

Bronze Expedition Training Framework

First Aid and Emergency Procedures

Training based on the current edition of the Authorised Manual of St. John Ambulance, St. Andrew's Ambulance Association or The British Red Cross.

- Action in an emergency – resuscitation, airway, breathing and circulation.
- Treatment of hypothermia
- The treatment of wounds and bleeding.
- Treatment for shock.
- The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters.
- The recognition of more serious conditions such as sprains, dislocations and broken limbs.
- Knowing what to do in the case of an accident or emergency.
- Summoning help - what people need to know, telephoning for help, written message.
- Getting help, self-help and waiting for help to arrive, keeping safe and warm, helping people to find you.

An Awareness of Risk and Health and Safety Issues

- Expedition fitness.
- Telling people where you are going.
- Identifying and avoiding hazards.
- Keeping together.
- Weather forecasts - knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, looking for signs which will indicate changes in the weather.

Navigation and Route Planning

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

Preparatory Map Skills

- The nature of maps.
- The use of 1:25 000 Explorer, 1:50 000 Landranger or the relevant maps in Northern Ireland and abroad.
- Map direction.
- Scale and distance, measuring distance, distance and time.
- Conventional signs
- Marginal information.
- Grid references.
- A simple introduction to contours and gradient.
- The ability to give a verbal description of a route linking two places from the map.