



# Task Assessment Booklet

VSE – Duke of Edinburgh's International Award

**Name:** Click or tap here to enter text.

**Award Centre:** Click or tap here to enter t

# Stage 1 Part A – Virtual Silver Exploration Training

## Task 1A(i): Team Communication

Award Group Name:	Click or tap here to enter text.
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“Are We a Team?” Checklist (Levin & Kent, 2001)

Check off the statements that accurately represent your group. Be prepared to discuss your choices afterwards with your group. Also consider ways to improve your group’s functioning, especially as it relates to the statements you did not check off.

Statement	Y / N	Observations
• We all show equal commitment to our objective	Y/N	Click or tap here to enter text.
• We all take part in deciding how work should be allocated	Y/N	Click or tap here to enter text.
• We are committed to helping each other learn	Y/N	Click or tap here to enter text.
• We acknowledge good contributions from team members	Y/N	Click or tap here to enter text.
• We handle disagreements and conflicts constructively within the team	Y/N	Click or tap here to enter text.
• We are able to give constructive criticism to one another and to accept it ourselves	Y/N	Click or tap here to enter text.
• We all turn up to meetings and stay to the end	Y/N	Click or tap here to enter text.
• We are good at making sure that everyone knows what’s going on	Y/N	Click or tap here to enter text.
• When one of us is under pressure, others offer to help him or her	Y/N	Click or tap here to enter text.
• We trust each other	Y/N	Click or tap here to enter text.
• We remain united even when we disagree	Y/N	Click or tap here to enter text.
• We support each other to outsiders	Y/N	Click or tap here to enter text.
• We feel comfortable and relaxed with one another	Y/N	Click or tap here to enter text.

# Stage 1 Part A – Virtual Silver Exploration Training

In the video on Rowing and Teamwork 6 traits of teamwork or highlighted how the team is:

1. Synchronized
2. Unified
3. Engaged
4. (Has a) Common Goal
5. Focused
6. Dedicated

Capture your TEAM'S thoughts below on the things you might do to build a team during this Virtual Silver Exploration (VSE)

Teamwork trait	Things you might do to help build the team during your VSE
• Synchronized	Click or tap here to enter text.
• Unified	Click or tap here to enter text.
• Engaged	Click or tap here to enter text.
• Common Goal	Click or tap here to enter text.
• Focused	Click or tap here to enter text.
• Dedicated	Click or tap here to enter text.

# Stage 1 Part A – Virtual Silver Exploration Training

## Task 1A(ii): Well Being and Cyber Responsibility

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Record the titles of the articles you read from the pages “Young People – e-Safety Commissioner” and list at least one piece of learning that you will try to apply during this online facilitated activity.

Title	Learning
1.	Click or tap here to enter text.
2.	Click or tap here to enter text.
3.	Click or tap here to enter text.

From the GROUP discussion about “Internet safety tips for teens” what did you find interesting as an individual and as a group?

<b>Individual</b>  Click or tap here to enter text.
<b>Group</b>  Click or tap here to enter text.

# Stage 1 Part A – Virtual Silver Exploration Training

## Task 1A(iii): Research skills

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Read the material contained in the links: "10-tips-to-improve-your-online-research" and "The C.R.A.P. test for evaluating websites". Discuss as a TEAM the 10 the tips contained in the first link and the points referred to in the second link.

Write your key personal learnings below.

<b>Learning from research skills videos</b>
Click or tap here to enter text.
Click or tap here to enter text.
Click or tap here to enter text.

# Stage 1 Part A – Virtual Silver Exploration Training

## Task 1A(iv): PHYSICAL RECREATION

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Undertaking significant online/screen time activity needs to be balanced with physical activity:

**As an individual how do you currently balance screen time with physical activity?**

Click or tap here to enter text.

**As a group what 2 physical activities will you undertake before and after online groups sessions for 20 minutes?**

**Before:**

Click or tap here to enter text.

**After:**

Click or tap here to enter text.

# Stage 1 Part B

Task 1B(i): Trip Planning – Watch all of the videos for this section and then answer the questions below

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1. What are some things to consider when planning a trip? (Select the 3 that apply)

- ☐ Elevation, Distance and Conditions.
- ☐ Your own fitness and experience levels.
- ☐ The fitness and experience levels of the group.
- ☐ Shoe and Outfit choice.

2. Only one person needs to worry about planning the trip? It's fun to surprise everyone else!

- ☐ True
- ☐ False

3. How many spots should you mark for campsites when planning the trip? (Select 1)

- ☐ A couple. We may encounter a problem and need to adjust.
- ☐ We must choose campsites.
- ☐ Just one. Everyone always stays at this campsite apparently.
- ☐ None. You can choose when you get out there.

4. A good plan will help...? (Select 1)

- ☐ Keep your loved ones happy.
- ☐ Defeat night zombies.
- ☐ You get out there and enjoy nature.
- ☐ When you eventually get lost.

5. Who should you tell about your plan? (Select 1)

- ☐ Someone you trust and rely on to call for help if they don't hear from you.
- ☐ No one, you don't need tell anyone the plan.
- ☐ The police, they will be fastest to respond if you need help.
- ☐ Just write it down and leave it in a common area. Someone will see it.

# Stage 1 Part B

6. **What are some of the details you need to write down? (Select the 4 that apply)**
- ☐ Who is going with you and their contact information.
  - ☐ The list of music and books you are taking with you.
  - ☐ Date and time that you expect to be back.
  - ☐ What to do if there is an emergency.
  - ☐ What you are doing and where you are going.
  - ☐ What you want as a celebratory meal upon your return.
7. **It is a good idea to make a plan to get in touch with someone when you get back at the expected date and time, just so they know you made it safely. True or False?**
- ☐ True
  - ☐ False
8. **What is the first step they need to take if you don't get in touch? (Select 1)**
- ☐ Nothing, you will get in touch when you can.
  - ☐ Call the police, even if you are 10 minutes late.
  - ☐ Try to contact you, then someone else on the trip if they cannot get you.
  - ☐ Organize search and rescue.
9. **The police should be notified of your lack of communication, only after all other options have been tried. (i.e. Calling you, then everyone on the trip, checked with family and friends, and it's been a while now!) True or false?**
- ☐ True
  - ☐ False
10. **What is one of the biggest unknowns when adventuring in the outdoors? (Select 1)**
- ☐ If you will get blisters
  - ☐ How hungry you will get
  - ☐ Animals
  - ☐ The weather
11. **It is essential to check the weather forecast for the entire duration of the trip and make changes to your plan in the event of unexpected bad weather. True or false?**
- ☐ True
  - ☐ False



# Stage 1 Part B

**12. In a weather forecast you are looking for weather warnings, amounts of recent and predicted rainfall, temperatures at different times and wind speeds. True or false?**

- ☐ True
- ☐ False

**13. Rain can create a significant risk because...? (Select the 3 that apply)**

- ☐ It makes rivers and streams rise rapidly and may obstruct your route.
- ☐ You will not be able to use your phone touch screen.
- ☐ Your boots may become waterlogged and you may not be able to continue.
- ☐ Wet clothing may lead to hyperthermia.
- ☐ You are less likely to drink enough water and get dehydrated.

**14. Most trails have a rating. You and your team need to be honest with yourselves about your own fitness and experience levels and choose a route to match. True or false?**

- ☐ True
- ☐ False

**15. What is “the key to making it home safely”? (Select 1)**

- ☐ Walk fast and power through.
- ☐ Bring enough food and water.
- ☐ Make sure you know the difference between what challenges to face today and what to save for another day.
- ☐ Have emergency personnel on standby.

**16. What are some things to consider when choosing a route for the whole group? (Select the 2 that apply)**

- ☐ Are there any medical conditions?
- ☐ Did you split the equipment evenly?
- ☐ Does everyone have the right footwear?
- ☐ Does everyone have an adequate fitness level?

