



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

COMMON TRAINING SILVER

Common Training Syllabus for all Silver 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 treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters
- The recognition of more serious conditions such as sprains, dislocations and broken limbs
- Knowing what to do in the case of an accident or emergency
- Summoning help - what people need to know, telephoning for help, 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
- Identifying and avoiding hazards
- 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

At Silver level in normal or open country, most route finding should be based on the map alone. Using a compass in rural country devoted to agriculture with its hedges, meadows and fields under crop, is inappropriate and unnecessary. It causes ill-feeling with the farmers, hinders the young people in developing a 'sense of direction' and impedes their map reading skills. The 1:25 000 scale *Explorer Maps*, available for the whole of England, Scotland, 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 reduce friction with landowners. Participants should also be familiar with the 1:50 000 scale *Landranger Maps*. Silver groups who use large woodland or forested areas for their ventures may wish to use the full compass syllabus of the Gold level of the Award.

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
- The use of 1:25 000 *Explorer*, 1:50 000 *Landranger* or the relevant maps in Northern Ireland and abroad
- 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

Practical Map Skills

Setting the map by inspection (two methods)
Locating position from the map
Determining 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
Relating the map to the ground and estimating speed of travel and arrival times
Planning a route, preparing a simple route card
Following a planned route

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
Direction from the compass in terms of the cardinal and the four intercardinal 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
The influence of ferrous objects and electromagnetic fields
Magnetic variation and the relationship between True, Magnetic and Grid Norths

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 Presentations

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

Team Building

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 2 or British Horse Society Progressive Test 10
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, 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)

Silver - All participants must attain proficiency to the standard of the RYA National Sailing Seamanship Skills certificate and Day Sailing certificate

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