



LOG BOOK G452

MOUNTAIN WALKING – MIDDLE – TOP BAND 3 – 16

There is no content page.

There are details of the expedition undertaken for the assessment but the coverage lacks detail. Menu planning is poor, lacking detail and explanation whilst not matching the plan of the expedition.

There is little or no coverage of camp craft.

The route card present in the log book is detailed and accurate but the understanding of emergency procedures is very basic as is the coverage of First Aid.

There is no coverage of access arrangements, land ownership and right to roam.

Physical Education

OCR Advanced Subsidiary GCE Unit G452

**Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Mountain Walking**

Centre Number		Centre Name	
Candidate Number		Candidate Name	

Log book element required	Present? (please tick)
Route planning	
Menu planning	
Camp craft	
Navigation using maps and compasses	
Use of pre-planned route card	
Understanding of the need for emergency procedures	
Application of First Aid	
Knowledge access arrangements, land ownership, etc.	
Application of the Countryside code and assoc. conventions	
Evaluative comments in relation participation and performance in the activity	

Assessment Band Descriptor which log conforms to

Band 1: A detailed and comprehensive log containing all the prescribed information is present	
Band 2: A detailed log containing all the prescribed information is present	
Band 3: A detailed log containing most of the prescribed information is present	
Band 4: A log containing some of the prescribed information is present	
Band 5: A log containing little of the prescribed information is present	
Mark Awarded	

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

Name of instructor/teacher responsible	
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Signature		Date	
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DUKE OF EDINBURGH
MOUNTAIN WALKING
LOG BOOK

NUTRITIONAL PLANNING

Breakfast – porridge with sugar

Lunch - pita bread with chocolate spread, apple, nutrigrain, chewy bar

Dinner – 1. Noodles with a sweet and sour sauce, 2. Chicken fried rice, custard for dessert.

Snacks – mars bars, dried fruit, nutria grains, lucozade tablets

Water

Emergency rations – mars bars, 1 portion of chicken fried rice, hot chocolate powder.

EXPEDITION COMMENTS

DAY 1 – when preparing to leave for Exmoor in the morning, a few problems occurred with transport so our starting time for our expedition was set for later in the day. As our estimated time of arrival to the campsite was 17.10, the 1st day of walking was cut short and we began our route further on, on our route plan. I began the day by leading the group to the first check point which was where we had planned our 20 minute break for lunch. By also taking a bearing using the compass at the beginning of our walk we were able to locate the direction of our destination. By making the weakest member of the group stay walking at the front, they were able to set the pace and a comfortable speed for the group. We estimated our speed at 3km/h which we soon discovered was about right as we reached our first check point at the correct time. After lunch another member of the team began to lead the group towards our next check point, but we came across a slight problem. As there had been rain on the moor recently there was a large patch of bog which we were unable to walk across. As a group we decided to take a diversion around the bog by using our maps to make sure that we were still heading in the right direction. I then took a bearing to also make sure that we were still on track and did not go too far out of our designated path as this would effect the time that we reached our next check point. After avoiding the bog and returning to the route plan we were a little behind time so we upped the pace to 4km/h in order to reach our next check point at the correct time, which we did. After leaving that check point it was not long before we reached the camp site. This part of our route was very easy to navigate as we were following field boundaries for most of the day.

DAY 2 – by waking up at 6.00 this allowed us 1 ½ hours to cook breakfast and pack away the tents and all of our equipment ready to leave at 7.30 which we successfully managed. I began this day by navigating the group to our first check point at the medieval village. The first part of our walk was reasonably easy as we were following a river down in the valley which leads from the

