

Module Title:	Camp Craft and Expedition Skills	
Time:	8 hours	
Venue:	Theory and Practical	
Module aim/s:		
<p>This module is aimed at British Canoeing Leaders wanting to expand their knowledge and experience of guiding in their chosen environment. Exploring expeditions from day trips to multi day, UK and overseas journeys. Throughout the module, Leaders will be provided with top tips and a valuable insight to making the most out of journeying with your chosen craft.</p>		
Session Title	Time	Session Outline and Learning Outcomes
Introduction	9.00 – 9.30	<p>Session Outline</p> <ul style="list-style-type: none"> • Venue introductions • Health and Safety, toilets, breaks, timings • Course administration (course schedule) • Introduction to the trainers and the group • Overview of the BC Guide Scheme • Where does the Camp Craft and Expedition Skills Module fit into the scheme? • Outline the plan for the module • Set expectations and goals for the day <p>Learning Outcomes</p> <p>Participants will be aware of the venue layout/logistics and the programme for the day</p> <p>Participants will understand what will be required of them throughout the day</p>
Introducing the Module, considerations	9.30 – 10.15	<p>Session Outline</p> <ul style="list-style-type: none"> • Overview of the complexities and different trips • Single – multi day expeditions, considerations • Examine kit requirements for different journeys -

		<p>show and tell</p> <ul style="list-style-type: none"> • Complexities of logistics for diverse trips. • Discuss and develop an understanding of different environments and consequences <p>Learning Outcome - an understanding of the expedition environment and setting the scene for rest of course.</p>
Equipment Choice	10.00 – 10.50	<p>Session Outline</p> <ul style="list-style-type: none"> • Equipment • Warm and cold climates considerations • Client understanding, skill and ability and how these factors can influence choices of the guide • Show a variety of clothing choices with pros and cons • Safety kit – what considerations the Guide would need to take and equipment that can • Stoves – choices in climates/ease of use/fuel choices/maintenance <p>Learning Outcome - picking the right kit for the environment and looking after clients and general stove safety and efficiency.</p>
Nutrition and Hydration	11.30 – 12.30	<p>Session Outline</p> <ul style="list-style-type: none"> • Types of food, providing sound advice to clients • Dehydrated/over boil in bag – show examples (tasting) • Discuss importance of calories out and in – including foods types • Importance of varied and interesting diet throughout the trip – provide examples on how to make bland food interesting

		<ul style="list-style-type: none"> • Food on the move – top tips, what do you take? Group discussion • Fluid intake - quantity and options, importance and accessibility • Keeping hydrated - pee chart, options of intake as well as monitoring clients <p>Learning Outcome - the importance of nutrition and hydration on single and multiday trips, keeping yourself and clients in the best possible condition to complete the trip.</p>
<p>Practical session – Camp craft</p>	<p>12.30 – 13.30</p>	<p>Session Outline</p> <ul style="list-style-type: none"> • Setting up camp, including site choice and considerations of camp safety, sanitation, water purification and food hygiene. • Choice and use of water filters and water purification options. Provide examples and get hands on practical experience. • How to dispose of human waste and kit needed. • Provide examples and opportunities to select sites, discussing the pros and cons of sites chosen by participants <p>Learning Outcome - develop an understanding of the complexities and options available when siting a camp and considerations of impacts, as well as client care and hygiene.</p>
<p>Lunch</p>		

<p>Practical session - Packing</p>	<p>14.30 – 15.30</p>	<p>Session Outline</p> <ul style="list-style-type: none"> • Packing, loading and paddling an expedition boat • Considerations of weight and its effects • Client awareness of weight effects including speed, manoeuvring and stopping distances • Carrying options – provide examples and experiences • Safety implications of packing and exposed items • Additional guide equipment and where this may be carried – pros and cons <p>Learning Outcome - develop an understanding of efficient packing, trim, rescue consequences and how a boat responds fully packed.</p>
<p>Practical session - Tents and Tarps</p>	<p>15.30 – 16.30</p>	<p>Session Outline</p> <ul style="list-style-type: none"> • Different types of tents, options and considerations • Pitching, pros and cons of different designs • Group tent options, as well as group dynamics • Options of quick shelters for clients • Maintenance and care of tents during trips including spares and repairs. <p>Learning Outcome - explore different tents available, consideration on selection for trips and clients, as well as ensuring fit for continual purpose.</p>
<p>Wildlife safety and leave no trace</p>	<p>16.30 – 17.15</p>	<p>Session Outline</p> <ul style="list-style-type: none"> • Options of packaging, taking rubbish back out and carrying throughout the trip • Remote locations and disposal options of burning of rubbish • Considerations of wildlife, its impacts, as well as

		<p>attracting</p> <ul style="list-style-type: none"> • How to put food out of reach of bears • Protection options against bugs and beasts – treatments and avoidance • Firearms considerations and other wildlife deterrents such as early warning systems, etc. <p>Learning Outcome – develop an understanding of wild safety and leave no trace principles.</p>
Review and close	17.15 – 17.30	<p>Session Outline</p> <ul style="list-style-type: none"> • Review the programme • Create your own action plan • How will this impact your practice? • How will your students benefit? • What are the next stages to take this further? • What resources are available to further this area? <p>Learning Outcome - Feedback will be gathered to monitor the effectiveness of the content of the module.</p> <p>Participants will understand ways that they can use this in their leadership/coaching. Participants will generate their own action plan based around the areas that they feel they need to develop following this training.</p>