**17. Creating an emergency plan is a great idea. What are some things you would consider? (Select the 2 that apply)**

- ☐ What is the fastest way to a local restaurant?
- ☐ Alternative ways out.
- ☐ Who to call for an airlift out?
- ☐ Where the nearest help is located?

# Stage 1 Part B

Task 1B(ii): Equipment– Watch all of the videos for this section and then answer the questions below

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1. What are some basics you will need for any trip? (Select the 3 that apply)

- ☐ Music or entertainment
- ☐ Food and water
- ☐ Emergency supplies
- ☐ Clothing and a pack to carry it all

2. What items should you keep handy in your pack when walking? (Select 1)

- ☐ Stove and fuel in case you need to cook more food.
- ☐ Food, snacks, and candy.
- ☐ Map, torch/flashlight, toiletries, and a compass.
- ☐ Your sleeping bag for a quick nap.

3. Emergency supplies only need to include some band aids and a bandage for cuts and blisters. True or false?

- ☐ True
- ☐ False

4. The trick to staying comfortable is wearing lightweight, breathable materials and layering them. True or false?

- ☐ True
- ☐ False

5. What are the right steps when layering clothing? (Select 1)

- ☐ Insulation layer, Waterproof layer, Base layer.
- ☐ Base layer, Insulation layer, Waterproof layer.
- ☐ Base layer, Waterproof layer, Insulation layer.
- ☐ Waterproof layer, Base layer, Insulation layer.

6. What is the benefit to wearing multiple layers? (Select 1)

- ☐ You can pack more without adding weight to your bag.
- ☐ You look great.
- ☐ You can share clothes easier.
- ☐ Allows you to adjust to weather and temperature changes.

# Stage 1 Part B

**7. What body parts are considered the “core”? (Select 1)**

- ☐ Head, elbows, knees.
- ☐ Fingers, toes, nose.
- ☐ Head, chest, hands.
- ☐ Legs, arms, ears.

**8. Good hiking/tramping boots can mainly help your journey by: (Select 1)**

- ☐ Providing extra ankle support, and grip.
- ☐ Allowing you to walk through shallow water.
- ☐ Keeping you warm.
- ☐ Making you look like you are ready.

**9. How often should you typically stop for a break? (Select 1)**

- ☐ Every 2 hours, for about 20 minutes.
- ☐ Only when you feel like you need one.
- ☐ Every hour, for about 5 minutes.
- ☐ Every 20 minutes, for about 2 minutes.

**10. You can treat water (make it safe for drinking) by boiling it, filtering it or with the use of chlorine tablets. True or False?**

- ☐ True
- ☐ False

**11. Packing different types and enough food is a good idea. But how much extra should you pack? (Select 1)**

- ☐ No extra is really needed for a 2-day journey.
- ☐ About 50% more than you would normally eat.
- ☐ Triple what you would normally eat.
- ☐ Double what you would normally eat in a day.

**12. What are some options for emergency meals? (Select 1)**

- ☐ Couscous, rice, or a dehydrated meal.
- ☐ You do not need emergency meals for a 2-day journey.
- ☐ Cans of soup or beans.
- ☐ Yogurt, cheese, and milk.

# Stage 1 Part B

**13. Treats like cheese, nuts and chocolate can help boost morale and keep everyone's spirits up. True or False?**

- ☐ True
- ☐ False

**14. What is a great way to learn how to pack your bag correctly? (Select 1)**

- ☐ Have someone else experienced do it.
- ☐ There is no "right way".
- ☐ Practice, practice, practice.
- ☐ Try it once and just deal with it.

**15. What should be packed nearer the bottom of your pack, because "the first thing in is the last thing out"? (Select 1)**

- ☐ First aid supplies
- ☐ Food and water
- ☐ Tent, sleeping bag and cooking equipment
- ☐ Toiletries and extra clothes

**16. What are some ways to help waterproof your bag? (Select 1)**

- ☐ There are sprays you can use on your pack to keep it waterproof.
- ☐ Your pack liner will be enough.
- ☐ Using dry bags, garbage bags and Ziploc bags.
- ☐ You do not need to waterproof anything, it's not supposed to rain.

**17. What is the proper way to ensure you put your pack on correctly? (Select 1)**

- ☐ It does not make a difference how you put it on.
- ☐ Just lift it on your back with arm strength and throw it behind you.
- ☐ Using the hoist handle and lifting with your legs, hoist the pack onto your thigh and place arm through strap. Swing the pack around and put your other arm through. Fasten waist straps then tighten shoulder straps.
- ☐ Lie back onto the pack on the ground, tighten all the straps and then have someone help you stand.

**18. If your pack does not feel right, you should just live with it until you reach the next break or camp, no need to immediately rearrange items. True or false?**

- ☐ True
- ☐ False

# Stage 1 Part B

Task 1B(iii): Route Planning, Navigation and Mapping - Watch all of the videos for this section and then answer the questions below

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1. What type of map is best to use when planning your walk? (Select 1)

- ☐ Weather map
- ☐ Pirate's map
- ☐ Road map
- ☐ Topographic map

2. What things can be found in the map margin? (Select 1)

- ☐ Restaurant locations
- ☐ Street names
- ☐ Traffic hotspots
- ☐ Legend and scale

3. What does a scale of 1:50,000 mean? (Select 1)

- ☐ 1 cm on the map equals 50,000 cm(500m) on the ground in real life.
- ☐ 1 metre on the map equals 50,000 cm on the ground in real life.
- ☐ It does not mean anything useful for walkers.
- ☐ 1 cm on map equals 50,000 metres on the ground in real life.

4. True North and Magnetic North are the same. True or false?

- ☐ True
- ☐ False

5. What do contour lines help you understand? (Select 1)

- ☐ The distance between two points
- ☐ Where North and South are
- ☐ Trail locations
- ☐ The elevation and how fast it increases/decreases

# Stage 1 Part B

**6. Where are some good locations to help orient yourself with your map? (Select all that apply)**

- ☐ Trail junctions
- ☐ Open areas with distinct landmarks
- ☐ Any point, just make an estimate of where you are
- ☐ Just keep going, you'll sort it out

**7. The orienting lines on your compass should line up with the vertical grid lines on your map. True or false?**

- ☐ True
- ☐ False

**8. What are key steps for taking a bearing? (Select the 3 that apply)**

- ☐ Take the straight edge of your compass and line the ruler up with your current position.
- ☐ Pivot the compass so the top of the ruler lines up with your destination.
- ☐ Read the number at the end of the arrow.
- ☐ Point North on the compass in the same direction as North on the map.
- ☐ Rotate the compass face so the lines match the map grid lines and read the number on the index marker.
- ☐ Twist the compass face until the arrow now points to your desired location.
- ☐ This is not necessary. You can just follow the trail.

**9. Grid North (indicated by vertical lines on the map) is marking what? (Select 1)**

- ☐ Magnetic North
- ☐ True North
- ☐ Compass North
- ☐ South

**10. Once you have your bearing from the map, you need to line the needle up with the red arrow outline on the compass face, turning your whole body, then follow the direction of travel arrow to reach your destination. True or false?**

- ☐ True
- ☐ False

# Stage 1 Part B

**11. To find the first 2 numbers in your grid reference, you need to do what? (Select 1)**

- ☐ Find the closest vertical line to the left of your current position.
- ☐ Find the closest vertical line to the right of your current position.
- ☐ Find the closest horizontal line above your current position.
- ☐ Find the closest horizontal line below your current position.

