



**YOUTH
WITHOUT
LIMITS**

Expedition Training Framework

There are **eight sections** in this training framework, which covers Bronze, Silver and Gold. Additional training frameworks are available for different modes of travel if walking is not the chosen method of travel. These additional training frameworks are available at www.DofE.org/resourcescentre.

Expedition Supervisors and Leaders must ensure that **participants are trained to an appropriate level** for the nature of the expedition that they are going to be undertaking and its environment.

The training plan for an expedition team should be a **progressive process**, with skills being acquired on training sessions and then practised in the outdoor environment until participants are able to carry out the skills without support or adult intervention.

For their qualifying expedition **participants must be unaccompanied and self-sufficient**. The team must be properly equipped and supervised remotely, with consideration for what is reasonable for participants and ensuring their welfare is paramount. Therefore, they must have not only the skills, but

the **confidence to apply these skills to any situation they might encounter** – this confidence is developed through a training programme at Bronze, and both training and a practice expedition at Silver and Gold.

It is important that teams are **trained to deal with the unexpected**; they should therefore be able to apply their skills in poor weather, bad visibility, and other difficult circumstances.

The DofE Leader must **mark training as complete on eDofE** once the Expedition Supervisor is satisfied the participants have evidenced the required competence. Please note that the Licensed Organisation or Approved Activity Provider is responsible for ensuring all participants are adequately trained and safe to complete a remotely supervised qualifying expedition.



1. FIRST AID AND EMERGENCY PROCEDURES

Training is based on the current edition of the Authorised Manual of St John Ambulance, St. Andrew's Ambulance Association or The British Red Cross.	
Before starting their qualifying expedition, participants must understand and demonstrate:	Suggested delivery methods:
Knowing what to do in the case of an accident or emergency.	<p>Role play, including practising first aid scenarios in an outdoor environment.</p> <p>Using online resources to support sessions, such as this DofE guide from St John Ambulance.</p> <p>Putting together their first aid kits as a team.</p> <p>Please note: the Licensed Organisation or AAP is responsible for approving adults to deliver first aid training. However, DofE recommends training be delivered by someone with a current first aid qualification that covers the elements within this framework.</p>
Summoning help, e.g., what people need to know, telephoning for help, written message.	
Resuscitation; checking the airway, breathing and circulation.	
The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, and splinters.	
The recognition of more serious conditions such as sprains, strains, dislocations, and broken limbs.	
Recognition and treatment of hypothermia and heatstroke.	
The treatment of wounds and bleeding.	
Treatment for shock.	
Getting help, self-help and waiting for help to arrive, keeping safe and warm, and helping people to find you.	

2. AN AWARENESS OF RISK AND HEALTH AND SAFETY ISSUES

Before starting their qualifying expedition, participants must understand and demonstrate:	Suggested delivery methods
Appropriate expedition fitness for their planned expedition in the appropriate mode of travel.	<p>Plan a 2-3 month fitness programme which will peak just before the expedition.</p> <p>Participants could use this NHS fitness plan.</p> <p>Met Office weather information is a useful resource.</p> <p>Practise carrying a full rucksack and walking for a similar length of time as required during one day of their qualifying expedition. Demonstrate safe lifting and practice within the team.</p>
How to identify and avoid hazards appropriate to the environment, including using any specialised equipment for the team goal.	
The importance of keeping together and telling people where you are going.	
Knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, and looking for signs which indicate changes in the weather.	
Understand safe manual handling techniques for all the equipment that might be in use, e.g., rucksacks, boats, boxes.	



3. NAVIGATION, ROUTE PLANNING AND COMPASS SKILLS

The Expedition Supervisor should decide what navigation techniques and compass skills are appropriate for the environment and nature of the planned expedition. Compass skills and navigating via an Ordnance Survey map may not be required for an expedition in an urban environment or restricted space.

The 1:25 000 scale Explorer maps – available for the whole of England, Scotland and Wales and parts of Northern Ireland – should be used for rural expeditions on foot as they make instruction and learning easier. They show the field boundaries, making it easier to precisely locate the footpaths, tracks and lanes used for travel in this type of country. Participants using other modes of transport may also need to be familiar with 1:50 000 scale Landranger maps.

Before starting their qualifying expedition, participants must understand and demonstrate:	Suggested delivery methods
The ability to create a route card or plan, with timings and distances that enable them to follow a planned route and plot their progress throughout the day.	Resources available from the National Navigation Award Scheme, including the book Teaching Navigation by Nigel Williams. Free online resources from Ordnance Survey. These include top tips, such as how to use a compass and getting to know map symbols. eDofE mapping training resources and user guides.
An understanding of scale and how to measure distance and estimate time.	
How to orientate their map correctly and choose the right direction of travel.	
How to identify a point on the map to add it to a route card or give the information to others, e.g., by page and grid square, grid reference, latitude/longitude, as appropriate.	
The ability to follow a planned route.	
Their ability to locate their position from the map	
Their ability to identify appropriate features from the map to assist navigation or location finding and understand how these features may affect journey times e.g., contour lines.	Preparing and using a Route Card .
How to use appropriate wayfinding equipment such as compasses or GPS devices and identify problems and issues that might arise with such tools.	Using their compass on practice walks (in similar terrain to their qualifying expedition).
Actions to be taken if lost or navigating in restricted visibility.	
How to look after their compass and the influence of ferrous metal objects.	



