South East Explorer Expeditions 2023

Biking

Hosts:

- John Buchanan
  - Asst Regional Commissioner – Explorer Scouts
  - Regional Advisor - DofE
- David Newton
  - Regional Advisor – Activities - SEEE

The call is for all participants who wish to do DofE Silver and Gold Hill **biking expeditions** this year.

By the end of this session we aim to help you:

- Know what is planned
- When it will happen
- Understand what you need to do
- Answer any questions you have

SEEE focusses on expeditions - your Unit Leader or DofE Leader will deal with getting you registered for DofE and supporting everything else in your Award.

The slides and a recording of this call will be available, and we can be contacted for further questions on expeditions@sesscouts.org.uk

LIFE CHANGING ADVENTURE

South East Explorer Expeditions 2023

Biking – what's different?

Level	Duration	Practice	Hardsurface	Off road	Min. hours of planned activity /day
Silver	3 days 2 nights	Yes – 2days & 2 nights	177 km 110 miles	89 km 55 miles	7 hours during daytime ; 3 ½ hours journeying
Gold	4 days 3 nights	Yes – 2days & 2 nights	240 km 150 miles	120 km 75 miles	8 hours during daytime ; 4 hours journeying

Note – Biking and Canoeing expeditions are only available at Silver and Gold Levels

Where

- Can use parts of long distance routes
- Isolated areas – minor roads, lanes, tracks, bridleways, off-road, bikepacking
- Avoiding major roads, towns - may pass through villages/hamlets but camp in more isolated areas

How far

- Speed of travel is key – a typical average is
  - 12-15 km/h or 7-9 mph on surfaced roads ; 6.5 – 8 km/h or 4-5 mph on tracks/trails
- Must be an appropriate level of challenge for the team

- Participants normally complete a practice and assessed expedition for Silver & Gold.
- Most Explorers aim to complete Bronze in S3, Silver in S4 and Gold in S5 or S6. If you are a completing an expedition in a later year group than that, please do email us and we can discuss if there are any options to catch-up.

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Silver – Preparing for your expedition

- ✓ Basic Expedition Skills Training
  – only if this is you are starting at Gold as a Direct Entrant
  - ✓ Online & Outdoor training sessions

- ✓ First Aid Training

- ✓ A practice expedition
  - ✓ 2 days and 2 nights camping out
  - ✓ In similar terrain to your Qualifying expedition
  - ✓ In the same group as your Qualifying expedition, or as close as practical.

- ✓ Planning and training – details will follow
  - ✓ Refresh expedition skills for more demanding expedition level
  - ✓ Your route, menu, and getting all your gear ready
  - ✓ Choose and plan your project

- ✓ The Qualifying Expedition
  - ✓ 3 days / 2 nights
  - ✓ Your presentation, about 2 weeks after the expedition

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Gold – Preparing for your expedition

- ✓ Basic Expedition Skills Training
  – only if this is you are starting at Gold as a Direct Entrant
  - ✓ Online & Outdoor training sessions

- ✓ First Aid Training (more in next slide)
  - ✓ **At least two in each group to hold 2-Day First Aid qualification**
  - ✓ **Allows expeditions to be held in remote terrain.**

- ✓ A practice expedition
  - ✓ 2 days and 2 nights camping out
  - ✓ In similar terrain to your Qualifying expedition
  - ✓ In the same group as your Qualifying expedition, or as close as practical.

- ✓ Planning and training – details will follow
  - ✓ Refresh expedition skills for more demanding expedition level
  - ✓ Your route, menu, and getting all your gear ready
  - ✓ Choose and plan your project

- ✓ The Qualifying Expedition
  - ✓ **4 days / 3 nights in Wild Country**
  - ✓ **You need to be in expedition area night before (so 4 nights away)**
  - ✓ Your presentation, about 2 weeks after the expedition

Red text – additional requirements for Gold expeditions in addition to Silver

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Biking – what's different?

Training / Skills

- Expedition training –Silver/Gold Hill walking expedition training & first aid
- Competent in basic cycling skills and maintenance
- Additional skills specific to the expedition area/type of route

Training / Fitness –

- need to build up strength/stamina if not a regular cyclist

Equipment (in addition to standard camping gear)
Size and weight are really important – so think about what and how much you carry

- Bikes – suitable for the routes and working well
- Bike trailers/panniers – we can hire these
- Bike helmets – a must!
- Visibility – lights, clothing
- Clothes – keep you dry, warm (wind, rain)
- Repair kit (and know how to use it)

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Biking – what's different?

Skills

- Keep bike clean and oiled
- Check bike/parts for wear/breakages
- Repair puncture
- Adjust/replace brake cable, pads/block
- Adjust chain tension/replace broken chain
- Adjust gears
- Repair/tighten pannier racks/trailer tow
- Replace a broken spoke

Safety

- Cycling with fully loaded bike – balance
- Everything securely attached
- Safety wear – helmet, gloves
- Road safety & risks
- Riding in a group
- Different surfaces – road, track, potholes, mud, gravel
- First aid
- Roaming animals
- Poor weather/visibility

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Expedition Plans

✓Likely to run more than one set of dates for levels due to high numbers.