**12. To find the 3rd number, you just divide the grid in 5 equal parts and estimate based on the closest line. True or false?**

- ☐ True
- ☐ False

**13. To find the next 2 numbers in your grid reference, you need to do what? (Select 1)**

- ☐ Find the closest vertical line to the left of your current position.
- ☐ Find the closest vertical line to the right of your current position.
- ☐ Find the closest horizontal line above your current position.
- ☐ Find the closest horizontal line below your current position.

**14. You should put the sheet number in front of your 6-digit grid reference so that rescuers know which map you're looking at. A correct grid reference number means that you should be found within 100m of your location. True or false?**

- ☐ True
- ☐ False

# Stage 1 Part B

Task 1B(iv): First Aid and Risk Management – Watch all of the videos for this section and then answer the questions below

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1. A first aid kit is an essential piece of equipment and you must purchase one, you cannot create your own. True or false?

- ☐ True
- ☐ False

2. What are some essential items for your first aid kit? (Select the 4 that apply)

- ☐ Heat rub / muscle ointment
- ☐ Antiseptic wipes to clean the wound
- ☐ Different types/sizes of band aids
- ☐ Electrical tape
- ☐ Scissors and tweezers
- ☐ Gauze to help stop bleeding that is too big for a band aid

3. It is a good idea to also include pain medication, anti-inflammatory medication and antihistamines in your first aid kit. True or false?

- ☐ True
- ☐ False

4. Other items that should be included in your first aid kit are: (Select the 4 that apply)

- ☐ Personal medication
- ☐ Needle and thread for stitching wounds
- ☐ Crepe bandage to keep dressing and gauze in place and good for minimizing swelling
- ☐ Saline solution to irrigate or flush cuts
- ☐ Wound dressing to protect wounds
- ☐ Napkins

5. What is the first step to take when you realize you are a little off track? (Select 1)

- ☐ Panic!
- ☐ Stop and try to find some familiar things in your surroundings.
- ☐ Call home for help.
- ☐ Call the police.



# Stage 1 Part B

**6. How exactly do you figure out where you are? (Select 1)**

- ☐ Call the police and try to have them locate your cell phone through GPS.
- ☐ Try to find some landmarks that stand out, then retrace your steps on the map. What do you see around you? Does anything stand out?
- ☐ Just keep walking and hope you'll find something familiar.
- ☐ Take out your map and start taking a bearing.

**7. Is a mobile phone enough to take with you as a communication device, as there is always going to be service. True or false?**

- ☐ True
- ☐ False

**8. What are some useful devices for communication in the back country? (Select the 4 that apply.)**

- ☐ Satellite phone
- ☐ Satellite messenger device
- ☐ PLB – Personal Location Beacon
- ☐ Mountain radio
- ☐ Tin can with string

**9. What is the downside to a satellite phone? (Select 1)**

- ☐ They are tricky to use, especially if you are injured.
- ☐ It can only send your GPS location.
- ☐ It can be expensive to rent and use.
- ☐ It requires cell towers.

**10. You should Communicate your plans before you go and stay in touch by giving regular updates to your person at home. True or false?**

- ☐ True
- ☐ False

# Stage 1 Part B

**11. What should you do if you get lost? (Select the 3 that apply)**

- ☐ Stay where you are unless you are confident you can get to a safer place.
- ☐ Keep going if you can, you'll come across someone eventually.
- ☐ Try and figure out your location using landmarks around you.
- ☐ If you are unable to figure out where you are then STOP.

**12. What should you do if you need to prepare for a night outdoors unexpectedly? (Select the 4 that apply)**

- ☐ Eat everything you have, to build up energy.
- ☐ Get warm and prepare to stay for the night.
- ☐ Consider how you will call for help.
- ☐ Place a bright object in an open area that can be easily seen from the air.
- ☐ Make yourself a hot drink, eat something and make a shelter.
- ☐ Drink all your water to stay super hydrated.

**13. What is a good method for maintaining a decent pace that everyone can follow? (Select 1)**

- ☐ It does not matter, just do whatever the group wants to do.
- ☐ Put the faster person in the middle, they can go back and forth if they need to.
- ☐ Try placing the faster person at the front to help get you there quicker.
- ☐ Try placing a slower person at the front to set the pace.

**14. It is a good idea to have a designated person at the back to ensure no one falls behind. True or false?**

- ☐ True
- ☐ False

**15. You should plan with your group to do what? (Select the 6 that apply)**

- ☐ Rehydrate
- ☐ Check in physically and mentally
- ☐ Check equipment
- ☐ Go for a swim
- ☐ Go to the bathroom

# Stage 1 Part B

- ☐ Refuel
- ☐ Play a game
- ☐ Take breaks

**16. Whenever there is a river between you and your destination you must consider the following: (Select 1)**

- ☐ Do we need to cross?
- ☐ Is it safe to cross?
- ☐ All of these are important points to consider.
- ☐ Where do we cross safely?

**17. There is no alternate route other than crossing a river. You must consider: (Select 1)**

- ☐ All these points must be considered
- ☐ Is the water in flood
- ☐ Water speed
- ☐ Water colour and clarity
- ☐ Water depth

**18. You decide to cross a river, you may enter the water at any point along the shore as long as the entire group is in agreement, they can manage it. True or false?**

- ☐ True
- ☐ False

**19. To cross a river safely you should...? (Select the 6 that apply)**

- ☐ Do not talk as this will interfere with concentration and jeopardize the group's safety.
- ☐ Move in a single unit.
- ☐ Insert arms between each team members back and their pack.
- ☐ Grasp team members waist belt or the shoulder strap down low on the opposite side.
- ☐ Do not break formation until everyone is safe on the other side.
- ☐ Midway across, the strongest, most experienced person decides where the group will exit.
- ☐ Undo your pack chest straps and loosen shoulder straps and secure your waist straps.
- ☐ Use the mutual support method.

# Stage 1 Part B

**20. After your crossing, a river it is a good idea to...? (Select 1)**

- ☐ Readjust your pack and continue as quickly as possible.
- ☐ Take a break, have a snack, and warm drink, change into dry clothes if needed and watch for signs of hypothermia.

**21. Cirrus clouds (short hair like and high up) indicate which of the following: (Select 1)**

- ☐ An increased level of humidity.
- ☐ A cold front is approaching which can bring rain, high wind and a drop in temperature.
- ☐ Warm weather is approaching.

**22. When there are no clouds at night, it will be cold, as the lack of clouds means heat will escape into the atmosphere. True or false?**

- ☐ True
- ☐ False

**23. How do you prevent blisters? (Select 1)**

- ☐ Stop if you feel a hot spot and cover the spot with a breathable tape (sports tape) or band aids.
- ☐ Stop, change your socks, and loosen your hiking boots.

**24. To treat a blister, you will require. (Select the 4 that apply)**

- ☐ Warm water to soak the blister
- ☐ Plasters (Band aid)
- ☐ Padding
- ☐ Medical Tape
- ☐ Sterile needle

**25. When treating a sprain, what should you remember? (Select 1)**

- ☐ ABC – Airway, Breathing, Circulation.
- ☐ RICE[E] – Rest, Ice, Compression, Elevation, possibly Evacuate.
- ☐ PEEP - Position, Expose, Elevate, Pressure.

