

Introduction

The Sports Leaders UK Level 2 Award in Basic Expedition Leadership is a nationally recognised award that trains and qualifies teachers, youth workers and other members of the community to:

- Lead groups in lowland areas
- Have responsibility for the care of others when outdoors including day journeys
- Organise base and mobile camps

The award is the minimum qualification required by many Local Authorities and Operating Authorities of The Duke of Edinburgh's Award scheme to train and lead groups in the expedition section of the Bronze and Silver Awards.

The award also counts towards the service section of all three Awards in The Duke of Edinburgh's Award Scheme.

The award does not qualify people to lead groups in remote or mountainous areas

Course content

The Sports Leaders UK Level 2 Award in Basic Expedition Leadership has ten units which a candidate must complete before receiving the Award. These are:

Unit 1 Understanding the principles and practice of leading an expedition

Unit 2 Understanding instructional and organisational methods in expedition leadership

Unit 3 Planning and preparing for an expedition

Unit 4 Understanding conservation and access for an expedition

Unit 5 Apply basic navigation skills during an expedition

Unit 6 Selecting and using appropriate equipment for an outdoor activity

Unit 7 Planning and completing an outdoor activity

Unit 8 Deal with first aid and emergency situations whilst outdoors

Unit 9 Understanding fitness and weather conditions in the outdoor environment

Unit 10 Demonstration of expedition leadership skills

Course tutors must not run the award in remote or mountainous areas. The award is to be run in lowland areas or on the fringes of urban areas.



Duration

Each award requires a minimum of 90 hours of instruction and practical work followed by 30 hours of leadership experience when the skills learnt in training are put into practice, under supervision.

LEARNING OUTCOMES: _SL UK LEVEL 2 AWARD IN BASIC EXPEDITION LEADERSHIP 100/3400/6

1. Understanding the principles and practice of leadership

In order to lead a group of individuals in lowland country, the candidate will have demonstrated that s/he is competent to:

- identify the purpose of the journey
- plan and prepare a scheme of work for a journey
- communicate the aim of a journey effectively to groups and individuals
- lead groups and individuals with confidence throughout a journey care for groups and individuals throughout a venture
- ensure the safety of individuals at all times
- communicate the review to the group and to individuals
- demonstrate a range of leadership style

2. Understanding instructional and organisational methods

All Basic Expedition Leaders must be able to instruct others in the contents of Units Three to Nine. On completion of this Unit, the candidate will have demonstrated the s/he is competent to:

- deliver the subject matter
- communicate confidently with groups
- organize, prepare, manage and conduct activity sessions
- use a variety of teaching aids and resources effectively

3. Planning and preparing for an activity

On completion of this Unit, the candidate will have demonstrated that s/he is competent to:

- carry out and record a risk assessment for the journey
- select an appropriate programme for the group
- inform parents/guardians and participants of the venture
- obtain parental consent in the case of minors
- issue a form requesting information concerning any relevant medical condition and fitness of participants
- arrange appropriate level and ratio of staffing
- arrange insurance cover
- arrange adequate support
- establish channels of communication for use in an emergency
- select appropriate sources of information on local conditions
- arrange transport requirements
- prepare costings for a venture
- arrange banking procedures
- produce a statement of accounts



4. Understanding conservation and access in an environment

On completion of this Unit, the candidate will have demonstrated the s/he is competent to:

- adhere and agree to a code of practice for using any site
- be able to educate other potential users on the impact of activities on the environment
- select and obtain permission for access to an area which is intended for use
- monitor and survey the area to ensure sustainable and effective use
- demonstrate a basic knowledge of Rights of Way legislation

5. Applying basic navigational skills

On completion of this Unit, the candidate will have demonstrated the s/he is competent to teach individuals and groups how to:

- set an OS 1:50000 or 1:25000 map by relief and compass
- find their location on a map
- translate map symbols to ground features
- translate ground features to map symbols
- estimate distances traveled
- prepare route cards
- calculate the direction of travel with a compass
- obtain a grid bearing and transfer it to Magnetic North
- complete a journey navigating with a map

6. Selecting and using appropriate equipment

On completion of this Unit, the candidate will have demonstrated the s/he is competent to teach individuals and groups how:

- select equipment for personal use
- select equipment for group use
- select equipment for emergency use
- check that all equipment is serviceable and appropriate to the planned venture
- supervise maintenance procedures
- advise on clothing alternatives

7. Planning and completing an activity involving overnight stops

On completion of this Unit, the Candidate will have demonstrated that he/she is competent to:

- select an appropriate camp site
- use at least two of the following stoves:
 - a gas stove
 - a pressure stove
 - a methylated spirit stove
- maintain the above stoves
- select appropriate foods for an expedition
- prepare a cooked meal out of doors
- implement hygiene procedures
- care for water supplies
- erect a range of lightweight tents
- erect a tent for a standing camp
- complete a journey involving overnight stops



8. Dealing with first aid and emergency situations

On completion of this Unit, the candidate will have successfully completed a nationally recognized certificated First Aid Award

course and demonstrated that s/he is competent to:

- assemble a first aid kit appropriate to the circumstances
- take action to prevent accidents
- administer first aid to a casualty in the outdoors
- respond to injuries and signs of illness
- report and record accidents

9. Understanding fitness and weather conditions in the outdoor environment

On completion of this Unit the candidate will have demonstrated that s/he is competent to:

Fitness

- select a venture appropriate to the abilities of the participants
- provide young people with appropriate methods of developing expedition fitness
- instruct beginners in the care of the feet, hands and shoulders
- provide information on the links between fitness, diet nutrition and stamina
- encourage participants to develop a positive mental attitude to journeying

Weather

- select appropriate sources of weather information
- apply a weather forecast to the plan of a venture
- plan adjustments to the proposed venture when indicated by the weather forecast
- understand terminology used in weather forecasting

10. Demonstration of leadership skills

On completion of this section, the candidate has demonstrated their ability to apply the skills and knowledge gained during the tutored hours of the course to the benefit of the community.

For further information on internal BEL courses please contact Sussex Wing Adventure Training Officer watto@swatt.org , or contact the British Sports Trust direct: <http://www.bst.org.uk/Home/Default.aspx>