handling fuels

Using dehydrated foods under Expedition conditions

Cooking substantial meals under camp conditions

### ***Country, Highway and Water Sports Codes***

Understanding the spirit and content of the 'Country Code'  
The avoidance of noise and disturbance to rural communities  
A thorough knowledge of the content of the 'Highway Code' with special emphasis on specific modes of travel such as horse riding or cycling if they are to be utilised during the venture  
If undertaking a water venture, a thorough knowledge of the 'Water Sports Code'

### ***Observation Recording and Purpose***

Choosing a purpose  
Researching relevant information and useful contacts  
Developing observation skills and different methods of recording information  
Skills relevant to the method of presentation

### ***Team Building***

The Expeditions Section involves participants working together as a team in order to complete the venture. Team building should permeate all Expedition training and can be enhanced through team building exercises and regular reviews so that when the group sets out on the qualifying venture, participants are able to work together as an effective and cohesive unit.

### ***Proficiency in the Mode of Travel***

#### ***Cycling***

Training to the standard of the National Cycling Proficiency Scheme and the Right Track Awareness Programme as appropriate  
Maintenance and repair of the cycle  
Loading a cycle with equipment  
Handling a loaded cycle  
The skills associated with off-road cycling as appropriate

#### ***Horse Riding***

Training to Pony Club 'C+' standard, Riding Club Grade 3 or British Horse Society Progressive Test 12  
A knowledge of tethering  
Competent in ensuring the well-being of the horse for the duration of the venture  
Be able to recognise dangerous going and the action to be taken in the event of an accident to horse or rider

#### ***Water Ventures***

Training should be directed towards the completion of a journey on water and not restricted to the skills of handling the craft. It must be concerned with any potential hazards associated with the water on which the venture will take place, as well as infections or health concerns related to any possible water pollution.

Participants must be able to swim a distance of **at least 25 metres in light clothing without any buoyancy aid** and be competent and confident in the relevant capsize and recovery drill and man overboard drill.

#### ***All participants must***

Wear appropriate buoyancy aids or lifejackets. Exceptions may be made, with the approval of the Operating Authority, for rowing ventures on canals and rivers, and for sculling craft where traditionally, by custom and practice, life jackets are not usually worn, except on the instruction of the cox  
Wear suitable clothing and footwear  
Be able to recognise and treat hypothermia  
Understand the 'Water Sports Code'

All craft must have adequate buoyancy and be sound, suitable and fitted out for the conditions in which they are to be used. A suitable repair kit must be carried and participants should be trained in its use.

### ***Canoeing***

All participants must be adequately trained to:

- Satisfy the Assessor as to their competence
- Demonstrate that their equipment is waterproofed
- Satisfy the Assessor that their kayak or canoe, and equipment and clothing are suitable for the venture

Training must be aligned to the requirements for paddle ventures LINK:

**<http://esnips.com/web/PaddleVentures>**

### ***Rowing***

All participants must undergo training based on the syllabus for 'Boatwork' in the Expedition Guide or the training schemes of the Sea Cadets, Scouts or Guides.

### ***Sailing***

Sailing dinghies or keelboats.

Gold - All participants must attain proficiency to the standard of the RYA National Sailing Seamanship Skills certificate and Day Sailing certificate as a basic minimum, with additional training relative to the area of the proposed venture.

OR RYA Day Skipper shorebased and practical certificates (NB for expeditions in cruising yachts involving overnight passages in open sea areas, at least one crew member must hold the RYA/MCA Coastal Skipper Certificate as appropriate.

Click **[HERE](#)** for info on companies who can provide activities or courses for this Section. Click **[HERE](#)** to find the current list of opportunities.