# Stage 1 Part B

Task 1B(v): Campcraft – Watch all of the videos for this section and then answer the questions below

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1. **You can set up camp wherever you want as long as it can accommodate the size of your group. True or false?**  
☐ True  
☐ False
2. **When looking for a spot to pitch your tent (Select 1)**  
☐ All these answers are important.  
☐ Pick a location that has access to water.  
☐ Pick a location that is sheltered from the wind.  
☐ Pick ground that is durable and level.
3. **Your tent fly needs to be a smooth, tight surface, as dips and creases in your fly will impede its performance and may cause your tent and its contents to get wet. True or false?**  
☐ True  
☐ False
4. **A campsite is more than a bunch of tents. What other areas are essential for a good campsite? (Select 1)**  
☐ All these areas are essential for a good campsite.  
☐ Waste disposal area.  
☐ Living room/Fire area.  
☐ Kitchen/cook area.
5. **You should place your kitchen/cooking area...? (Select the 2 that apply.)**  
☐ Next to my tent, in case it rains I can cook inside.  
☐ Away from your tent.  
☐ Out of the way of major foot traffic.
6. **When there are no bathroom facilities available simply find a discrete place to do your 'business.' True or false?**  
☐ True  
☐ False

# Stage 1 Part B

7. **When digging a hole to dispose of human waste, it needs to be a minimum of how many meters from any water source? (Select 1)**
- ☐ 75 Metres
  - ☐ 25 Metres
  - ☐ 50 Metres
  - ☐ 100 Metres
8. **Select all appropriate considerations for building a fire: (Select the 4 that apply)**
- ☐ Are the weather conditions right for a fire? (High winds for example).
  - ☐ A campfire will keep us warm.
  - ☐ Is the campsite appropriate for a fire? (proximity to tents, a lot of dry debris)
  - ☐ Am I allowed to have one? (Is a permit required? Is there a fire ban?)
  - ☐ A campfire is the best part of any trip.
  - ☐ How will I minimize the impact on the environment?
9. **A good fire site should have at least how many metre(s) of clearance (Select 1)**
- ☐ Three Metres
  - ☐ One Metre
  - ☐ Two Metres
10. **I plan to use a fire for cooking, so I do not need to bring a stove. True or false?**
- ☐ True
  - ☐ False
11. **A good way to ensure your fire gets the oxygen it needs is to: (Select the 2 that apply.)**
- ☐ Arrange the fuel in a tepee style.
  - ☐ Carefully blow on it or fan it.
  - ☐ Pack the various wood components tightly together.
  - ☐ Bring a set of bellows.
12. **My campfire should be: (Select the 2 that apply.)**
- ☐ Small for safety and minimising its impact on the environment.
  - ☐ Always monitored.
  - ☐ A bonfire to deter animals and keep us warm.

# Stage 1 Part B

**13. When extinguishing your fire, you should (Select 1):**

- ☐ Pour water on the embers, turn them over and repeat until cool to touch.
- ☐ Pour water until the flames are extinguished.

**14. Select the 4 GOOD cooking practices from the following (Select 1):**

- ☐ Find level ground free of flammable materials.
- ☐ It is ok to cook in your tent if it's raining.
- ☐ Bring food to the stove, not stove to food.
- ☐ Find an area free of foot traffic.
- ☐ Light your stove first then prep your food.
- ☐ Set up your kitchen area away from your tent.

**15. When refuelling a stove, how far away do you need to be from your cooking site? (Select 1)**

- ☐ 3 metres
- ☐ 2 metres
- ☐ 1 metre

**16. After cooking ...? (Select the 3 that apply.)**

- ☐ Leave the stove to cool.
- ☐ Shut off the stove completely.
- ☐ Take a break and play some camp games.
- ☐ Clean up can be done in the nearest stream or lake.
- ☐ Completely disconnect the fuel before putting the stove away.

**17. You are about to get in your tent for the night, which of the following should you do? (Select the 3 that apply.)**

- ☐ Bring your hiking boots inside your tent.
- ☐ Close your tent door quickly to avoid spending the night with mosquitos.
- ☐ You need to go to the bathroom, go! Do not hold it!
- ☐ Ensure you are dressed for the next day, you should sleep in your walking clothes.
- ☐ Have your headlamp, some extra clothes and water easily accessible.

**18. Your sleeping bag does not create heat, your body does. True or false?**

- ☐ True
- ☐ False

# Stage 1 Part B

**19. When taking down your tent, you should...? (Select the 3 that apply.)**

- ☐ Pack your fly and tent body separately in the proper bags.
- ☐ Shake your fly to remove dirt (and excess rainwater).
- ☐ Leave small items like your headlamp or books inside for the next night.
- ☐ Remove everything from your tent to prevent damage.
- ☐ Leave any tent pegs that are too difficult to pull out, if they are wooden.

**20. Your group is about to leave your campsite. You need to do what? (Select the 2 that apply)**

- ☐ Ensure the group has a get together to thank one another for a successful camp.
- ☐ Do a final check to make sure there is no garbage or equipment left behind.
- ☐ Extinguish the fire.
- ☐ Carve your groups initials and the date on a tree to let others know you were there.

**21. After you arrive home you should ensure your tent (and other equipment) is completely dry before storing, as storing wet equipment can lead to mould and permanent damage. True or false?**

- ☐ True
- ☐ False

**22. Leave No Trace means what? (Select the 2 that apply.)**

- ☐ Not telling anyone your trip plans.
- ☐ Minimising your human impact on the environment.
- ☐ Not completing a trip report.
- ☐ Means leaving no evidence you were there.

**23. Select 4 of the Leave No Trace principles from the list below:**

- ☐ Treat Nature likes it is your home.
- ☐ Respect wildlife.
- ☐ Be considerate of others.
- ☐ Just do It.
- ☐ Camp and travel on durable ground.
- ☐ Go Hard or Go Home.
- ☐ Dispose of waste properly.



## Stage 1 Part B

**24. While hiking, your group discovers a short cut. It is not an established trail, it will take you over lush vegetation, but you will arrive at camp 2 hours early. What should you do?**

- ☐ Take the short cut. It will help will group morale to arrive early.
- ☐ Half the group take the short cut and set up the campsite early for everyone else.
- ☐ Stick to the trail. You should hike on sturdy ground and avoid delicate vegetation.

**25. You find a unique shaped piece of wood. What should you do? (Select 1)**

- ☐ Carve your initials in it, so others will know you were there.
- ☐ Take it home with you as a souvenir.
- ☐ Take a photo as way of preserving the memory and showing others the beauty of nature.

# Stage 2

## Stage 2 Planning Sheet (for Stages 4 & 5)

Award Group Name: Click or tap here to enter text.		
Name of Award Leader: Click or tap here to enter text.		
Name of Adventurous Journey Supervisor/Assessor (if different):Click or tap here to enter text.		
Name of group members:	<i>Date of completion of Stage 1, Part A training</i>	<i>Date of completion of Stage 1, Part B training</i>
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
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Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Proposed date of "Practice Journey":	Click or tap here to enter text.	
Proposed dates of "Qualifying Journey" (Virtual Journey and Physical Activity Challenge):	Click or tap here to enter text.	

# Stage 2

## Task 2A: Pre-viewing Tasks for Virtual Journeys

*Aim: to prepare for and undertake a virtual journey and related team challenges that will demonstrate our ability to plan and undertake similar real challenges in the future.*

List the virtual journey videos your group has chosen for your Practice Virtual Journey (it must be a minimum of 30 minutes total playing time each video):

- 1.
2. Click or tap here to enter

List the virtual journey videos your group has chosen for your Qualifying Virtual Journey (a minimum 4 videos for a minimum of 3 hours total playing time):

1. Click or tap here to enter text.
2. Click or tap here to enter text.
3. Click or tap here to enter text.
4. Click or tap here to enter text.
5. Click or tap here to enter text.
6. Click or tap here to enter text.
7. Click or tap here to enter text.

Who will complete the pre-viewing tasks for each video?

Video	Group member(s)	Deadline	Notes
<b>Example: Redwood National Park. The Boy Scout Tree Trail</b>	<b>Jemima Paddleboat and Tommy Tengine</b>	<b>Group info session on 15 May</b>	<b>Short report to be sent to group by 13 May</b>
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.

[illegible]

# Stage 2

## Task 2A: Pre-viewing questions for Virtual Journeys

---

Complete the following research tasks before the team embarks on the virtual journeys. Familiarise yourself with the areas using Google Maps.

