

## Gold Canoeing Expedition

### Is it for me?

Choosing canoeing as a mode of transport for your 4 day gold expedition will enable you to travel in areas and locations normally unreachable.

Acquire a new set of skills, learn and utilise life skills, such as communication, planning, trust and support in a unique environment.

More details on the award scheme can be obtained from the Duke of Edinburgh web site [www.theaward.org](http://www.theaward.org)

### Course Content

The following skills are essential to the final venture and will be taught over a number of training days.

#### CANOE SKILLS

##### Manual Handling

- Demonstrate the lifting and carrying techniques which enable safe portaging.
- Demonstrate safe launching and disembarking techniques at a variety of locations relevant to the environment.
- Safely load, unload and secure canoes onto the trailer.

##### Equipment Selection & Loading

- Select suitable personal and group clothing & equipment for a D of E Canoe Venture.
- Demonstrate how to waterproof clothing and equipment for a canoe expedition.
- Demonstrate how to load equipment into canoes for an expedition.
- Understand how to trim the boat for different weather conditions.
- Repair broken and damaged equipment while on expedition.

##### Paddling Techniques

- Efficient and economical forward paddling with simple steering strokes (ruddering) to maintain direction without losing momentum.
- Reverse paddle strokes used to stop and paddle backwards.
- Sweep strokes used to turn the boat when stationary.
- The ability to move the canoe sideways to come alongside.
- Prevent a capsize.
- Canoe Rafting & Sailing (if environment allows)

Note: These skills should be demonstrated by a tandem crew working effectively together.

## Rescues

All participants should be able to demonstrate the following:

- The Rescue Progression: Shout, Reach, Throw, Go
- Tandem self-rescue: Swimming self, paddle, boat (and equipment) to shore, recover, empty and re-launch.
- Man overboard rescue: Be able to rescue a team member back into the canoe.
- All in rescue: All team members have to get back into the canoes in deep water.
- Throwline Rescues
- Towing techniques

## Hazards and Risk Assessing

- Recognise weirs and outflows and be able to avoid them.
- Use locks safely (if the waterway permits canoes to use them)
- Know where to obtain a weather forecast suitable for a canoe venture.
- Relate weather forecasts to observed conditions, looking for signs which will indicate changes in weather.
- The ability to conduct a dynamic risk assessment.

## The Codes

- Understand the spirit and content of the 'Countryside Code'.
- A thorough knowledge of the Water Sports Code.

**COMMON TRAINING** This training is common to all expedition types.

## First Aid

- The Primary Survey: DR ABC
- The treatment of minor and major bleeding
- The recognition and immediate treatment of breaks and dislocations
- Treatment of Shock
- The prevention, recognition and treatment of Hypothermia
- The prevention, recognition and treatment of heat injuries (sunburn, sunstroke, heat stroke)
- Secondary Drowning
- The signs, symptoms and treatment of Weil's Disease

## Preparatory Map Skills

- The nature of maps – OS 1:50,000
- Map direction
- Scale and Distance – measuring distance and estimating time taken to travel **BY CANOE**
- Conventional Signs
- Marginal Information
- Grid References

- An introduction to contours in relation to the environment the venture is taking place in.
- The ability to give a verbal description of a route linking two places from the map.

### **Practical Map Skills**

- Setting the map by inspection.
- Relating the map to the ground.
- Determining geographical direction and direction of travel from the map.
- Checking the direction of river channels etc with the map set.
- Planning a route and preparing a route card.
- Estimating speed of travel and arrival times FOR A CANOE VENTURE.
- Following a planned route yet understanding when to use alternative/escape routes.

### **Compass Skills**

- The care of the compass and the influence of ferrous objects on its accuracy.
- Magnetic variation and the relationship between true, grid and magnetic norths.
- Setting the map using the compass.
- Determining the direction of river channels etc using the compass.

### **Camp-craft**

- Choosing a suitable campsite.
- Pitch and strike tents.
- Practice no trace camping with appropriate methods of disposing of waste.
- The safe use stoves.
- Cooking substantial meals under expedition conditions

### **Programme**

The course will consist of at least 1 training weekend, 1 practise venture and 1 qualifying venture. Additional training hours may be bolted on to the course in order to gain the necessary skills, depending on previous qualifications or experiences.

### **The Venues**

Initial training days will take place on quiet sheltered rivers such as the rivers Stort and Chelmer.

Further training, practise ventures will take place in locations relevant to the final qualifying expedition. This may include moving water or bodies of open water.

### **Instructional Staff**

Our instructors are qualified and experienced paddlers with an excellent knowledge of the sport. They have a great depth of experience instructing

novices and experts and will be keen to pass on that knowledge to you. Our low staff to student ratio allows you to progress at your own pace and get the most from the course.

### **Kit List**

Participants should refer to the equipment list in The Duke of Edinburgh's Award's *Expedition Guide*. Most equipment is the same for all modes of travel with adjustments being made where necessary.

The list below is intended as a starting point when considering additional equipment for paddling ventures:

- Buoyancy aid or life-jacket as appropriate, with whistle attached.
- Repair kit
- Bivvy bag (poly-bag).
- Waterproof or water-resistant watch.
- Knife
- Maps/charts in or with water resistant protection
- Matches in waterproof container.
- Personal first aid kit.
- Throw line/towline
- Emergency rations.
- Head torch.
- Notebook and pencil.
- Spare paddle
- Coins/phone card for telephone.
- A bailer and large sponge
- Compass
- Flares

Helmets should be considered where relevant to the environment.

All canoeing equipment will be provided. We do not advise you purchase any equipment specifically for this course, rather use it as an opportunity to find out what best suits your needs. However please feel free to bring any canoeing equipment you already have, in particular; personal and expedition equipment.