

# AWARD LEADER HANDS ON TRAINING

PRESENTED BY  
THE STANDARDS & TRAINING COMMITTEE  
NOVEMBER 25, 2017



# AGENDA

- 
- 09:00am – 09:30am Introduction
  - 09:30am – 10:00am Review
  - 10:00am – 11:00am Hands On Exercises
  - 11:00am – 12:30pm Mini Expedition
  - 12:30pm – 01:00pm Open Forum for Discussion



# INTRODUCTION

## ▶ WELCOME

All new & existing Award Leaders and new Assessors

## ▶ STANDARDS & TRAINING COMMITTEE

Introduction of the Committee Members

## ▶ HOUSEKEEPING

Bathrooms back towards the elevator and on left  
No cell phones please

## ▶ AWARD LEADER ONLINE MODULES

Quick discussion on the modules



# REVIEW

## NUTRITION

- ▶ Focus on understanding calories and balanced meal

## RUCKSACKS

- ▶ Not packed properly, too heavy, load not distributed across all participants

## ROUTE CARDS & PURPOSES

- ▶ Distances incorrect, not filled out correctly,
- ▶ Weak, no direction, unattainable

## NAVIGATION

- ▶ Not all training components are completing the required number of sessions



# NUTRITION – FOOD & COOKING

Participants should not be taught to think of expedition food as dull, functional or unpleasant. It is an opportunity for them to be creative, show off and use it as a core part of a positive expedition experience.

## PROTEIN, CARBS, FAT

The route cards require that calories for each meal be added. This will help teach the participants a well-balanced menu for their journey.

It will also help the assessors determine if enough food, with the correct balance of protein, carbs & fats, are being prepared and eaten.

## COUNT YOUR CALORIES

Estimate calories with online applications:

MyFitnessPal - <https://www.myfitnesspal.com>

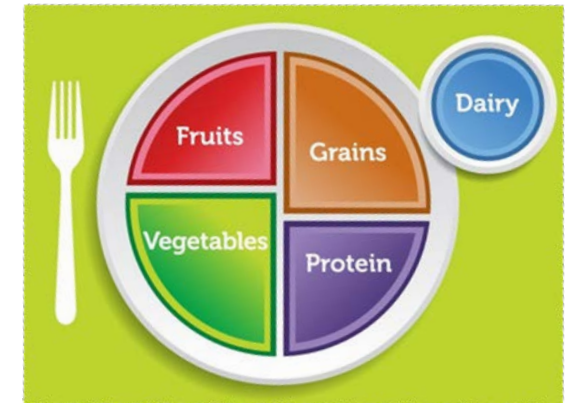
Super Tracker - <https://www.supertracker.usda.gov/>

## COOKING

While assessing a group the participants tried to cook food on an open field when it was windy. They did not know they needed to be sheltered from the wind in order to maintain the flame on their stove.

Also saw a group cooking next to a tent.

More training is needed for cooking skills.



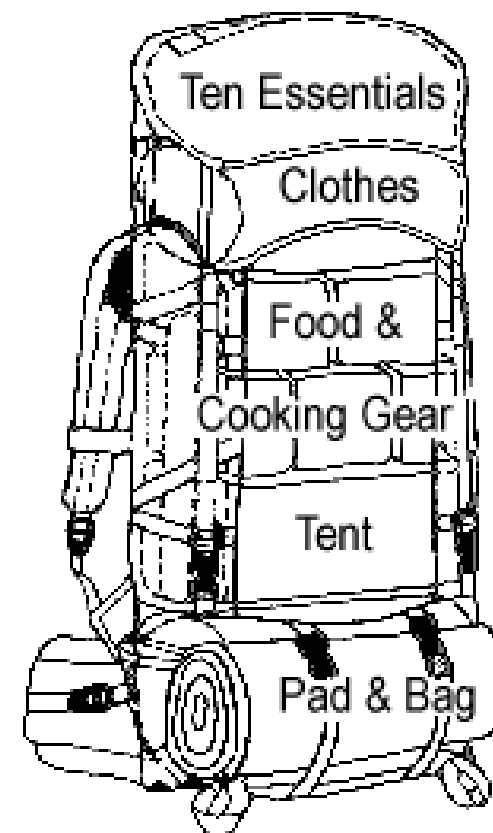
# RUCKSACKS

All rucksacks **must be weighed** before departure and packs should not be more than one quarter of the participants body weight. **That's 25%!**



