

Name: _____

OceanRock DofE Gold Award Paddle Expedition Handbook

www.oceanrockadventure.co.uk

Dates to remember:

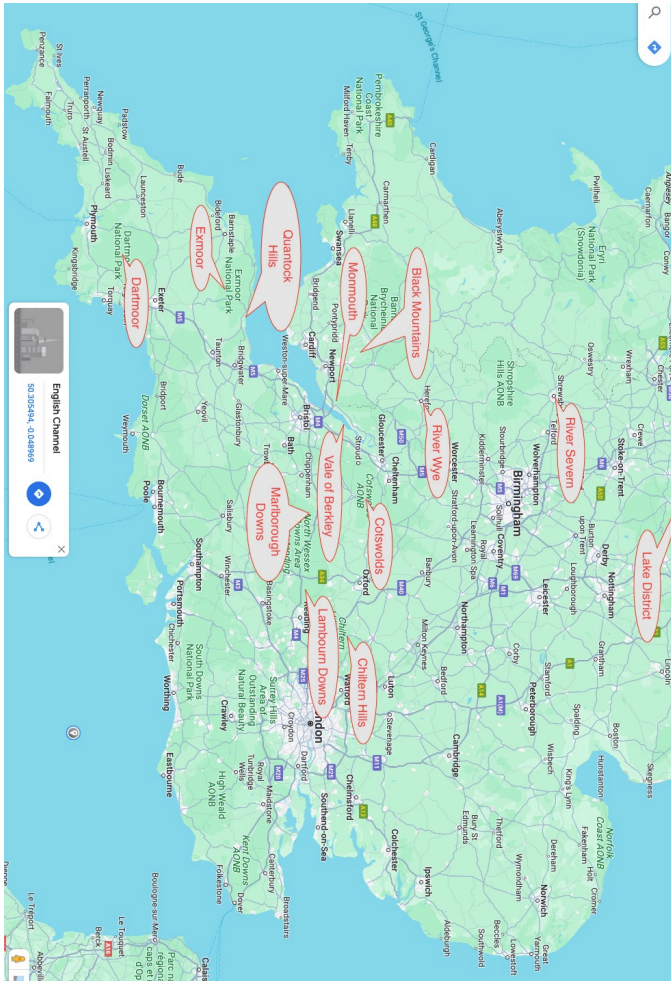
- Online Personal Equipment deadline: _____

- Training Expedition:
 - o Date: _____
 - o Drop off time: _____ Pick up time: _____
 - o Location: _____
 - o W3W: _____

- Qualifying Expedition:
 - o Date: _____
 - o Drop off time: _____ Pick up time: _____
 - o Location: _____
 - o W3W: _____



Our Expedition Venues



Navigation Session

Map Symbols Quiz

In each box, draw the correct symbol, which is used to represent the word on an ordnance survey map. (You will need an OS map to help you!)

Picnic Site	Wood (Coniferous and Non-Coniferous)
Main Road	Fishing
Bridge	Minor Road
Footpath with Recreational Route	Campsite
Viewpoint: 180/360	Access Land
Island	Buildings
Footbridge	Rivers
Contours - - V Shaped Valley - Close together	Railway

Location

You can use grid references to pinpoint your location on the map. 6 figure grid references will give your location to within 100m.

Tips:

Along the corridor (Eastings) & then up the stairs (Northings)

We will try some examples using your map.

Distance

Use the following information below to help you work out how far you can travel for a day's paddling.

Average Paddling Speed:

4km/hr (average) to 6km/hr (fast)

Speed is dependent on several factors including river flow rate and wind.

On your expedition, you can work out your average speed by how far you've travelled (distance) divided by the time it took you.

Scale

We use 2 types of map scales for expeditions. These are 1:50,000 and 1:25,000. But what does this mean?

1:25,000 scale means that:

1cm on the map = 250m on the ground or **4cm = 1km**

1:50,000 Scale means that:

1cm on the map = 500m on the ground or **2cm = 1km**

Food ideas for your expedition

Breakfast - Porridge,
Wayfarers breakfast,
Brioche, Croissants (pre-
buttered & jammed) Tea,
Hot Squash, Coffee or
Hot Chocolate

Lunch - Bread Rolls filled
with Cheese, Salami,
Nutella, Peanut
Butter/Jam! Pitta
breads, Sausage Rolls,
Cold Pizza, Oatcakes,
Naan breads, cereal bars

Snacks - Peanuts, Raisins,
Dried fruit, Cereal bars,
Chocolate.

Dinner - Wayfarers meal,
Dehydrated meal, Naan
Bread/Pitta
Bread/Salami/Hard
Cheese

Dessert - Fruit cake,
Chocolate, Flapjack, Hot
Chocolate.

