

- ix. Should make contact with the group at least once daily during their journey so that they can be effectively assessed.
- x. Must meet with and de-brief the team at the end of the Qualifying Journey.
- xi. Permission to combine roles must be sought from your NAO or the Foundation.
- xii. Must sign off the completion of the Qualifying **Adventurous Journey** in each of the participant's Online Record Book (or equivalent) after assessing their final report.

8.10 Preparation and training

The safety of all participants throughout their training, Practice and Qualifying Journeys is the Award's top priority. Training is required to enable all group members to undertake their journeys safely. All training must be delivered by a suitably qualified and/or experienced adult (instructor). After training, the **Adventurous Journey** Supervisor should be satisfied that the group is technically able to carry out their Practice and Qualifying Journeys in a safe and self-sufficient manner.

It is worth emphasising that the **Adventurous Journey**, by its nature, contains an element of risk. It is therefore important that this risk is properly managed to reduce the likelihood of an accident occurring and decrease the consequences if an accident does occur. The key to this is the proper preparation and training of the participants so that they are well prepared for their independent Practice and Qualifying Journeys. The safety of the participants is the top priority. Please refer to **paragraphs 8.14** (risk assessment), **8.15** (emergency procedures) and **8.16** (insurance) for further explanation.

Preparation and training requirements

The following table is a guide to the subjects that should, as a minimum, be covered prior to participants embarking on a Practice Journey, pending the type of environment and mode of journey chosen and approved. The table is not exhaustive; the exact training requirements will be determined by the nature of the chosen **Adventurous Journey** as well as any national, legal or other requirements in a particular jurisdiction.

SUBJECT

Understanding the aim of their Adventurous Journey

For example, depending on local circumstances, it can include:

It is usual practice that when accommodated in tents, that the tents are carried by the participants. Participants also need to carry the equipment which they will use for cooking. This requirement needs to be adjusted in environments and climates where total self-sufficiency will be difficult e.g. the carrying of sufficient water in a jungle or desert. Similarly, adjustments for medical purposes are also warranted.

First Aid and emergency procedures

- Blisters.
- Relevant weather injuries.
- Emergency procedures/evacuation.
- What's in a basic First Aid kit.
- Collect information about participants, including any medical conditions, to assess that the journey is suitable for everyone involved.
- Check the availability of local medical services and support for each journey.
- Produce a written 'incident and emergency response' plan for each journey, detailing what should happen if things go wrong.
- Ensure that all adults, volunteers and participants are aware of the emergency plan; have access to medical advice and support; and know what to do and who to contact in the event of illness, accident or emergency.

Necessary equipment and how to use it

- How to pitch a tent/hammock or use hostel accommodation.
- How to pack a rucksack or cycle packs.
- What clothes to wear, and when.
- Use of mobile phones and GPS; for what and when to use them e.g. emergency use only (see **paragraph 8.11**).

Route planning

- Plan and research all aspects of the route including the location, transport and safe and suitable accommodation.
- Prepare an itinerary (often referred to as a route card) and budget for each journey.
- Take into account participants with additional needs.



SUBJECT

For example, depending on local circumstances, it can include:

Navigation

- Basic map reading skills.
 - o How to use a compass.
 - o Understanding different types of terrain.
 - o Safety on major features i.e. roads/rivers.
- Use of GPS (to only be used as a secondary rather than primary method of navigation – see [paragraph 8.11](#)).
- Weather considerations.

Camp craft, including food and cooking

- Personal hygiene.
- Food preparation.
- Cooking.
- Management of waste /litter.
- Be aware of any animals that group members may encounter.

Team building and leadership training

- All group members to know each other and to work together.
- Understanding the relative strengths and weaknesses of each group member.
- Giving all group members the opportunity to lead.

Mode of travel

- Relevant maintenance skills.
- Relevant animal husbandry care.
- Specialist clothing/equipment.
- Safety.
- Rights of way.

SUBJECT

For example, depending on local circumstances, it can include:

Observation and recording skills

- Providing time within the itinerary to observe.
- Criteria of what to observe and record.

Managing risk

- A basic understanding of the risks that they may encounter and how to react e.g. having sufficient water, emergency routes in the case of poor weather etc.

Understanding the impact of the journey on the environment

- Managing litter.
- Understanding the journey's specific environment.
- Using natural resources wisely e.g. water and wood.

Appreciating the culture within the journey's environment

- Behave as ambassadors of the Award.
- Be aware of local customs and rules.
- Preferably learn a few new words (if a foreign language).
- Be aware of local food provision (if different from usual diets).

The various topics mentioned above can be delivered by the Award Leader or **Adventurous Journey** Supervisor, but also by an external instructor. If the Award Leader and Supervisor are short of time and want to share the workload, external instructors such as geography teachers, local Scout leaders, experienced **Gold** Award holders or participants, can deliver sessions on the topics of their expertise. The topics can be delivered in separate training sessions, e.g. during a free hour at a fixed time every week after school or before a youth club meeting. Since some topics require more time for training than others, they might also be combined or done during full training days or weekends as considered necessary by the **Adventurous Journey** Supervisor, in conjunction with the instructor(s).