## TEAM MEMBERS

- ▶ All team members must share the load of gear taken on their adventurous journey.
- ▶ We have seen groups that one participant is carrying only a small day pack and the rest of the team is carrying the bulk of the shared equipment.
- ▶ Team members also need to learn how to help each other adjust the straps and know where the rucksack should be sitting on their hips for distributed load on knees, shoulders and hips.
- ▶ It is also important to understand the placement of light and heavy items in the rucksack.



# ROUTE CARDS & PURPOSES

Before any planning, the participants need to find a purpose. Without it, the group cannot plan an effective and challenging expedition with a clear outcome.

## ROUTE CARDS

The stops on the route card need to be inline with the purpose. If the group is documenting churches, their stops need to be at churches and not just a bus stop.

Route cards also need to have the calorie breakdown of their meals.

## CURRENT PURPOSES

Counting bees or runners are **NOT** valid purposes for the Award. We need to start working with the participants to guide them towards more meaningful purposes that have measurable results.

## EXAMPLES OF GOOD PURPOSES

- ▶ Explore an historic place and document the scenery and history (ie. Dockyard).
- ▶ Photograph and describe interesting old buildings along your route.
- ▶ Monitor the levels of litter on your route and plan how you could campaign to reduce this.
- ▶ Create a nature guide of your route for future visitors.
- ▶ Document and photograph known haunted houses in Bermuda.

### MEAL PLAN

List meal items for each day and who is responsible for each item

#### BREAKFAST:

Oatmeal with raisins and cinnamon  
Nature valley cereal bar  
Tea with sugar

Calories = 445

#### LUNCH:

Pita wrap with tuna  
Salted peanuts  
Snickers bar

Calories = 923

#### DINNER:

Cup of soup  
Chicken & Vegetable curry with rice  
Fruit & nut chocolate bar  
Hot chocolate

Calories = 777



### The Duke of Edinburgh's International Award Bermuda Adventurous Journey Route Card

(Use one per day)



