

SHSS5084



PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

LEVEL 5

SEMESTER 1 & 2

MODULE CODE: SHSS5084
EXPEDITION SKILLS

ASSESSMENT TYPE: PROJECT

ASSESSMENT/COMPONENT: 2

COMPONENT WEIGHTING: 70 %

WORD COUNT: 5,000 WORDS

MODULE TUTOR: TOM MOORE

Expedition Portfolio

Produce a detailed log of the planning for the expedition. This will include comprehensive risk assessments, route plans, emergency procedures, transport arrangements, medical forms, pre-expedition training/ preparation and any other relevant details.

SUBMISSION DETAILS:

Deadline:

Date: 19th February 2016

Time: 3.00pm

Portal: Turnitin

School of Sport, Health & Outdoor Education

Assessment Feedback Sheet

Student No./Name:

Module: SHSS5084

Module Code: Expedition Skills

Personal Evaluation – to support your academic progress please complete the section below BEFORE submitting your work.										
What do you consider to be the best aspects of this work?	The detailed planning of my expedition									
Which aspects do you consider could have been improved in this piece of work?	Could have structured my planning so that I was completing each section before moving on, rather than doing a bit of everything and getting confused sometimes.									
What have you found most satisfying whilst undertaking this submission?	Roaming the wilderness recceing for my expedition									
ASSESSMENT CRITERIA	Learning Outcome	GRADE								
		Poor < 20%	Weak 20-29%	Unsatisfactory 30-39%	Satisfactory 40 – 49%	Good 50 – 59%	Very Good 60 – 69%	Excellent 70 – 84%	Exceptional 85– 100%	%
Produce a well presented and comprehensive expedition planning log with logical format and clarity of purpose	1,2,6								x	80%
Post expedition report highlighting the strengths and weaknesses of the proposal and planning process	3,4,5,6									20%
It is expected that students will present work that is proof read, correctly referenced and adheres to the Assessment Checklist . Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the checklist below .										
TUTOR COMMENTS: As you have cited ‘Good leaders are distinguished by the quality of their planning and the thoroughness of their preparation’ and your level of planning and preparation is in this portfolio is unprecedented. The format of your work is logical and aided by your hyperlink contents page. You have called upon an excellent range of resources to support your rationales. You are missing an individual participant’s information from your appendices, I can appreciate reasons why this would be the case, but it does leave an unexplained void in your work. Your risk assessments are excellent but could be improved by adopting a consistent format. Also, your reference list format could be slightly improved – please see Cite Them Right for guidance. Overall this is an exceptional piece of work. Well done.										
Submission date: via Turnitin	Return date: (at least within 4 weeks)	Tutor: TOM MOORE						Mark: 98%		

Assignment Checklist

- ✓ Please complete the **Personal Evaluation** section of the Assessment Feedback sheet, add your name and details, and paste the whole of this assignment document into the front of your assignment
- ✓ Submission is a **single file, clearly labelled** with your name and module code
- ✓ Font style - Times New Roman, size -12 for text and 14 for headings
- ✓ Ink colour – black only
- ✓ Line spacing – 1.5 line spacing and 2cm- 2.5cm page margins
- ✓ Quotations more than three lines to be indented 1 line spacing
- ✓ One line space between paragraphs, paragraphs must be left aligned
- ✓ Pagination (your assignment should have **page numbers**)
- ✓ All tables and figures are internally referenced and have a title
- ✓ **Word count** checked and written at end of text (before references and any appendix)
- ✓ Assignment is within 10% of the word limit (excluding references and any appendices)
- ✓ **All** references in the text are included in the reference list
- ✓ **Correct referencing following the Harvard style, as described in the Palgrave study skills book ‘Cite them Right’.**
- ✓ Correct spelling using **UK English**
- ✓ Correct use of punctuation
- ✓ Grammar and syntax correct- double check anything that has a green line under it
- ✓ I have read my assignment out loud to myself and it makes sense and is easy to read
- ✓ Somebody else has read my work and it makes sense to him or her!
- ✓ **I have checked and I have not plagiarised**

**Failure to follow these guidelines will cost
you marks!**

Expedition Contract

I will run my expedition between the dates of 30th March – 2nd April 2016.

I will at all times, conduct myself as professionally as possible, adhering to the University's Code of Conduct, and only operate within the agreed parameters of my signed-off expedition, as outlined below.

I will be running an expedition by foot.

