

## **BELA OUTCOMES**

### **1. Understanding the principles and practice of Leadership**

In order to lead a group of individuals in lowland country, the candidate will have demonstrated that s/he is competent to:

- a) identify the purpose of the journey
- b) plan and prepare a scheme of work for a journey
- c) communicate the aim of a journey effectively to groups and individuals
- d) lead groups and individuals with confidence throughout a journey
- e) care for groups and individuals throughout a venture
- f) ensure the safety of individuals at all times
- g) communicate the review to the group and to individuals
- h) demonstrate a range of leadership style

### **2. Understanding instructional and organisational Methods**

All Basic Expedition Leaders must be able to instruct others in the contents of Units Three to Nine. On completion of this Unit, the candidate will have demonstrated the s/he is competent to:

- a) deliver the subject matter
- b) communicate confidently with groups
- c) organise, prepare, manage and conduct activity sessions
- d) use a variety of teaching aids and resources effectively

### **3. Planning and preparing for an activity**

On completion of this Unit, the candidate will have demonstrated that s/he is competent to:

- a) carry out and record a risk assessment for the journey
- b) select an appropriate programme for the group
- c) inform parents/guardians and participants of the venture
- d) obtain parental consent in the case of minors
- e) issue a form requesting information concerning any relevant medical condition and fitness of participants
- f) arrange appropriate level and ratio of staffing
- g) arrange insurance cover
- h) arrange adequate support
- i) establish channels of communication for use in an emergency
- j) select appropriate sources of information on local conditions
- k) arrange transport requirements
- l) prepare costing for a venture
- m) arrange banking procedures
- n) produce a statement of accounts

### **4. Understanding conservation and access in an Environment**

On completion of this Unit, the candidate will have demonstrated the s/he is competent to:

- a) agree and adhere to a code of practice for using any site
- b) be able to educate other potential users on the impact of activities on the environment
- c) select and obtain permission for access to an area which is intended for use
- d) monitor and survey the area to ensure sustainable and effective use
- e) demonstrate a basic knowledge of Rights of Way legislation

## **5. Applying basic navigational skills**

On completion of this Unit, the candidate will have demonstrated the s/he is competent to teach individuals and groups how to:

- a) set an OS 1:50000 or 1:25000 map by relief and compass
- b) find their location on a map
- c) translate map symbols to ground features
- d) translate ground features to map symbols
- e) estimate distances travelled
- f) prepare route cards
- g) calculate the direction of travel with a compass
- h) obtain a grid bearing and transfer it to magnetic North
- i) complete a journey navigating with a map

## **6. Selecting and using appropriate equipment**

On completion of this Unit, the candidate will have demonstrated the s/he is competent to teach individuals and groups how:

- a) select equipment for personal use
- b) select equipment for group use
- c) select equipment for emergency use
- d) check that all equipment is serviceable and appropriate to the planned venture
- e) supervise maintenance procedures
- f) advise on clothing alternatives

## **7. Planning and completing an activity involving overnight stops**

On completion of this Unit, the Candidate will have demonstrated that he/she is competent to:

- a) select an appropriate camp site
- b) use at least two of the following stoves: a. a gas stove b. a pressure stove c. a methylated spirit stove
- c) maintain the above stoves
- d) select appropriate foods for an expedition
- e) prepare a cooked meal out of doors
- f) implement hygiene procedures
- g) care for water supplies
- h) erect a range of lightweight tents
- i) erect a tent for a standing camp
- j) complete a journey involving overnight stops

## **8. Dealing with first aid and emergency situations**

On completion of this Unit, the candidate will have successfully completed a nationally recognized certificated First Aid Award course and demonstrated that s/he is competent to:

- a) assemble a first aid kit appropriate to the circumstances
- b) take action to prevent accidents
- c) administer first aid to a casualty in the outdoors
- d) respond to injuries and signs of illness
- e) report and record accidents

### **9. Understanding fitness and weather conditions in the outdoor environment**

On completion of this Unit the candidate will have demonstrated that s/he is competent to:

#### **Fitness**

- a) select a venture appropriate to the abilities of the participants
- b) provide young people with appropriate methods of developing expedition fitness
- c) instruct beginners in the care of the feet, hands and shoulders
- d) provide information on the links between fitness, diet nutrition and stamina
- e) encourage participants to develop a positive mental attitude to journeying

#### **Weather**

- a) select appropriate sources of weather information
- b) apply a weather forecast to the plan of a venture
- c) plan adjustments to the proposed venture when indicated by the weather forecast
- d) understand terminology used in weather forecasting

### **10. Demonstration of leadership skills**

On completion of this section, the candidate has demonstrated their ability to apply the skills and knowledge gained during the tutored hours of the course to the benefit of the community. Candidates must undertake a minimum of 30 hours leadership experience involved with a group of activities.