Direction from the compass, both cardinal and the four intercardinal points.	
Navigating using a compass e.g., setting the map, determining the direction of footpaths or direction of travel, travelling on a bearing.	

4. ACCOMMODATION, EQUIPMENT, AND HYGIENE

Before starting their qualifying expedition, participants must understand and demonstrate:	Suggested delivery methods
How to choose suitable clothing, footwear, and emergency equipment, and know how to use it.	Practise using their equipment during training walks or an overnight stay. Review afterwards what they would/wouldn't use next time. Read the advice in the DofE's Expedition Kit Guide
Choosing and caring for any equipment used for the overnight element.	
That equipment can be packed into suitable containers (such as rucksacks, barrels, or boxes) and be waterproofed appropriately.	
Always keeping equipment weight to a minimum (about a quarter of the body weight when walking) and distributed appropriately.	
That they can set up their overnight accommodation with arrangements for water, cooking and sanitation, refuse disposal, and fire precautions.	

5. FOOD AND COOKING

Before starting their qualifying expedition, participants must understand and demonstrate:	Suggested delivery methods
Cooking and the use of stoves.	Cooking a team meal using stoves as part of a training day, a day walk or overnight camp. Stove Safety Instructions.
Safety procedures and precautions which must be observed when using stoves and handling fuels.	
That they can follow the stove safety instructions.	
Cooking substantial meals as a team under expedition conditions.	
That food is stored and prepared in a safe manner.	



6. COUNTRYSIDE, HIGHWAY AND WATER SPORTS SAFETY CODES

Before starting their qualifying expedition, participants must understand and demonstrate:	Suggested delivery methods
The spirit and content of the Countryside Code.	Discuss rules around behaviour when on training walks (littering, interacting with local people/other walkers, livestock, leaving no trace, etc.).
The avoidance of noise and disturbance to local communities.	
Thorough knowledge 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 expedition.	Create a 'code of behaviour' as a team prior to the qualifying expedition.
If undertaking a water-based expedition, a thorough knowledge of the Water Sports Safety Code.	Resources: the Countryside Code , the DofE's Countryside Care posters , the Water Sports Safety Code , and the Highway Code .

7. OBSERVATION RECORDING AND PRESENTATIONS

Before starting their qualifying expedition, participants must understand and demonstrate:	Suggested delivery methods
How to choose an expedition team goal.	When out on training walks or the practice expedition build in the observation skills and recording so that teams are used to recording what they see.
Observation skills and different methods of recording information.	
Skills relevant to the method of presentation.	
Researching relevant information.	

8. TEAM BUILDING

Before starting their qualifying expedition, participants must understand and demonstrate:	Suggested delivery methods
That they have learnt to work together as an effective and cohesive unit.	Team building activities and challenges, identifying team roles, and identifying within the team who undertakes those roles.
That they understand the different roles within a team, and each person can carry out some of these roles.	



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PROFICIENCY IN THE MODE OF TRAVEL

Additional training framework for these modes of travel are available at www.DofE.org/resourcescentre.

Cycling

- Training to the three levels of the [National Standard for Cycle Training](#), or an equivalent level of competence, to gain the basic skills and cycle maintenance experience.
- Training programmes appropriate to the environment in which the participant is cycling.
- Understanding the spirit and content of the responsible cycling and code of behaviour guidance and have a thorough knowledge of the [Mountain Bike Code](#).
- Maintenance and repair of their bicycle.
- Loading a bicycle with equipment.
- Handling a loaded bicycle.
- The skills associated with off-road cycling as appropriate.

Horse riding

The horse-riding expedition training syllabus is set out in the [DofE Training Framework for horseback expeditions](#).

Expeditions on water

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 expedition 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 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.

All participants must:

- Be adequately trained to ensure they meet the Expedition Requirements.
- Satisfy the Supervisor that they have completed the required training and reached the necessary level of competence for the conditions and environment of their expedition.
- Wear appropriate buoyancy aids or lifejackets. Exceptions may be made, with the approval of the Licensed Organisation, for rowing expeditions 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.
- Demonstrate that their equipment is waterproofed and watertight.
- Be able to recognise and treat hypothermia/hyperthermia.
- Know the [Water Sports Safety Code](#), the basic rules of the water, priorities, the sound signals used on water, and distress signals.
- Know the rules of conduct for the water on which they are journeying, including the courtesies, customs and etiquette associated with boating and sailing.
- Be able to administer resuscitation on and in the water, as well as adjacent to it.
- Be trained in the use of a suitable repair kit.

Canoeing

All participants must be adequately trained to the requirements for expeditions on water as set out above. All participants must undergo training based on the [Training Framework – core paddling skills](#).

Rowing

All participants must complete training based on the [Training Framework – rowing expeditions](#). Licensed Organisations may direct their participants to undergo training based on the training schemes of the Sea Cadets, Scouts or Girlguiding UK.

Sailing – dinghies and open keelboats

All participants must be adequately trained to the requirements of the [Training Framework for sailing expeditions](#). Participants should follow their Licensed Organisation's guidance on any required level of Royal Yachting Association (RYA) training or equivalent.

Sailing – yachts, multihulls, and sail training vessels

All participants must be adequately trained to the requirements of the [Training Framework for sailing expeditions](#). Participants should follow their Licensed Organisation's guidance on any required level of RYA training. The DofE recommends that all participants doing sailing expeditions complete RYA Seamanship as a minimum. It is common for participants to complete Day Skipper when doing expeditions in coastal and open sea environments.