Do not bring:

- Fizzy drinks
- Cans or Tins
- Pot Noodles
- Raw or perishable foods

Expedition Meal Planner Practice Expedition	
WSTD	
Lunch	
Evening Meal	Bring £15 for an evening meal/fish and chips
Snacks	

Day 1	
Breakfast	
Lunch	
Evening Meal	
Snacks	

Day 2	
Breakfast	
Lunch	
Evening Meal	
Snacks	

Day 3	
Breakfast	
Lunch	
Snacks	

Qualifying Expedition

On the **Qualifying Expedition** bring **£15** for the pub the night before you officially start your Expedition.

Day 1	
Breakfast	
Lunch	
Evening Meal	
Snacks	

Day 2	
Breakfast	
Lunch	
Evening Meal	
Snacks	

Day 3	
Breakfast	
Lunch	
Evening Meal	
Snacks	

Day 4	
Breakfast	
Lunch & Snacks	

Personal Kit

Water Sports Training Day	<ul style="list-style-type: none"> • Swimmers and lightweight travel towel (we will provide wetsuits and cags) • Old trainers • Flask of warm drink • £1 Coins for a shower
To look after yourself	<ul style="list-style-type: none"> • Toothbrush, travel size toothpaste and deodorant - minimum toiletries • Sanitary/hygiene products incl: toilet roll, nappy sacks and hand gel • Water bottles (2 x 1 Litre bottle) • Mobile phone sealed in waterproof phone pouch
To keep you warm	<p>Come to your expedition wearing:</p> <ul style="list-style-type: none"> • Thermal top e.g. football jersey • Fleece • Walking trousers/leggings/tracksuit bottoms • NO Jeans/ NO Strappy tops/ NO short shorts • 1 x extra Fleece / Down Jacket / Puffa Jacket <p>Pack in your rucksack 2 of the items listed above - You need: 2x CHANGE OF CLOTHES</p>
To keep you dry	<ul style="list-style-type: none"> • Waterproof Jacket with hood (Compulsory - Hire available) • Waterproof Trousers (Compulsory - Hire available) • Hat + Gloves x 2 (Compulsory) • Paddle dry bag liner (Compulsory - Hire available) - not a bin liner • Large Paddle dry bag - 100l approx. (Compulsory - Hire available) • Small paddle dry bag 20l approx. (Compulsory - Hire available)
Looking after your feet	<ul style="list-style-type: none"> • Old trainers for paddling, trainers for cooking. • Crocs/sliders to wear around camp (flip flops are not acceptable) • 2 Pairs of socks per day
At camp	<ul style="list-style-type: none"> • Headtorch with spare batteries • Spork and mug (plastic) • Matches and lighter • Sleeping Bag (Hire available) • Sleeping mat or Thermarest type inflatable mattress (Hire available)
To help with navigation	<ul style="list-style-type: none"> • Permanent Pen x 2 (choose a dark colour so you can see it) • Compass Silva Classic • Watch (Not a phone)

Group Equipment

Each team must organise this between members

- Small first aid kit
- Small camera (optional)
- Sun-tan lotion
- Toilet roll, deodorant, toothpaste

OceanRock Group Equipment (To be given out at expedition start point)

- Tents (it is up to you to check you have poles and pegs)
- Trangia stoves and fuel
- Maps 2 per group
- Paddling equipment: canoes, paddles, helmets and buoyancy aids
- Emergency contact details for OceanRock staff