### **PRACTICE JOURNEY 1**

**1. Walk undertaken?**

Click or tap here to enter text.

**2. What is the gradient of the walk?**

Click or tap here to enter text.

**3. Are there likely risks? Please detail what you think the main risks might be.**

Click or tap here to enter text.

**4. Does this short section connect with other local trails?**

Click or tap here to enter text.

**5. Would this be suitable for someone with poor fitness or with a minor mobility issue? Please explain your answer.**

Click or tap here to enter text.

**6. Any concerns regarding convenient exit points if assistance was required? Please explain if so.**

Click or tap here to enter text.

**7. Can you access this walk using public transport?**

☐ Yes

☐ No

# Stage 2

## **QUALIFYING JOURNEY 1**

**1. Walk undertaken?**

Click or tap here to enter text.

**2. What is the gradient of the walk?**

Click or tap here to enter text.

**3. Are there likely risks? Please detail what you think the main risks might be.**

Click or tap here to enter text.

**4. Does this short section connect with other local trails?**

Click or tap here to enter text.

**5. Would this be suitable for someone with poor fitness or with a minor mobility issue? Please explain your answer.**

Click or tap here to enter text.

**6. Any concerns regarding convenient exit points if assistance was required? Please explain if so.**

Click or tap here to enter text.

**7. Can you access this walk using public transport?**

☐ Yes

☐ No

# Stage 2

## QUALIFYING JOURNEY 2

**1. Walk undertaken?**

Click or tap here to enter text.

**2. What is the gradient of the walk?**

Click or tap here to enter text.

**3. Are there likely risks? Please detail what you think the main risks might be.**

Click or tap here to enter text.

**4. Does this short section connect with other local trails?**

Click or tap here to enter text.

**5. Would this be suitable for someone with poor fitness or with a minor mobility issue? Please explain your answer.**

Click or tap here to enter text.

**6. Any concerns regarding convenient exit points if assistance was required? Please explain if so.**

Click or tap here to enter text.

**7. Can you access this walk using public transport?**

☐ Yes

☐ No

# Stage 2

## **QUALIFYING JOURNEY 3**

**1. Walk undertaken?**

Click or tap here to enter text.

**2. What is the gradient of the walk?**

Click or tap here to enter text.

**3. Are there likely risks? Please detail what you think the main risks might be.**

Click or tap here to enter text.

**4. Does this short section connect with other local trails?**

Click or tap here to enter text.

**5. Would this be suitable for someone with poor fitness or with a minor mobility issue? Please explain your answer.**

Click or tap here to enter text.

**6. Any concerns regarding convenient exit points if assistance was required? Please explain if so.**

Click or tap here to enter text.

**7. Can you access this walk using public transport?**

☐ Yes

☐ No



# Stage 2

## Task 2B – Selection of Team Challenges

### ***The team challenges***

*From the list provided select any 5 team challenges (and 2 extra for the practice journey day) and state them here – **they are to be completed on the day of the Virtual Journey and not before.** Having seen the videos, it will give a sense of context to the scenarios and they are to be discussed, agreed and documented as a team in less than 20-25 minutes each:*

1. Click or tap here to enter text.

2. Click or tap here to enter text.

3. Click or tap here to enter text.

4. Click or tap here to enter text.

5. Click or tap here to enter text.

Practice journey challenge: Click or tap here to enter text.

Practice journey challenge: Click or tap here to enter text.

# Stage 2

## Task 2C – Planning of Physical Activity Challenge

**Aim:** *to undertake a 5-hour or 25,000 steps physical activity challenge (you may adapt this benchmark aim or may adjust this to meet group needs - try and make the challenge as exciting as possible in the time allowed)*

Date and time:

Click or tap here to enter text.

Type of activity:

Click or tap here to enter text.

Locations:

Click or tap here to enter text.

Break times: (5 mins every hour):

Click or tap here to enter text.

Explain how you will be able to measure whether you succeeded with your aim:

Click or tap here to enter text.

Describe how you will motivate each other during the challenge:

Click or tap here to enter text.

# Stage 2

## Task 2D – Planning of meals

<b><i>Meals on “Journey” day</i></b>		
Please list any group food restrictions:  Click or tap here to enter text.		
Describe how you will work around these food restrictions:  Click or tap here to enter text.		
<b>Meal plan:</b>	<b>Time meal to be taken</b>	<b>Menu</b>
<b>Breakfast</b>	Click or tap here to enter text.	Click or tap here to enter text.
<b>Snack</b>	Click or tap here to enter text.	Click or tap here to enter text.
<b>Lunch</b>	Click or tap here to enter text.	Click or tap here to enter text.
<b>Snack</b>	Click or tap here to enter text.	Click or tap here to enter text.
<b>Evening meal</b>	Click or tap here to enter text.	Click or tap here to enter text.
You will need to select a lunch and a dinner, have each team member prepare and cook the meals and eat together online with the group. Remember to take photos of your meal.		

# Stage 2

## Task 2E – Planning of Research Project

*Aim: to undertake and document a group research project that is relevant to either (1) Covid-19, (2) the environment, (3) the UN Sustainable Development goals and where all group members can share relevant, personal experience.*

Topic area/theme selected by the group:

Click or tap here to enter text.

Research aim / question / title:

Click or tap here to enter text.

Sources of primary and secondary information:

Click or tap here to enter text.

Schedule of group discussions (to share experiences – minimum of 3 meetings):

Click or tap here to enter text.

Date of completion (no later than 10 days after the Qualifying journey):

Click or tap here to enter text.

Individual roles of group members

Group member	Roles
Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.

# Stage 2

## Task 2F – Planning of Schedule

	Date	Time(s)
Date of Initial planning meeting	Click or tap here to enter text.	Click or tap here to enter text.
Date of additional planning meeting	Click or tap here to enter text.	Click or tap here to enter text.
Date of additional planning meeting	Click or tap here to enter text.	Click or tap here to enter text.
Date of Practice Journey	Click or tap here to enter text.	Click or tap here to enter text.
Date of plan review meeting	Click or tap here to enter text.	Click or tap here to enter text.
Date of qualifying journey – virtual journeys and team challenges	Click or tap here to enter text.	<b>Start / Finish:</b> Click or tap here to enter text.  <b>Breaks:</b> Click or tap here to enter text.  <b>Mealtimes:</b> Click or tap here to enter text.
Date of qualifying journey – Physical Activity Challenge	Click or tap here to enter text.	<b>Start / Finish:</b> Click or tap here to enter text.  <b>Breaks:</b> Click or tap here to enter text.
Start of research project	Click or tap here to enter text.	Click or tap here to enter text.
Research project – Group Discussion 1	Click or tap here to enter text.	Click or tap here to enter text.
Research project – Group Discussion 2	Click or tap here to enter text.	Click or tap here to enter text.
Research project – Group Discussion 3	Click or tap here to enter text.	Click or tap here to enter text.

## Stage 2

Research project – write up	Click or tap here to enter text.	Click or tap here to enter text.
Research project - submission	Click or tap here to enter text.	Click or tap here to enter text.