campsite to the check point. We managed to reach the check point on time so our pace of 3km/h was still very accurate. After leaving the check point the path that we were following crossed a river at the bottom of Hoccombe hill. But, due to the previous rain the river was deeper than expected and we were not able to cross the river at the specified point. I decided that it was not safe to cross the river at this point and that we should walk up stream a little and find a safer place to cross. We managed to find a narrow part of the river with plenty of large rocks that we could use to cross the river. As we were a little off course at this point I took a bearing using the compass to direct us back to our route up the next hill. This hill was very steep and our pace slowed a little here, but when planning our routes before the expedition we allowed for a decrease of speed at this point. When we reached the top of the hill, the wind was very strong and we found it difficult to keep up the pace, but by making sure we stayed as close as possible to each other we were able to continue along the plateau at 3km/h. Our first check point was at ex head bridge and due to the wind and re direction due to the river we were 5-10 minutes late. But, the next part of our route was a lot easier walking where we were able to follow clearer footpaths on flatter terrain. Therefore we decided to increase the pace to 4km/h to make sure that we reached the next check point on time. We managed to reach the check point on time so we were back on schedule and could return to walking at 3km/h which was a relief for some of the group members as they had begun to fatigue and were beginning to not be able to keep up the 4km/h pace. The last part of our route was a steep, up hill climb to Pinkery camp site. As this was a steep climb our pace slowed down a lot, but we had allowed for this when planning our routes. I also navigated this part of the route which was more difficult than first expected as there was supposed to be a clear path to follow for most of the way but due to the bogs and over grown grass the path was not very clear. To make sure that we were keeping to our route I took a bearing which took us to Pinkery pond. From that point the route was very easy to follow as there was a clear path from the pond that leads straight to the camp site.

DAY 3 – we got up at 6:00 again today, ready to leave at 7.30 which we managed easily. The first part of our walking was following the Macmillan way which was very easy to navigate from as there were sign posts and a clear path to follow. Our first check point was at the same ex Head Bridge as on the previous day. At this check point we were told that we had to re direct our route as our previous plan was to walk down the hill into the centre of Exford, but our teachers recommended another route to follow the steep hill would be too bad for our knees and joints. Therefore, we were re directed towards Dunkery beacon which was a further walk but it was much steadier and less strain on our knees. I navigated the group from this check point to our lunch point which was approximately 7km. one of the paths that we had to follow was through farm land, but there was no path clear anywhere on the field. I took a bearing to direct us to our next destination but we were still a bit unsure of where we were supposed to be going. To re assure ourselves that we were going the right way I asked a by passer if we were on the correct path and they helped to direct us in the correct direction with increased our confidence. The next part of our route was a steep downward climb which was a much harder route than we had expected. As it was so steep I decided that we

should take a steadier climb by going more diagonally along the hill which worked out as a much easier walk, ending in reaching our lunch point at the right time. After lunch we came across a problem as most of our team members had run out of water. To overcome this problem I rang our teacher who was in a nearby town, asking them to meet us at a nearby road and bringing us enough water to re fill our water bottles. After meeting our teachers and re filling our water bottles we were a little behind time, but the final part of our walking was very flat and easy to navigate. As a group we decided to increase the pace to 4km/h and we finally made it to the car park at the bottom of Dunkery beacon on time.

SUMMARY

Throughout the three days of hiking, I feel that the expedition as a whole was very successful. We were constantly working as a team and boosting the motivation of those that were become fatigued and uncomfortable to make sure that the trip stayed enjoyable and positive. I felt that I was a good leader as I over came problems such as diversion routes to avoid bogs and alternate paths to enable us to cross rivers. As a team we also discovered that our route planning was successful as we didn't come across any problems in our routes such as getting lost and unclear paths. We also discovered that our estimated speed of 3km/h was very accurate and we were able to time keep correctly. Therefore the expedition was successful and enjoyable and my leadership skills helped the group's moral and allowed the team to reach each check point at the correct time.