First Aid kit - 1 x per team

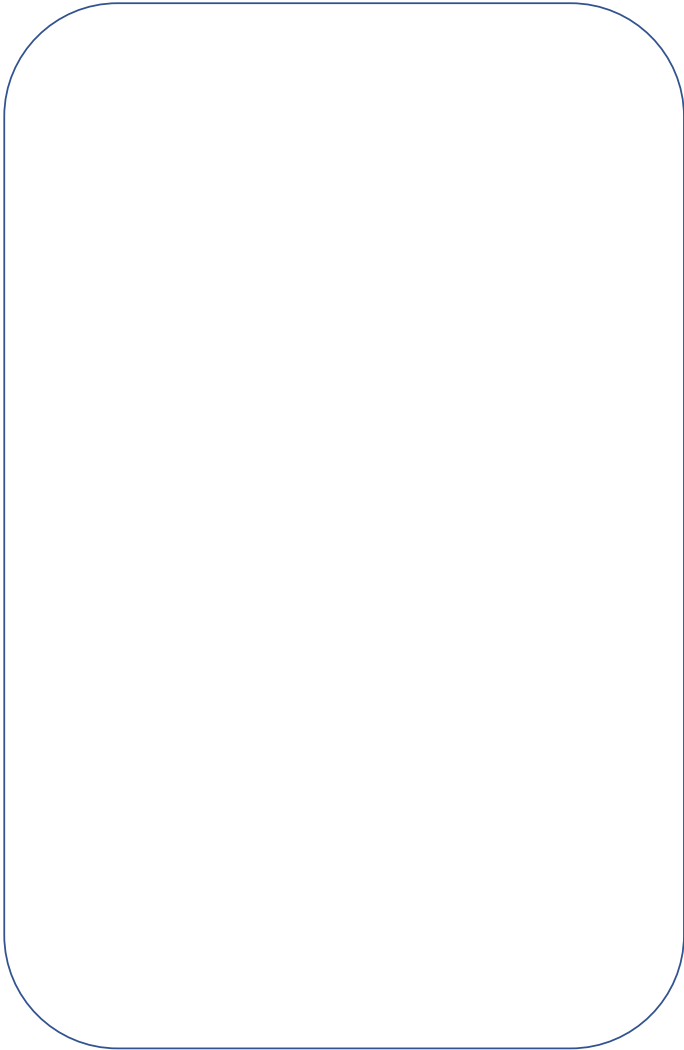
Below is a sample list of things you could put inside:

- Antiseptic wipes, Micropore tape
- Elastic Bandage
- Crepe bandage
- Plasters + Compeed blister patches
- Suntan lotion

NB: PLEASE, PLEASE REMEMBER YOUR PERSONAL MEDICATION EG INHALERS ETC!!!! You cannot go on expedition without it.

Team Equipment I need to remember:

Packing Your Paddle Drybag



Personal Equipment Hire

- Large Paddle Dry Bag (100l)
- Small Paddle Dry Bag (20l)
- Sleeping Bag
- Sleeping Mat
- Waterproof dry bag liner
- Waterproof Jacket
- Waterproof Trousers

Kit is hired through the equipment hire form on our website www.oceanrockadventure.co.uk, where the prices and T&C's are also listed. Equipment hire is for both your practice and final expedition and therefore the price listed covers both.

The equipment will be brought to the start point and it will be collected back in at the end point.

Time is built into the itinerary of the day at the start and finish points to allow time for you to pack your equipment.

** Note: If you need to hire equipment it is your responsibility to request it. Borrowed equipment must be returned clean and without damage. Equipment hire is subject to OceanRock's Terms & Conditions which can be found on the hire kit booking forms.*

Incident Management

3 ways to get help on your Expedition

Checkpoint

- Wait at a checkpoint where an instructor will be.
- Leave a message or wait for them to arrive.

Phone

- Find Signal
- Call the Lead Instructor

Stop (on the route)

- The backstop Instructor will 'sweep you up'.
- Stay warm, safe and dry

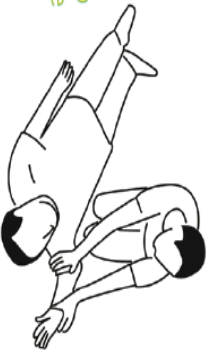
NB: DO NOT PHONE HOME.....



The Recovery Position

Steps to take while waiting for medical attention.

1 Move the arm closest to you in a 90 degree angle with the palm facing up adjacent to the head.



2 Take the opposite arm and move it across the chest, placing the palm of the hand against the cheek.

3 Support the head as you pull the knee furthest from you across the body to turn on the person's side.



4 Lift the chin to clear the airway. Continue to monitor breathing until medical help arrives.

How to do CPR in 5 steps

1. Check for a response. Firmly shake the person's shoulders and loudly ask if they're okay.
2. Call OceanRock, then 999. If the person is unconscious and not breathing, or not breathing normally, start CPR.
3. Your OceanRock Lead Instructor will find a defibrillator, where possible.
4. Start chest compressions. With the heel of your hand in the centre of their chest, press down smoothly and firmly at a rate of 2 per second. Try pushing to the beat of Stayin' Alive by the Bee Gees.
5. Continue to give CPR until help arrives.

Guidance from the British Heart Foundation 2024.