# Stage 3 – Practice

## Task 3A – Practice Virtual Journey 1

---

**1. What virtual journey videos did you choose for your practice activity?**

- ☐ Virtual Hike 1 – Olympic National Forest, Washington State USA
- ☐ Virtual Hike 2 – Redwood National Park, California USA
- ☐ Virtual Hike 3 – Lake Samsonvale Walk, Queensland AUS
- ☐ Virtual Hike 4 – Silver Falls State Park, Oregon USA
- ☐ Virtual Hike 5 – Bryce Canyon, Utah USA
- ☐ Virtual Hike 6 – Autumn Forest Walk, Washington State USA
- ☐ Virtual Hike 7 – Baker River Trail & Chain Lake Trail, Washington USA
- ☐ Virtual Hike 8 – Snoqualmie River & Middle Fork Trail, Seattle USA
- ☐ Virtual Hike 9 – Juan de Fuca Trail, Sooke, Vancouver Canada
- ☐ Virtual Hike 10 – Path of the Gods, Amalfi Coast Italy
- ☐ Virtual Hike 11 – Bow River, Banff National Park, Alberta, Canada
- ☐ Virtual Hike 12 – Mannlichen Mountains, Switzerland
- ☐ Virtual Hike 13 – The Grotto, Bruce Peninsula National Park, Ontario Canada

**2. Have you completed your "Pre-Viewing Tasks" worksheets and "Team Challenge" reports for these walks? (Found in Stages 2 & 4)**

- ☐ Yes.
- ☐ No.

**3. What did you learn about the implementation of your virtual journey? What have you changed in your plans?**

Click or tap here to enter text.

## Task 3B – Practice Team Challenge

---

**1. What Team Challenge did you undertake for your Practice?**Click or tap here to enter text.

**2. What was your agreed course of action?**

Click or tap here to enter text.

# Stage 3 – Practice

## Task 3A – Practice Virtual Journey 2

---

**1. What virtual journey videos did you choose for your practice activity?**

- ☐ Virtual Hike 1 – Olympic National Forest, Washington State USA
- ☐ Virtual Hike 2 – Redwood National Park, California USA
- ☐ Virtual Hike 3 – Lake Samsonvale Walk, Queensland AUS
- ☐ Virtual Hike 4 – Silver Falls State Park, Oregon USA
- ☐ Virtual Hike 5 – Bryce Canyon, Utah USA
- ☐ Virtual Hike 6 – Autumn Forest Walk, Washington State USA
- ☐ Virtual Hike 7 – Baker River Trail & Chain Lake Trail, Washington USA
- ☐ Virtual Hike 8 – Snoqualmie River & Middle Fork Trail, Seattle USA
- ☐ Virtual Hike 9 – Juan de Fuca Trail, Sooke, Vancouver Canada
- ☐ Virtual Hike 10 – Path of the Gods, Amalfi Coast Italy
- ☐ Virtual Hike 11 – Bow River, Banff National Park, Alberta, Canada
- ☐ Virtual Hike 12 – Mannlichen Mountains, Switzerland
- ☐ Virtual Hike 13 – The Grotto, Bruce Peninsula National Park, Ontario Canada

**2. Have you completed your "Pre-Viewing Tasks" worksheets and "Team Challenge" reports for these walks? (Found in Stages 2 & 4)**

- ☐ Yes
- ☐ No

**3. What did you learn about the implementation of your virtual journey? What have you changed in your plans?**

Click or tap here to enter text.

## Task 3B – Practice Team Challenge

---

**1. What Team Challenge did you undertake for your Practice?**Click or tap here to enter text.

**2. What was your agreed course of action?**

Click or tap here to enter text.



# Stage 3 – Practice

## Task 3C – Practice Physical Activity Challenge - 30 mins

---

1. **How did your Practice Physical Activity Challenge go?**

Click or tap here to enter text.

2. **Do you now wish to change your physical activity plan and why?**Click or tap here to enter text.

# Stage 4 – Qualifying Virtual Journey Viewing Report

## Task 4A – Qualifying Virtual Journey 1

---

Please discuss the below questions with your group members and then provide your responses.

**1. For which Virtual Journey is this the report?**

- ☐ Virtual Hike 1 – Olympic National Forest, Washington State USA
- ☐ Virtual Hike 2 – Redwood National Park, California USA
- ☐ Virtual Hike 3 – Lake Samsonvale Walk, Queensland AUS
- ☐ Virtual Hike 4 – Silver Falls State Park, Oregon USA
- ☐ Virtual Hike 5 – Bryce Canyon, Utah USA
- ☐ Virtual Hike 6 – Autumn Forest Walk, Washington State USA
- ☐ Virtual Hike 7 – Baker River Trail & Chain Lake Trail, Washington USA
- ☐ Virtual Hike 8 – Snoqualmie River & Middle Fork Trail, Seattle USA
- ☐ Virtual Hike 9 – Juan de Fuca Trail, Sooke, Vancouver Canada
- ☐ Virtual Hike 10 – Path of the Gods, Amalfi Coast Italy
- ☐ Virtual Hike 11 – Bow River, Banff National Park, Alberta, Canada
- ☐ Virtual Hike 12 – Mannlichen Mountains, Switzerland
- ☐ Virtual Hike 13 – The Grotto, Bruce Peninsula National Park, Ontario Canada

**2. What did your group find most interesting about this walk?**

Click or tap here to enter text.

**3. How do you think your group would manage physically undertaking this walk?**

Click or tap here to enter text.

**4. If you wanted to do this walk as a full 3- day AJ, how might you extend this walk or is there an alternate walk in the same area?**

Click or tap here to enter text.

**5. Please add other comments**

Click or tap here to enter text.

# Stage 4 – Qualifying Virtual Journey Viewing Report

## Task 4A – Qualifying Virtual Journey 2

---

Please discuss the below questions with your group members and then provide your responses.

**1. For which Virtual Journey is this the report?**

- ☐ Virtual Hike 1 – Olympic National Forest, Washington State USA
- ☐ Virtual Hike 2 – Redwood National Park, California USA
- ☐ Virtual Hike 3 – Lake Samsonvale Walk, Queensland AUS
- ☐ Virtual Hike 4 – Silver Falls State Park, Oregon USA
- ☐ Virtual Hike 5 – Bryce Canyon, Utah USA
- ☐ Virtual Hike 6 – Autumn Forest Walk, Washington State USA
- ☐ Virtual Hike 7 – Baker River Trail & Chain Lake Trail, Washington USA
- ☐ Virtual Hike 8 – Snoqualmie River & Middle Fork Trail, Seattle USA
- ☐ Virtual Hike 9 – Juan de Fuca Trail, Sooke, Vancouver Canada
- ☐ Virtual Hike 10 – Path of the Gods, Amalfi Coast Italy
- ☐ Virtual Hike 11 – Bow River, Banff National Park, Alberta, Canada
- ☐ Virtual Hike 12 – Mannlichen Mountains, Switzerland
- ☐ Virtual Hike 13 – The Grotto, Bruce Peninsula National Park, Ontario Canada

**2. What did your group find most interesting about this walk?**

Click or tap here to enter text.

**3. How do you think your group would manage physically undertaking this walk?**

Click or tap here to enter text.

**4. If you wanted to do this walk as a full 3- day AJ, how might you extend this walk or is there an alternate walk in the same area?**

Click or tap here to enter text.

**5. Please add other comments**

Click or tap here to enter text.

# Stage 4 – Qualifying Virtual Journey Viewing Report

## Task 4A – Qualifying Virtual Journey 3

---

Please discuss the below questions with your group members and then provide your responses.

**1. For which Virtual Journey is this the report?**

- ☐ Virtual Hike 1 – Olympic National Forest, Washington State USA
- ☐ Virtual Hike 2 – Redwood National Park, California USA
- ☐ Virtual Hike 3 – Lake Samsonvale Walk, Queensland AUS
- ☐ Virtual Hike 4 – Silver Falls State Park, Oregon USA
- ☐ Virtual Hike 5 – Bryce Canyon, Utah USA
- ☐ Virtual Hike 6 – Autumn Forest Walk, Washington State USA
- ☐ Virtual Hike 7 – Baker River Trail & Chain Lake Trail, Washington USA
- ☐ Virtual Hike 8 – Snoqualmie River & Middle Fork Trail, Seattle USA
- ☐ Virtual Hike 9 – Juan de Fuca Trail, Sooke, Vancouver Canada
- ☐ Virtual Hike 10 – Path of the Gods, Amalfi Coast Italy
- ☐ Virtual Hike 11 – Bow River, Banff National Park, Alberta, Canada
- ☐ Virtual Hike 12 – Mannlichen Mountains, Switzerland
- ☐ Virtual Hike 13 – The Grotto, Bruce Peninsula National Park, Ontario Canada

**2. What did your group find most interesting about this walk?**

Click or tap here to enter text.