DUKE OF EDINBURGH LOG BOOK

EQUIPMENT

- Tent – 3 man tent to share with 3 people, with outer and inner liners so that in case of a storm or rain shower our bags and equipment will not get wet inside the tent.
- Sleeping bag – thick all year sleeping bag that can cope with low temperatures in order to keep the person warm and not get hyperthermia.
- Roll mat – used as insulation between the floor and the sleeping bag to keep the person warm.
- Trangia – used to cook food in, are easy to carry and easy to clean.
- Mentholated spirit – used as fuel for the trangia
- Matches – wind proof matches used to light the fuel when using the trangia. Wind proof matches are more appropriate as they are more weather resistant to wind.
- Rucksack – suitable for carrying a lot of weight as all equipment needed for the expedition will be carried in this bag. Straps should be adjustable in order for the bag to be comfortable for the person carrying it.
- Rucksack liner – used to make the inside of the bag waterproof so that in case of a rain storm the equipment and spare clothes inside the bag will stay dry.
- Survival bag- in case of emergencies these bags are used to keep injured or sick people warm until assistance to the patient is present.
- Compass – in order to get bearings to your nearest destination in cases of fogs and diversions.
- Whistle – needed when hikers are trying to get the attention of others on the moor or assistance in the case of emergencies.
- Torch – needed at night when you are either still walking on the moor or at the camp site either preparing in the evening or leaving early in the morning to begin the days walking. Also used in case of emergencies by flashing the torch to catch others attention.
- Spare batteries – in case the batteries in the torch run out.
- Watch – to keep time and to pace yourselves at a sensible pace. A watch is also needed to make sure that you reach check points on time.
- Walking boots – must be waterproof to keep feet dry, must also be the correct size and comfortable (worn in beforehand to stop blisters)
- Waterproof coat – must have taped seams to keep the person dry at all times even in the heaviest rain.
- Waterproof trousers – also need taped seams to keep the person dry.
- 2 x Walking socks – these are needed to stop the boots from rubbing and to keep the feet warm.
- 2 x Walking trousers – must be comfortable and able to dry easily as if it rains and you do not have enough time to put on waterproofs they need to be able to dry keep to keep the person warm and dry.

- 2 x T-shirt - must be comfortable and not too tight to allow the person to keep cool and airy in hot temperatures.
- 2 x Fleece – must be comfortable, reasonably light and able to dry easily to keep the hiker as dry as possible.
- 3 x Under wear and spare socks – must be changed every day to keep the hiker clean in appropriate areas.
- Personal First aid kit – containing ibuprofen, plasters, blister plasters, antiseptic, bandages, which are to be used when needed.
- Wash kit – toothbrush, flannel, toothpaste and soap needed to keep you as clean as possible in the case where showers are unavailable.
- Washing up liquid, tea cloth and towel – needed for washing up equipment used when preparing food.
- Bowl, plate cup, knife, fork, spoon – all needed to eat food out of and with.
- Food – must contain breakfast, lunch, dinner and snacks which are light and easy to prepare and high in carbohydrates to give you energy.
- Emergency rations – these are needed in cases of emergencies e.g. if you are stuck on the moor you will eat these to keep you alive until help arrives.
- Laminated maps – needed to follow routes easily. Need to be waterproof so that they stay in a good condition throughout the expedition.
- Note book and pen – in cases of emergencies these are needed to write down all information about grid references and what condition the casualty is in if the emergency services are called or if members of the team go looking for help.
- Mobile phone – also needed in emergencies to ring the appropriate people, this could include the emergency services or others nearby that can aid the problem.

SAFETY PRINCIPLES

- When using the Trangia, it must be over 5m from the tent and other equipment and at a down hill angle as in case of spillage of fuel the tents are in no danger of catching alight.
- Boots must be worn in before hand to minor the chances of blisters. If either large blisters, cuts, burns or other skin wounds, sprains and minor injuries occur the RICE principal must be used. This contains REST, ICE, COMPRESSION, ELEVATION. This is used to make sure that the injury is treated appropriately and does not risk the chance of infection or worsening.
- If a more serious injury occurs where the patient is either concussed or unconscious DR ABC must be used.

DANGER – at this stage you assess the situation and see how dangerous this is. Remember to write down all relevant information about

RESPONSE – you then decide what needs to be done, whether the emergency services need to be called and how serious this injury is.

AIRWAYS – you now check whether the airways are blocked. If they are blocked you need to unblock them by putting them on their side and opening their mouth, then remove any food or other substance that is blocking their airways.