The aims and objectives of my expedition are:

- 1) Learn about the history, geography and environment of the Carneddau Range.
- 2) To spend time in the natural environment and connect with it
- 3) Give participants the chance to develop their navigation skills.

The venues I have chosen to use are:

Day 1: Gwern Gof Uchaf (SH672 605) to Cwm Lloer (SH663 621)

Day 2: Cwm Lloer (SH663 621) to Dulyn Bothy (SH705 664)

Day 3: Dulyn Bothy (SH705 664) to Cwm Cowlyd (SH732 632)

Day 4: Cwm Cowlyd (SH732 632) to Gwern Gof Uchaf (SH672 605)

My appointed assistant leader is:

The members of my expedition group are:

1:

I have checked the abilities of all expedition group members and deem them able to partake in the expedition.

I have collected relevant and up-to-date medical details from each expedition group member and am aware of any condition that may affect their ability during the expedition.

In signing this document I agree to everything listed overleaf. I understand that I must adhere to all the documents and risk assessments I have submitted for which my expedition has been signed off.

Expedition Leader

Name:

Signed:

Date:

Module Staff

Name: Tom Moore

Signed:

Date:

Expedition Log Sign-Off Form

Name of Expedition Leader:

Your Expedition Planning Log is not just a series of lists related to routes, dates and equipment etc. but instead, is a detailed account of your planning process which identifies the range of choices you have considered, as well as the rationales that have informed your decision making.

The titles overleaf form a fundamental matrix on which to base your log. In order for your expedition to be signed off, each title needs to be addressed to a satisfactory level, as deemed by a member of module staff.

Failure to address all of the titles overleaf to a satisfactory level will result in the expedition being cancelled, or deferred until the appropriate planning and preparation has been undertaken.

Expedition Approval

To the best of my knowledge all the necessary safety checks noted overleaf have been completed and the expedition is ready to proceed.

Specific safety conditions governing the undertaking of the expedition are noted below:

- 1.
- 2.
- 3.
- 4.
- 5.

Module Staff

Signature:

Date:

Statement of Expedition Readiness

I agree that all the titles noted overleaf have been completed and that my expedition is ready to proceed. I also agree to undertake my expedition in accordance with any specific safety conditions noted above, by module staff.

Expedition Leader

Signature:

Date:

Expedition Sign-off Matrix

TITLE	INITIAL	DATE
Expedition Overview		
Aims and Objectives		
How will you meet your Aims and Objectives?		
Expedition Leader Profile		
Competencies/Qualifications		
Expedition Assistant Leader Profile		
Expedition Team Profiles		
Expedition Support Person		
First Aid Provisions		
Medical Declaration Forms		
Assumption of Risk Forms		
Behavioural Expectations		
Individual Kit List		
Group Kit List		
Equipment Request Form		
Preparatory Training Undertaken		
Reconnaissance of Expedition Route		
Route Cards		
Escape Routes		
Contingency Planning		
Camping Location		
Weather Forecast Sources		
Generic Risk Assessment		
Site Specific Risk Assessment		
Drivers Licence		
Drivers Insurance		
Road Worthiness of Vehicle		
Important Contact Details		
Accident and Emergency Procedures		
Expedition Team Contact Details		
Expedition Log Sign-Off Form		
Expedition Contract		

Expedition Overview

Walking expedition in the Carneddau Range in North Wales. The first day will be spent travelling up to North Wales and a 2.5km walk from Gwern Gof Uchaf (SH672 605) to Cwm Lloer (SH663 621) where we will spend the night wild camping. Day two is the longest day of the expedition at 9.31km and we will summit Carnedd Llewelyn, Foel Grach and Carnedd Gwenllian before spending the night in Dulyn Bothy (SH705 664). On day three we will not summit any mountains and will walk 8.2km, staying low and contouring around mountains, we will spend the night wild camping in Cwm Cowlyd (SH732 632) right next to Llyn Cowlyd Reservoir. On day four we will walk the length of the reservoir and ascend out of the cwm before walking the final downhill stretch back to the car, approximately 8km. The expedition will take place from Wednesday 30th March – Saturday 2nd April 2016.

Aims and Objectives

The primary aim for my expedition is for students to learn about the history, geography and environment of the Carneddau Range.....

How will you meet your Aims and Objectives?