**3. How do you think your group would manage physically undertaking this walk?**

Click or tap here to enter text.

**4. If you wanted to do this walk as a full 3- day AJ, how might you extend this walk or is there an alternate walk in the same area?**

Click or tap here to enter text.

**5. Please add other comments**

Click or tap here to enter text.

# Stage 4 – Qualifying Virtual Journey Viewing Report

## Task 4A – Qualifying Virtual Journey 4

---

Please discuss the below questions with your group members and then provide your responses.

**1. For which Virtual Journey is this the report?**

- ☐ Virtual Hike 1 – Olympic National Forest, Washington State USA
- ☐ Virtual Hike 2 – Redwood National Park, California USA
- ☐ Virtual Hike 3 – Lake Samsonvale Walk, Queensland AUS
- ☐ Virtual Hike 4 – Silver Falls State Park, Oregon USA
- ☐ Virtual Hike 5 – Bryce Canyon, Utah USA
- ☐ Virtual Hike 6 – Autumn Forest Walk, Washington State USA
- ☐ Virtual Hike 7 – Baker River Trail & Chain Lake Trail, Washington USA
- ☐ Virtual Hike 8 – Snoqualmie River & Middle Fork Trail, Seattle USA
- ☐ Virtual Hike 9 – Juan de Fuca Trail, Sooke, Vancouver Canada
- ☐ Virtual Hike 10 – Path of the Gods, Amalfi Coast Italy
- ☐ Virtual Hike 11 – Bow River, Banff National Park, Alberta, Canada
- ☐ Virtual Hike 12 – Mannlichen Mountains, Switzerland
- ☐ Virtual Hike 13 – The Grotto, Bruce Peninsula National Park, Ontario Canada

**2. What did your group find most interesting about this walk?**

Click or tap here to enter text.

**3. How do you think your group would manage physically undertaking this walk?**

Click or tap here to enter text.

**4. If you wanted to do this walk as a full 3- day AJ, how might you extend this walk or is there an alternate walk in the same area?**

Click or tap here to enter text.

**5. Please add other comments**

Click or tap here to enter text.

# Stage 4 – Team Challenges

## Task 4B – Team Challenges

---

All Team Challenges will be undertaken with all team members contributing in real time.

For each Team Challenge the leadership of the group discussion must rotate. Spend no more than 10 – 15 mins in discussion then 5 mins to make an agreed team decision.

Record the key points of your discussion and your team decision using the form below. The final decision which your team agrees upon should be recorded below the relevant team challenges.

**Note:** You are only to discuss the six challenges which you chose in Stage 2.

### 1. Weather Change

The weather forecast was for a daytime temperature range of 18-20c for the duration of your Journey. However, it has unexpectedly turned out to be much hotter, and by 12pm on day one of an overnight walk, the temperature is 29-30c. Your team are dressed for the more temperate/cooler weather and one of your team members is very much feeling the heat and rapidly using up their water.

**Identify the issues and discuss the options on how the team will manage this situation.**

**Decide on your agreed action.**

Click or tap here to enter text.

### 2. Lost Item

One of your team members has realised after the mid-morning first rest that their hat and one of their water bottles was left behind. You have been walking for about 45 minutes. No one is carrying a spare hat or cap and the next opportunity to refill water bottles is mid-afternoon.

**Identify the issues and discuss the options on how the team will manage this situation.**

**Decide on your agreed action.**

Click or tap here to enter text.

### 3. Medical Incident

It's about 12.30pm and you are looking for a place to have your lunch break. Your team comes across two walkers going the opposite direction. They appear to be in their late 20s and are walking slowly, and one is breathing very heavily with his face bright red. You stop to ask if they are OK and if they need any help. Your team is informed by one walker that the other had a nasty fall and was shaken by it and has hurt his right hand (you can see blood) and both knees.

**Identify the issues and discuss the options on how the team will manage this situation.**

**Decide on your agreed action.**

Click or tap here to enter text.

# Stage 4 – Team Challenges

## 4. Tiredness & Some Injuries

The first day involved much more steep walking than you thought. This morning over breakfast one of your team members was complaining of a sore back and another said they had not slept at all and had blisters on both heels. The one with the sore back is the fittest and strongest in the team and was carrying a bit more of the group equipment than the rest of you. You have 4 hours of walking today as well as undertaking at least 2 hours of field observations.

**Identify the issues and discuss the options on how the team will manage this situation.**

**Decide on your agreed action.**

[Click or tap here to enter text.](#)

## 5. Damaged Backpack

It is late afternoon; it has been lightly raining for a couple of hours and one of your team rolls their ankle slipping off a rock. They fall to the side and do not appear to be badly hurt other than some minor grazing on the forearm and their left ankle is a little sore. When putting their pack back on, it is observed that one of the shoulder straps has the stitching torn off the top of pack - not completely, but clearly it will not last the trip and you are on day one of a 3-day trip.

**Identify the issues and discuss the options on how the team will manage this situation.**

**Decide on your agreed action.**

[Click or tap here to enter text.](#)

## 6. The Big Personality Clash

It is mid-morning of Day 2. There are 6 in the team, and one of the team members has been getting on the nerves of at least 2 other team members. He has been complaining constantly and when not complaining he just will not keep quiet/stop talking, having something to say about everything. Two of the group want to walk ahead to avoid putting up with the complaints and the constant chatter. There have been some harsh words said as well.

**Identify the issues and discuss the options on how the team will manage this situation.**

**Decide on your agreed action.**

[Click or tap here to enter text.](#)

# Stage 4 – Team Challenges

## 7. Gone Off Course

You have been looking for a track that veers to the left and you came across it much sooner than expected. After about 30 minutes on this track you realise that the track was much narrower than you thought and that you are climbing, but from your route planning you expected to be descending to a creek bed. The suggestion put to the group is that the track would drop downwards after getting to the top of the rise (which appears to be another 30 minutes of walking). Two of you have doubts and want to stop and check the map and take a compass bearing, while others suggest that this be best done at the top of the rise. A third view is that it was the wrong turn and you need to all go back to the main track and continue.

**Identify the issues and discuss the options on how the team will manage this situation.**

**Decide on your agreed action.**

Click or tap here to enter text.

## 8. Washed Away

It has been a pleasant walk so far, much easier than you thought. Clear tracks, good signposting, not too steep and only about 2 more hours before you complete the walk. The weather starts to change with an unexpected cold front and dark clouds roll in. The wind picks up and without too much notice an extraordinarily strong head wind hits the party with a downpour of heavy rain. The track has become water-logged and fast flowing water creates an instant creek in parts. The team quickly puts on their wet weather gear and pushes on. The track has been cut into the hillside and water flows across the track with increasing volume. Within 15 minutes you come across a section of the track that has been washed away making it possibly unsafe to proceed. You are about 30 minutes away from your campsite down the hill.

**Identify the issues and discuss the options on how the team will manage this situation.**

**Decide on your agreed action.**

Click or tap here to enter text.

## 9. Calling Home

It has been a long day and the team are not at all used to walking for so many hours, let alone whilst carrying a backpack. One of the team members is not happy and wanted to turn back from mid-morning. The team supported them through the day but after dinner the unhappy team member used their cell phone (mobile phone) to ring home and tell the parents how miserable they were, that they were being bullied to complete the walk and that the parents needed to come and get them now.

