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Safety

The safety and welfare of Award participants is of the utmost importance. This is particularly relevant when it comes to the Venture Section of the Award.

The level of supervision required during an expedition will depend on the level of the Award. At Bronze Award level, participants should be walking on low level paths, such as sections of the Wicklow Way and should be supervised at all stages.

All **Bronze Award** expeditions, whether walking, cycling, canoeing etc must be supervised by the President's Award Leader or another suitable adult nominated by the Leader. This supervision also applies during the 'overnight' element of the venture.

The level of supervision at **Silver Award** level need not be as intensive but clear checks need to be in place to ensure safety, appropriate behaviour etc.

At **Gold Award** level the participants should be fully trained in first-aid and safety as well as map and compass reading in all aspects of foot expeditions before embarking on their Gold expedition. Plenty of practical experience is essential. The expedition at Gold level should be abroad or in wild country with the minimum of pathways used.

All groups embarking on a foot expedition should leave a clear map of their route (route card) with at least one specified person e.g. the school principal, before embarking on the expedition. The approximate time required for walking each section should be specified. This will obviously assist both from a safety point of view and in case a Participant needs to be contacted urgently e.g. by a parent.

The leader must be satisfied that the route complies with the requirements for the Award and that the requirements are being met in practice.

Caution

We cannot emphasise how important it is that Bronze and Silver participants should not be allowed on the mountains without adequate preparation and supervision.

For more information please refer to Chapter Six of the Award handbook or in Detailed Information on our web site: www.p-award.net



Explorations

The **President's Award** is open to all young people, and we strongly encourage the participation of young people with physical and learning disabilities. The Venture section can by its nature be an obstacle for a person with a disability and so the young person can opt for an exploration instead.

WHAT IS AN EXPLORATION?

An exploration involves less journeying with a greater proportion of the time-involved being spent on approved research, investigations or other specific activities, ideally undertaken in the context of an expedition. The typical types of exploration are the study of wildlife, old pilgrimage routes, churches, old buildings, folklore etc.

AIM

The aim of the exploration is to enable participants to use their personal skills to investigate and research aspects of life along their way to encourage a sense of excitement and discovery for the subject selected by them. Once again the ethos of the Award is the guiding principle here, is it a challenge? Is the young person gaining a sense of achievement and learning to work as part of a team?

The above suggestions may need to be altered according to the needs of a particular individual, however if in any doubt, contact the head office with any queries.

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Venture Section Guide for Leaders



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Introduction

Welcome to the guide of the Venture section of **The President's Award**. The aim of this guide is to offer you the PAL greater assistance with this section of the Award by outlining a few suggested Ventures throughout the country, along with some useful contact numbers and tips.

Secondly, the guide contains a list of Adventure Centres, which have agreed to work in partnership with

The President's Award to carry out expeditions in line with the specified criteria of the Award programme. **Only the Adventure centres who have agreed to work within our requirements and who are outlined in the guide will be eligible to sign the record books of participants.**

These measures have been taken primarily to promote the best model of good practice with specific emphasis on safety and supervision, and also to comply with the International standard of Award programmes.

Why the Venture Section?

The aim of this section of the Award is to encourage a spirit of adventure and discovery. The Venture must involve self-reliant journeying in the countryside or on water, conceived with a purpose and undertaken by the participants' own physical efforts.

Through this section young people have the opportunity to:

- Plan and execute a task
- Demonstrate enterprise and imagination
- Work as a member of a team
- Respond to a challenge
- Develop self-reliance
- Develop leadership skills
- Recognise the needs and strengths of others
- Make decisions and accept the consequences
- Reflect on personal performance
- Enjoy and appreciate the outdoors

Format

The participants are required to select a suitable venture which:

- Is sufficiently testing for them at their present stage of development
- Requires appropriate planning and training involving practice journeys and skilled training where necessary
- Is within the guidelines of the standards set out below

Standards

In all cases the expedition must involve:

- Being away from home
- Staying in a self-catering hostel, camping or in accommodation approved by the Award
- Cooking at least one substantial meal per day
- Bringing all gear on the journey
- The days on the venture are consecutive and must involve a journey going from point A to B to C etc
- Spending the entire specified period of time exclusively on the expedition
- Maintaining a detailed logbook of the expedition including the planning phase

Minimum Requirements for an Expedition

Bronze Award - Two days and one night

Walking distance: A minimum of 24 km (15 miles)

Cycling distance: A minimum of 113 km (70 miles)

Canoeing distance: A minimum of 20 km (12.5 miles)

All the above over two days

Silver Award - Three days and two nights

Walking distance: A minimum of 48 km (30 miles)

Cycling distance: A minimum of 193 km (120 miles)

Canoeing distance: A minimum of 40 km (25 miles)

All the above over three days

Gold Award - Four days and three nights

Walking distance: A minimum of 80 km (50 miles)

Cycling distance: A minimum of 274 km (170 miles)

Canoeing distance: A minimum of 60 km (37 miles)

All the above over four days