To fulfil the aims and objectives of the expedition I will research and gather information about the history, environment and geography of the Carneddau range, and spend time every day sharing this information to the participants and discussing it further with them. To encourage students to engage and connect with the natural environment I have decided that the expedition will be free from technology e.g. mobile phones, Long (2003, p.90) suggests that ‘in a high lonely place, the magic of the moment is destroyed by a ... telephone and the return to urban values that it represents’.....

Expedition Leader Profile, Competencies/Qualifications

I currently do not hold any qualifications for walking in mountainous areas, however I am ready to complete Mountain Leader (ML) training. I have been gaining experience walking and navigating in different terrain and conditions over the past year, with friends who are ready for assessment. On the Mountain Training website I have logged 10 quality mountain days in North Wales since March 2015 using the Digital Log Book (DLOG). Additionally I have a range of experience in different locations and conditions both as part of a group and solo. An overview of the days I have logged can be found in Appendix 1.b. I also have experience wild camping and staying in bothies and am familiar with the codes of practice for both of these.

I have put in a lot of time and effort planning all aspects of this expedition, so that I am confident that my expedition will run successfully. Keay (2000, p.15) states that ‘Good leaders are distinguished by the quality of their planning and the thoroughness of their preparation.....

Expedition Assistant Leader Profile

????? has a wide range of experience leading groups.....

Expedition Team Profiles

Expedition Support Person

I have decided to ask ?????? to be my expedition support person. I have asked her because she is.....

First Aid Provisions

Long (2003, p.59) suggests that ‘in addition to personal first aid supplies, sufficient first aid expertise and equipment should exist within [the] walking party to deal with the remoteness of the situation’. All participants must carry their own personal first aid kit.....

Medical Declaration Forms

This is a blank example of the medical form I handed out to the group members to complete and sign.....

Assumption of Risk Forms

Below is a copy of the Assumption of Risk form.....

Behavioural Expectations

Below is an example of the behavioural expectations that I have discussed with my group members to make sure they all understood what was expected of them throughout the expedition. Making sure all group members abide by these rules and expectations, will ensure that all students are representing the university in the correct manner. The behavioural expectations bellow are an edited version which I took from an expedition I took part in previously. I had all my group members sign these forms, which are located in the Appendix 6.....

Individual Kit List

I have sent out a copy of the personal kit list to all the participants.....

Preparatory Training Undertaken

.....Langmuir (2013) suggests that the enjoyment of the group will be enhanced if there is a general level of fitness. He also suggests that pre-trip training can also help sort out issues with boots and equipment.....

Route Cards

Route planning in advance allows for problems to be identified and measures put in place to minimise the impacts of these problems (Long, 2003, p.118).

Escape Routes

Appendix 10 outlines the selected escape routes for the duration of the expedition. These routes are the shortest routes off the mountain and to roads that are accessible to vehicles.....

Contingency Planning

If there is either poor visibility or strong winds above 30mph, I will put in place my contingency plan and stay off ridges and high exposed ground.....

Weather Forecast Sources

Long (2003, p.98) states that ‘the weather has a profound effect on the walking environment ... knowing what the weather might do for the duration of ... [the] expedition is an essential part of the planning process’

References

Adair, J. (2006) *Leadership and motivation*. London: Kogan Page.

Gov.uk (2015) *Getting an MOT*. Available at: <https://www.gov.uk/getting-an-mot> (Accessed: 09 February 2016).

Keay, W. (2000) *Expedition Guide*. 4th edn. London: Duke of Edinburgh's Award.

Langmuir, E. (2013) *Mountaineering and leadership*. 4th edn. Conwy: Mountain Training England and Mountain Training Scotland.

Met Office. (2016) *Carnedd Llewelyn*. Available at:
<http://www.metoffice.gov.uk/public/weather/forecast/gcmnmtmyc> (Accessed: 09 February 2016).

Mountain Bothy Association. (2016) *The Bothy Code*. Available at:
<http://www.mountainbothies.org.uk/bothy-code.asp> (Accessed: 18 February 2016).

Mountain Weather Information Service. (2016) *Snowdonia National Park Forecast*. Available at:
<http://www.mwis.org.uk/english-welsh-forecast/SD/> (Accessed: 09 February 2016).

Natural England. (2012) *The Countryside Code*. Available at:
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Royal Meteorological Society. (2016) *Beaufort Scale*. Available at: <http://www.rmets.org/weather-and-climate/observing/beaufort-scale> (Accessed: 18 February 2016).

Tuckman, B. (1965) *Developmental sequence in small groups*. *Psychological Bulletin*, 63(6), pp.384-399.