Scenario	Treatment
<p>You are at the campsite cooking your evening meal when someone reaches out to remove the hot pan without using the tongs provided and they burn their hand.</p>	
<p>Your teammate's boat capsizes:</p> <p>A. What does the capsized team do?</p> <p>B. What do you do?</p>	
<p>You have stopped for lunch. There is a mobile phone signal. When getting out of their canoe your teammate stumbles and twists their ankle.</p>	
<p>You have been paddling in full sun all morning, your team member looks very red in the face, has a headache and is complaining of feeling sick.</p>	
<p>The weather is cold, and it has been raining all day. There is a mobile phone signal. For 2 hours, a member of your team has been saying they feel cold and unhappy. Now they've fallen behind and are being dreamy and slow to answer questions.</p>	
<p>You encounter a fallen tree/ rapids on your route, what do you do?</p>	



For a sprain Why?		
R	Elevation	
I	Compression	
C	Rest	
E	Ice	

Dangers of Fire

Fire is a rare, but serious _____ on DofE. A small spark can quickly become _____, destroying fields and causing **damage** to _____, as well as causing damage to animal _____. Causing a fire _____ local communities and gives participants, your school, and DofE a negative _____.

If you act irresponsibly with fire, you will _____ your Award.

Fires can lead to _____ and even fatality. A tent can burn down in just _____ **seconds**, leaving you with no time to react.

Used safely, stoves pose a low risk – keep them on flat ground, never leave them _____, never use them in _____, and always follow the safety rules given by your instructors.

Risk - Unattended - Fail - 20 - Impacts - Farmer's Crops - Your Tent - Out of Control - Burns - Habitats - Reputation

The Countryside Code

"Respect, _____, Enjoy"

Respect other people

- Consider the local _____ and other people enjoying the outdoors
- Leave _____ and property as you find them and follow _____ unless wider access is available

Protect the _____ environment

- Leave _____ of your visit and _____
- Keep dogs under effective control _____ the outdoors.

16 • Plan ahead and be prepared _____ and local signs.

Camp Craft Session

How to cook, camp, stay dry, get organized and look after yourself and your team

After the Camp Craft Session	Tick off to show you know what is expected.....
I can put up a self-supporting tent	
I understand how to use pegs and guy ropes	
I can fold a tent section to fit in my dry bag/ rucksack	
I can safely light a stove	
I know I will store my boots and rucksack / drybag in the tent porch	
I know I will carry all of my own rubbish with me and take it all home with me	
I understand the behaviour that is expected of me at the campsite	

Match the Questions and Answers

Litter is personal. You put it in your own bag	away from you.
Divide the tent up: 1 person has the inner, 1 the outer	participants into your tent.
A tent should be at least.....	and goes home with you.
A peg should be placed in the ground....	and 1 the stove and poles.
The (EMPTY) green tent bag should be....	have footwear on your feet.
You strike a match.....	10 minutes minimum.
A stove should be 3 metres from.....	another tent and stove.
You should always.....	Returned to the instructing team.
Tie hair back when cooking & roll up.....	3 metres from another tent.
Never lean over or leave a stove.....	unattended.
It is expected that you will sit only with.....	separate to your waterproof liner that has your sleeping bag and spare clothes in.
Leave wet kit, boots and dry bags in.....	the porch
Burns need to be run under a tap for.....	sleeves.
You should never invite nor accept other.....	at a 45-degree angle (away from the tent).
Put the wet inner or outer tent.....	your team.

Expedition GOAL

For the Silver + Gold DofE Awards you will need an expedition Goal or purpose.

You need the following:

1. A title
2. Methodology - how you will collect the information
3. Presentation - how will you present your information
4. Analysis - How you will process the data to produce results
5. Conclusion - What did you find out?

Here are some titles that have worked well for students in the past:

- To investigate the impact of tourism on the National Parks
- To compare and contrast the history of the National Parks we visited
- To compare and contrast the geology and associated flood risk of each National Park
- To investigate pollution along our route in each National Park
- Are there any physiological and psychological effects on the team during the expeditions?
- What effect has nutrition had on the team members throughout each expedition?

What's your team goal?	
How are you going to collect the data?	
What equipment will you use?	
Where will you source this equipment?	
How will you present your findings? To who? When?	

Expedition Aim & Requirements

To inspire young people to...

- Develop **initiative** and a **spirit of adventure** and **discovery**.
- Plan, train for and complete a **self-sufficient journey** *as part of a team*.

Team Goal	Expeditions must have a clearly defined team goal - this could be researching an area of interest, contributing to a community action project, or developing soft skills.
Mode of Travel	Journeying must be by participants' own physical effort.
Food	Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal each day. (optional on the last day).
Participant & Team Conduct	Participants must behave responsibly with respect for their team members, Leaders, landowners, the public and animals , and must understand and adhere to the Countryside, Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate)
Unaccompanied and self-sufficient journey	Expeditions must be unaccompanied and self-sufficient . The team must be properly equipped, and supervision must be carried out remotely, considering what is reasonably practicable for participants and ensuring their welfare is paramount.
Debrief & Presentation	Participants must actively participate in a debrief with their Assessor at the end of the expedition and, at Silver and Gold level, a presentation must be delivered after the expedition .