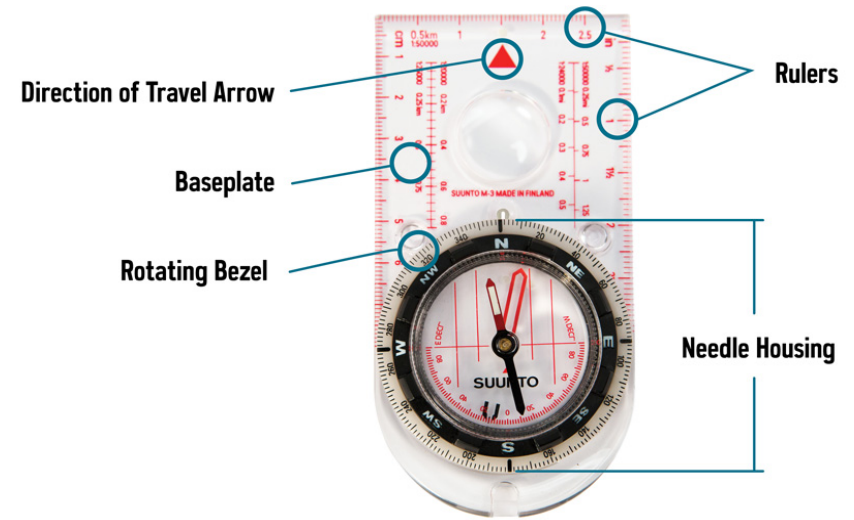
<b>Purpose of Journey:</b> Looking for wizards in the forests of Bermuda		<b>Journey Type:</b> Expedition <input type="checkbox"/> Exploration <input checked="" type="checkbox"/>		<b>Group Members:</b> Hermione Granger, Minerva McGonagall, Harry Potter, Ron Weasley, Rubeus Hagrid, Severus Snape, Sirius Black, Albus Dumbledore		<b>Name of D of E Group:</b> The Great Wizards						
<b>Day of the Week:</b> Friday		<b>Date:</b> MM/DD/YY 09/24/16		<b>Setting out Time:</b> 9:30 AM		<b>Approved Award Centre:</b> Bermuda School of Wizardry						
<b>START</b>		<b>PLACE</b>	<b>GRID REF</b>	<b>General direction of bearing</b>	<b>Distance in km □ miles</b>	<b>Time allowed for journeying in minutes</b>	<b>Estimated time of arrival</b>	<b>Time allowed for exploring, rests or meals</b>	<b>Total time for leg</b>	<b>Estimated time of departure</b>	<b>Day #</b>	<b>Group Leader:</b> Harry Potter
		Port Royal Primary Church Road	261 699								1	<b>Tel No:</b> 441-123-4567 <b>Email:</b> harry.potter@wizards.com
<b>Brief details of route to be followed or planned activity. (Enter full details on page 2)</b>											<b>Escape route and emergency plan</b>	
(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	(k)	(l)	
1	TO	Heron Bay Primary Middle Road	280 705	SE	2.2	45	10:15 AM	25	70	10:40 AM	South East down middle Rd. onto Riviera Rd. onto Heron Bay Primary	Head onto rail trail and back onto Riviera Rd to Heron Bay Primary
2	TO	Warwick Post Office Quarry Lane	289 714	SE	2.2	45	11:25 AM	25	70	11:50 AM	South East on middle Rd. up Rhyber pass onto Quarry LN to Warwick post office	Up Peerman's Hill west onto rail trail exit off to Warwick post office
3	TO	Warwick Academy Cobbs Hill Rd	310 724	SE	1.6	30	12:20 PM	40	70	1:00 PM	South East down middle Rd. onto Cobbs Hill Rd. to Warwick Academy (includes 30 minute lunch)	Up Keith Hall onto Princeton, onto Morgan Mews, onto Morgan Rd
4	TO	Paget Post Office Valley Rd	327 731	SE	2.0	40	1:40 PM	20	60	2:00 PM	South East down middle Rd. onto Valley Rd. to Valley LN to Paget Post Office	Up Dudley Hill to Dudley LN to Valley Rd next to Paget Post Office
5	TO	BUEI Front Street	330 743	E	2.0	50	3:00 PM	20	70	3:10 PM	South down South Rd. to Front ST to BUEI	Up Corkscrew hill onto Cavendish Rd onto Front ST to BUEI
6	TO	Albouys Point Front Street	317 740	E	1.8	30	3:50 PM	20	50		North on King to Dunderdon, West on Dunderdon to Paraville, South on Paraville to Albouys Point.	Down Front Street to Albouys Point

# NAVIGATION

Compass and map skills are essential in preparing for an adventurous journey.

## LEARNING POINTS

- ▶ Knowledge and use of cardinal points
- ▶ Types of maps
- ▶ Map reading – Scale, variation, legends, grid reference
- ▶ Grid North, Magnetic North and True North
- ▶ Understanding grid references
- ▶ Identifying the basic parts of a compass
- ▶ Basic knowledge of how to use a compass
- ▶ Using your compass to orient your map



COMPASS ANATOMY





# HANDS ON EXERCISES

Get together in groups to do some hands on exercises.