BREATHING - to check whether the patient is breathing or not look for the rising and falling of their chest, also listen for the sound of breathing and attempt to feel the warm breath on your cheek. If they are not breathing, expired air resuscitation needs to occur by giving 5 full breaths in 10 seconds.

CIRCULATION – feel the carotid artery in the neck for a pulse, if pulse is present, continue resuscitation at the rate of 15 breaths per minute. Check breathing and the pulse after 1 minute, then after every 2 minutes. If there is no pulse, do cardiopulmonary resuscitation by checking breathing and the pulse after 1 minute, then after every 2 minutes. If the pulse returns, continue resuscitation. If breathing returns, turn the casualty into the recovery position and put them into the survival bag to keep them warm.

- The survival bag is used when a person has a severe injury and needs to keep warm. By putting them in the survival bag it gives them extra insulation to keep them conscious and alive until an ambulance arrives. If the injured is still cold, add more layers of clothes and sleeping bags or even put up the tent and put them inside to keep them as warm as possible.

CODE OF ETHICS

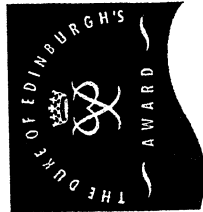
- Follow the countryside code when hiking by leaving gates as they were when you reached them and always closing them when there are signs saying so. Always respect the countryside by avoiding stepping or camping on plants and wild flowers. Protect the wildlife by not getting too close to wild or farm animals and especially if there are young animals present leave them plenty of room. Always pick up rubbish as it not only leaves the moor untidy and unpleasant but it is dangerous to wild animals by spreading disease or if it's sharp, harming the animals. Do not have open fires on the moor as they can very easily get out of control and set alight a lot of the moor, ruining habitats and natural countryside. Do not go onto private property and always stick to public footpaths if possible.
- Always work as a team by keeping to the pace of the slowest walker as then the group is not liable to split between faster and slower paced walkers. Take it in turns when leading the group to make the trip as enjoyable as possible.
- If someone is injured and assistance is needed, work together and do not panic as otherwise important principles may be missed.



EXPEDITION ROUTE CARD (use one per day)

BLUE ①

Aim of expedition:			Names of team members:				Name of Award Group:							
Day of the week:		Date:	Day of venture:		Names of team members:		Address:							
Friday		21/05/2008	1st day		Abbie Emma-Jane Katrina Louise		Ziam Becky							
Leg	PLACE WITH GRID REF		General direction or bearing	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for exploring, rests or meals	Total time for leg	Estimated Time of Arrival	Setting out time:	Tel No:	Email:	Escape/Notes	
	854 384													11:00 AM
START													Brief details of route to be followed or planned activity. (Enter full details of activity on reverse)	Escape/Notes
Exford Car Park														
(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(k)					
1	TO 856 406	N	2.5	160	1hr 6m	5m	1hr 11m	12:11pm	To Lane	Escape To Road				
2	TO 846 415	NE	1.8	10	37m	0m	37m	12:48pm	Footpath Meets lane	Back To Mill Lane				
3	TO 835 423	NW	1.5	40	34m	0m	34m	1:22pm						
4	TO 808 430	NW	3.1	0	1hr 2m	10m	1hr 12m	2:34pm						
5	TO 807 434	NW	0.4	15	10m	0m	10m	2:44pm						
6	TO 801 470	N	3.9	20	1hr 5mins	10m	2hr 2m	5:30pm	Footpath Meets	Oare				
7	TO 795 467	SW	1.3	10	27mins	0m	27m	5:57pm	Clodd Farm.	Clodd Farm				
8	TO 792 478	NW	1.2	0	24min	0m	24m	6:21pm	Malnismead Campsite	Malnismead				
Totals:			15.7km	225m	6hrs 16mins	45mins	7hrs 01min	6:21pm	Supervisor's name, location and Tel No:					
													Mrs K Seib / Malnismead campsite	



EXPEDITION ROUTE CARD (use one per day)