**Identify the issues and discuss the options on how the team will manage this situation.**

**Decide on your agreed action.**

Click or tap here to enter text.



# Stage 4 – Team Challenges

## 10. Bossy Team Member and friend

One of your team members has done a lot of overnight walking and camping with their family and has dominated in the planning and arrangements. So far on the walk they have dominated from the front and no one else seems to have a say. Another dominant team member has teamed up with her and everyone else is simply following the leader and not having any say in the navigation or problem solving encountered along the way. A few of you have been talking amongst yourselves, highlighting that each team member should have a turn at leading, and have decided that you will say something after dinner.

**Identify the issues and discuss the options on how the team will manage this situation.**

**Decide on your agreed action.**

Click or tap here to enter text.

# Stage 4 – Physical Activity Challenge Report

## Task 4C – Physical Activity Challenge Report

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Please answer the following questions on how your group managed to achieve the goals you set for yourselves during the Physical Activity Challenge.

**1. Briefly explain what you did and achieved for your Physical Activity Challenge**

Click or tap here to enter text.

**2. What were the challenges and how did you overcome them within the group?**

Click or tap here to enter text.

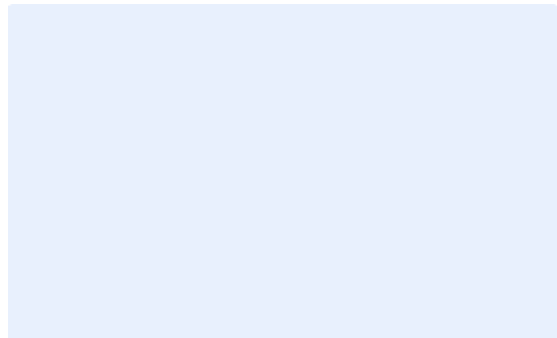
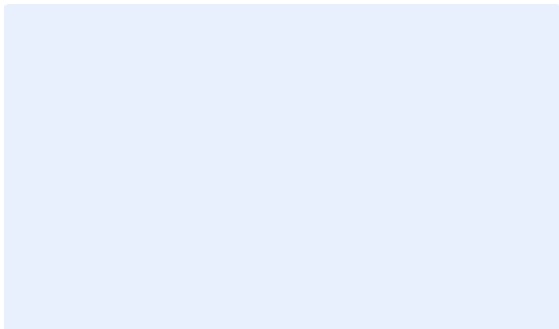
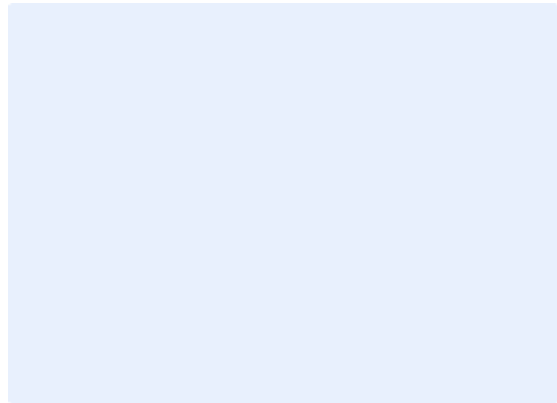
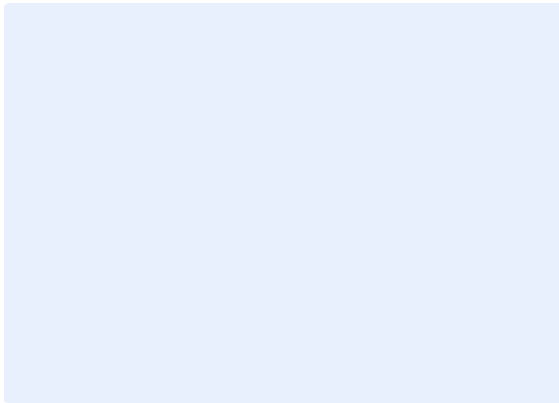
**3. What lessons did you learn as a group in planning for and completing this challenge?**

Click or tap here to enter text.

**4. Do you have any other comments you would like to make?**

Click or tap here to enter text.

**5. Add photographs of your activity**



# Stage 4 – Meal Challenge Report

## Task 4D – Team Meal Challenge Report

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1. **Briefly explain what type of meal did your team choose for this Challenge, and what meal did you make?**

Click or tap here to enter text.

2. **What were the challenges and how did you overcome them within the group?**

Click or tap here to enter text.

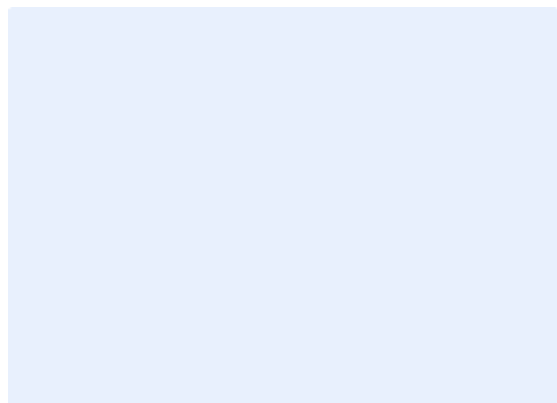
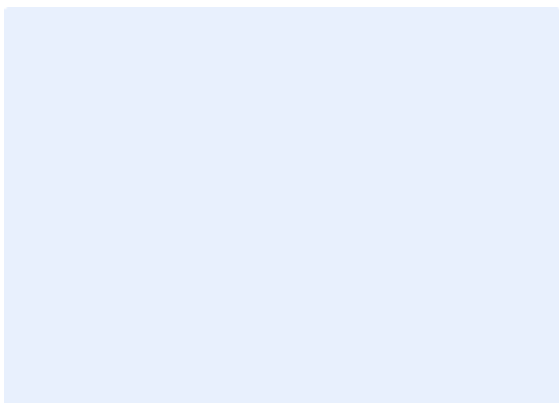
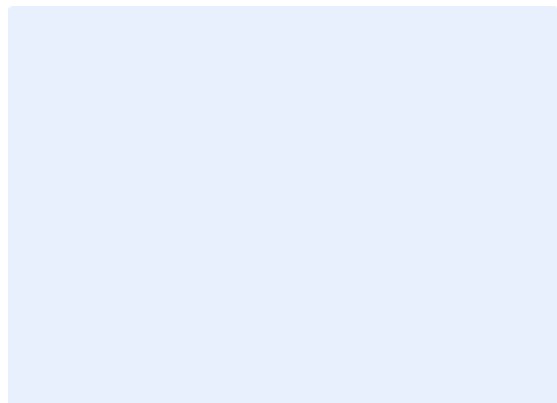
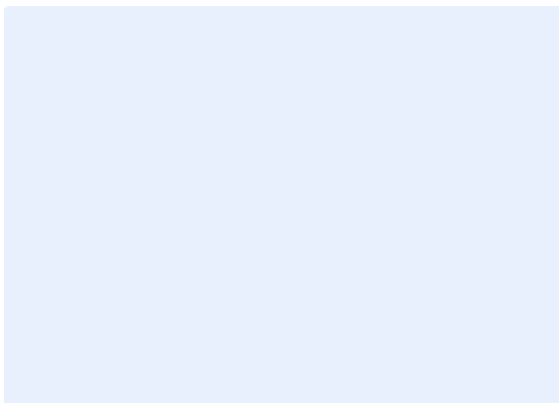
3. **What lessons did you learn as a group in planning for and completing this challenge?**

Click or tap here to enter text.

4. **Do you have any other comments you would like to make?**

Click or tap here to enter text.

5. **Add photographs of your activity**



# Stage 5 – Research Project

## Task 5: Research Project

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Insert your TEAM'S final Research Project here:

Click or tap here to enter text.