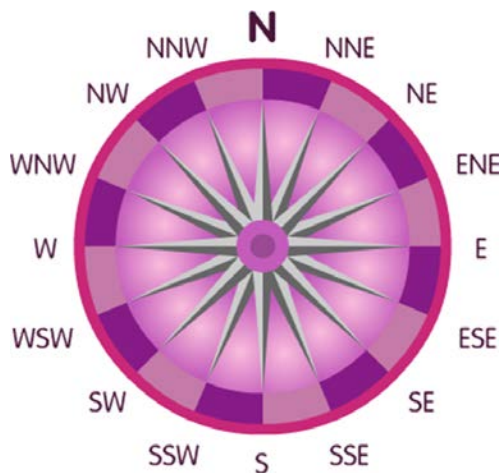
## NAVIGATION

Orient yourself to the map

Find the grid references

Find bearings in cardinal points

Find bearings in degrees



## PACK A RUCKSACK

Pack the bag

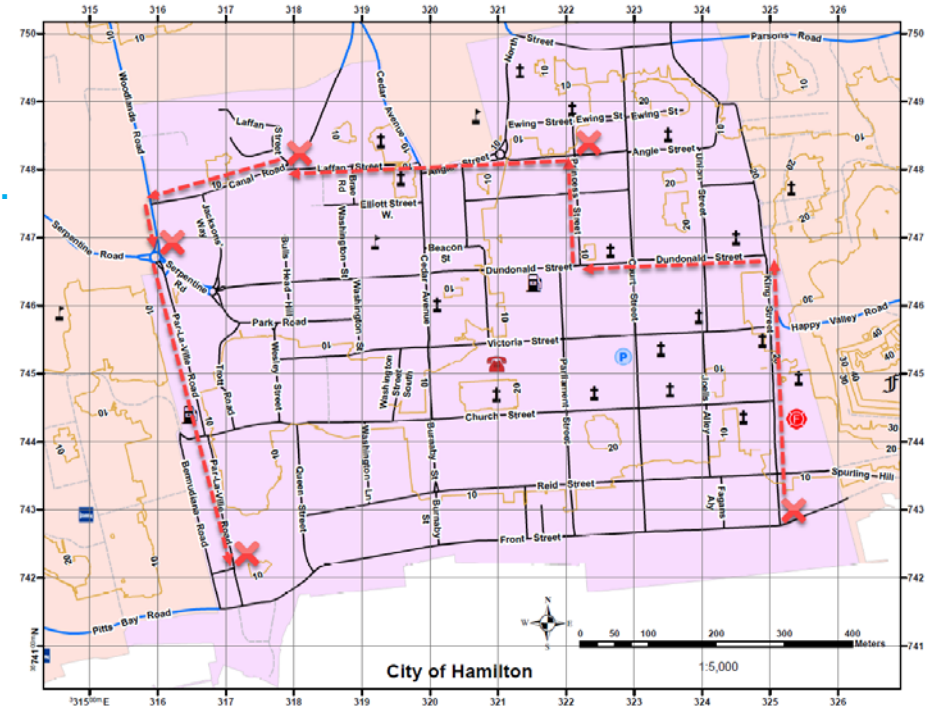
Adjustment for size

Adjust hip belt

Where do items go

What if it rains

Where are the heavy items



## PLAN A ROUTE

Fill out the four legs of the route

Use grid references (6-digits)