Liam

E-J

BLUE ②

Abbie

Aim of expedition:				Names of team members:				List M		Abbie		Name of Award Group:	
Day of the week:		Date:		Day of venture:		Katrina		E-J		Becky		Address:	
Sat		3/5/08		# 2nd		Louise		Angela				Tel No: (
Leg	PLACE WITH GRID REF	General direction or bearing	Distance in km	Height climbed in m	Time allowed for journeying	Time allowed for exploring, rests or meals	Total time for leg	Estimated Time of Arrival	Setting out time:	Brief details of route to be followed or planned activity. (Enter full details of activity on reverse)		Escape/Notes	
(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)			(k)	
1	TO 795 467	S	1	30	23mins	0mins	23min	7:53am	7:30am	Cloud Farm		escape to meadow or clover farm	
2	TO 792 467	W	0.2	0	8mins	0mins	8min	8:01am		Other Side Of River		11	
3	TO 790 440	S	3	60	1hr 0mins	10mins	1hr 11mins	9:12am		Medieval Village Site		foul weather route to B road.	
4	TO 784 433	SW	1.3	60	32mins	0mins	32min	9:44am		Hoccombe Water		along river or wet weather	
5	TO 765 414	SW	4	109	1hr 31mins	10mins	1hr 41min	11:25am		Exe Head Bridge		escape to major B road	
6	TO 729 467	WNW	6.4	50	2hr 21mins	20mins	2hr 41min	2:06pm		(90°) sharp bend along Tarnal Tidi lunch here (20 mins)			
7	TO 717 425	WNW	4.7	200	1hr 51mins	10mins	2hr 42min	4:30pm		Wood Barrow (Gate)			
8	TO 723 412	EW	2	0	40mins	0mins	40mins	5:10pm		Pokers Farm			
Totals:			22.6km	509m	7hr 15min	1hr 10min	8hrs 25mins			Supervisor's name, location and Tel No: MALMSHEAD campsite Mrs K Seib			



EXPEDITION ROUTE CARD (use one per day)

Skulr 10m/1min

6hr 2min 50m for 2m

Aim of expedition:

Day of the week: Sunday

Date: 04/05/08

Day of venture: 3rd day

Names of team members: Kaitlin, Louise, Abbie, E.S.

Setting out time: 7:30 AM

Name of Award Group:

Address:

Tel No: //

Email:

Leg PLACE WITH GRID REF

START 723 412

General direction or bearing

Distance in km

Height climbed in m

Time allowed for journeying

Time allowed for exploring, rests or meals

Total time for leg

Estimated Time of Arrival

Brief details of route to be followed or planned activity.

Escape/Notes

(a) (b) (c) (d) (e) (f) (g) (h) (i) (j) (k)

1 x TO 724, 405 S 0.8 0 16mins 0mins 16m 7:46am Path meets main road B3358

2 x TO 729, 405 E then N 0.8 30 19mins 0mins 19m 8:05am Macmillan Way West Path meets Wall

3 ✓ TO 732, 418 SN 1.6 65 39mins 5mins 44m 8:19am T crossing of paths near Chains Barrow

4 TO 764, 416 E 3.5 0 1hr 10mins 5mins 1hr 5m 10:04am Sheet road

5 TO 769, 409 SE 1.1 10 23mins 0mins 23m 10:27am Finish road walking

6 TO 786, 409 NE 2.2 30 47mins 5mins 52m 11:19am Meet/Cross Stream/river

7 TO 824, 415 E 4.7 50 1hr 39mins 5mins 1hr 44m 1:03pm Lambbarrow corner

8 TO 846, 415 E 2.9 30 1hr 01min 5mins 1hr 26m 2:39pm Meet lane

Totals: SE 1.8 20 38mins 5mins 43m 3:22pm

856, 405 S 2.5 40 50mins 0mins 50m 4:12pm

854, 384 S 2.5 40 50mins 0mins 50m 4:12pm

Supervisor's name, location and Tel-No: MICK Seib

Onko Samartian way Malmes Road

Completed

Expedition Route Card - July 2007

A 39
ynmouch
or 5 miles

T
3'

47

46

45

44

43