✓Schools are typically happy to agree to one or two days of absence from school to complete one of the longer DofE expeditions.

Level of Award	Dates
Silver Practice/ Gold Practice	• April – June (aware of SQA Nat 5, Higher and Adv. Higher windows)
Silver Assessed/ Gold Assessed	• Mid/late August (preference given to participants not returning to School) • September (incl. 16th- 18th Sept Autumn holiday weekend) • Early October

- All of our activities are run in line with Scouting rules for safety relevant for the type of expedition and location/route
- We will always try to have others from your Unit included in your Group, providing they have signed up as well, so you should know others in your expedition.

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How much does it cost? - hillwalking expeditions

Level Guideline total expedition costs	**Breakdown** Training, practice and assessed expeditions as required
Silver £125-175	• Training – £10-20 (2 training days) • Practice Expedition (2 days/2 nights) – £50-70 • Qualifying Expedition (3 days/2 nights) – £65-85
Gold £145-£200	• Training – £10-20 (2 training days) • Advanced First Aid – £30 (optional – 2 in each group need to hold) • Practice Expedition (2 days/2 nights) – £50-70 • Qualifying Expedition (4 days/4 nights) – £85-£110

Biking expeditions – are similar to hillwalking with potential extra costs for hire of bike/trailers. We will confirm once we understand what sort of expedition groups wish to do (e.g. trailers, bikepacking/panniers, need to hire bikes)

Parents are asked to arrange transport to/from the expedition area for their participants, and we encourage car sharing.

Visit these web pages to see more detailed information on:

- expected costs for expeditions in 2023
- how SEEE is funded and the use of these funds

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South East Explorer Expeditions 2023

Everyone's personal situation is different – and it's natural to have concerns that you might not be able to complete an expeditions, maybe because of the cost, having the right gear, or that it might seem too difficult because of fitness or a medical condition or disability, or many other things.

We want everyone to have the opportunity to take part, whatever your situation, and have helped many Explorers in the past to enjoy the adventure of an expedition.

There are various options we can explore to see if we can help you – so please get in touch with us in confidence and we will do our best to make your expedition possible.

Please contact any of the following **in confidence** and we will do our best to find a way for you to take part.

- John Buchanan (SE Scotland Assistant Regional Commissioner – Explorer Scouts)
  Email: explorers@sesscouts.org.uk
- David Newton (SE Scotland Regional Advisor – Activities / Craigalmond District Explorer Scout Commissioner)
  Email: david.newton@sesscouts.org.uk
- Cheryl Turpie (Borders District Explorer Scout Commissioner)
  Email: cheryl@borderscouts.org.uk
- Hellen Wootton (Braid – District Explorer Scout Administrator)
  Email: braid.desa@gmail.com

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What to do after this call…

- Make up your mind about taking part in an expedition:
  - Use the information we have shared tonight, and on our website.
  - Email us if you have any questions expeditions@sesscouts.org.uk

- We will send out a form to you and your parents to ask for your decision by November 22nd:
  - Please let us know if you want to take part.
  - We will also ask for some information so we can work out final numbers for training, practice and qualifier expeditions.

- We will then complete plans and confirm dates and costs for the expeditions and send you an invitation to book your place and pay a small deposit.

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Contacting us

- ✓ We can't see you at the end of a weekly Explorer meeting to catch-up!
- ✓ We are here to help, and want you all to complete your expeditions successfully, so:
  - ✓ Please do contact us at any time by email for any questions.
  - ✓ Please reply promptly to all messages.
  - ✓ If you aren't receiving emails, check your Spam/Junk folder first, and then contact us to see if there is a problem.

If you have any questions, comments, concerns or feedback regarding expeditions please email us on:

expeditions@sesscouts.org.uk

- **Remember for general DofE questions (apart from expedition ones) contact your DofE Leader in your Unit/District.**
- **If you still need help, contact dofe@sesscouts.org.uk.**

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Join the Gang as an adult helper!

Everyone is an unpaid volunteer with a busy life, who gives their time to help as many Explorers as possible take part in an expedition.

We run on the principle that “many hands make light work” so we can all balance the time we volunteer with demands of work and family commitments.

It’s a rewarding and positive experience, with the satisfaction of passing on skills, helping young people experience adventure and develop life skills, and a “bit of crack” with the other volunteers.

Please do contact us using this short form

We’ll get in touch for a quick chat - we are flexible and will suggest options we hope are practical for you. Here are some possibilities…

- **Quartermasters** – help get equipment ready and allocate to groups
- **DofE Leader** – provide occasional guidance, support and encouragement to Explorers doing DofE at one of the Units
- **DofE Management** – behind the scenes there is communication, record keeping, signing off progress – all of which can be done by anyone with a computer and basic skills.
- **Expedition Skills training** – help out at one or more training sessions with expedition skills such as map reading, navigation, basic first aid, camping
- **Expedition Supervision** – being part of the adult team supervising/supporting Explorers during the expedition

scouts
be prepared . . .

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