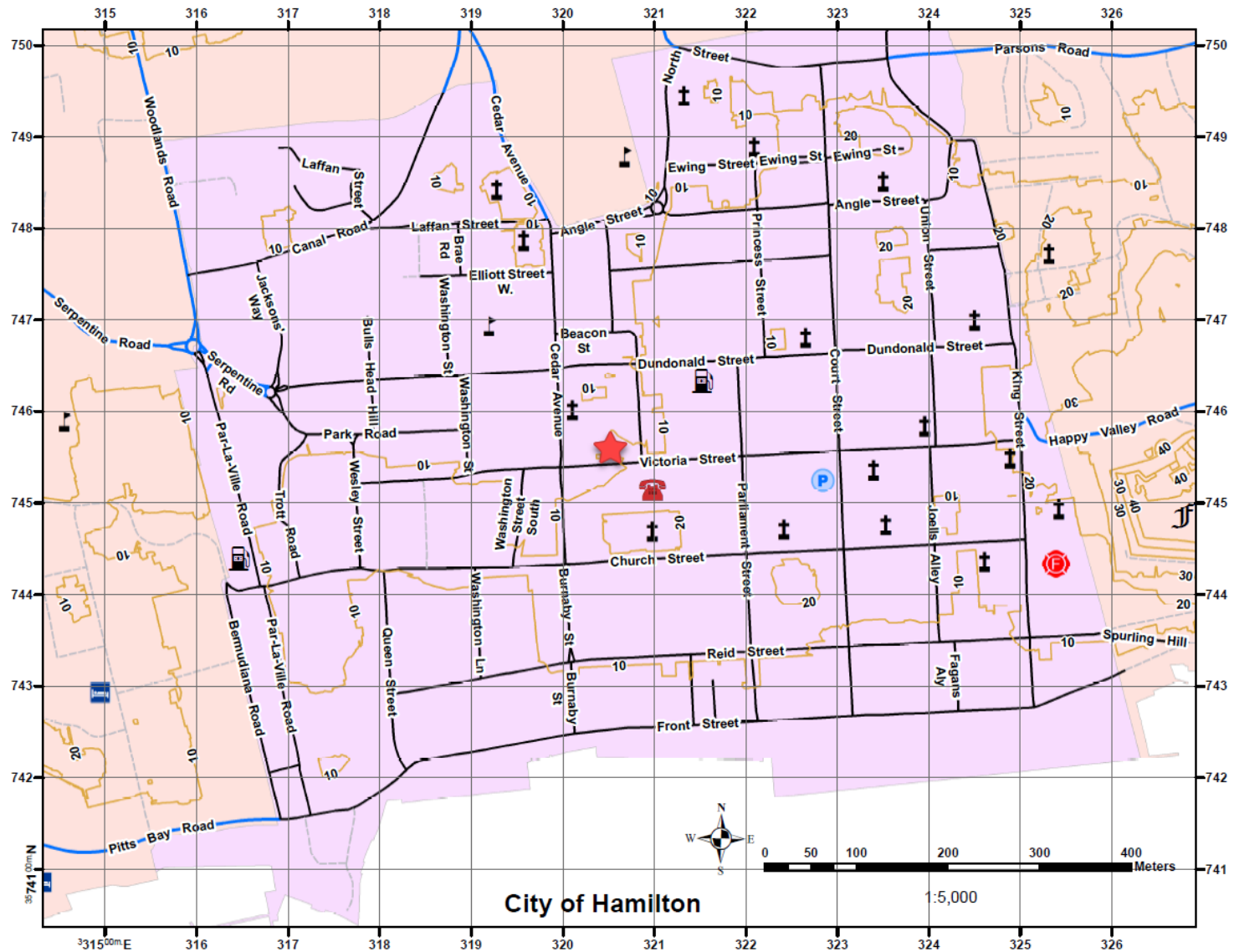
Find your bearings (8-points)

Measure distances

Figure out timing (1km=20mins)

# MINI EXPEDITION

Let's Do It!!



# DISCUSSION

Discussion of how the day went.





## OTHER EMAIL ADDRESSES

**ORB HELP:** [orb@theaward.bm](mailto:orb@theaward.bm)

**ADD TO CALENDAR:** [calendar@theaward.bm](mailto:calendar@theaward.bm)

## USEFUL LINKS

[www.myfitnesspal.com](http://www.myfitnesspal.com)

[www.cnpp.usda.gov/mypyramid](http://www.cnpp.usda.gov/mypyramid)

## HEAD OFFICE

**CALL:** +1 (441) 537-4868

**EMAIL:** [director@theaward.bm](mailto:director@theaward.bm)  
[admin@theaward.bm](mailto:admin@theaward.bm)

**WRITE:** PO Box HM 1577  
Hamilton, HM GX  
Bermuda

## STANDARDS & TRAINING COMMITTEE

**EMAIL:** [stc@theaward.bm](mailto:stc@theaward.bm)

**MEMBERS:** Nancy McCombs  
Alison Ince  
Jovanna Douglas  
Karen Simmons  
Stacey deShield  
Lisa Brewster  
Conor McLaughlin  
Traci Burgess (Ex officio)

## SOCIAL MEDIA

**FACEBOOK:** [@TheAwardBermuda](https://www.facebook.com/TheAwardBermuda)

**INSTAGRAM:** [@TheAwardBermuda](https://www.instagram.com/TheAwardBermuda)

**TWITTER:** [@TheAwardBermuda](https://twitter.com/TheAwardBermuda)

**WEB:** [www.theaward.bm](http://www.theaward.bm)