

**DUKE OF EDINBURGH'S AWARD SCHEME  
EXAMPLE GOLD EXPEDITION SKILLS COURSE**

<b>SERIAL</b>	<b>START</b>	<b>FINISH</b>	<b>SUBJECT</b>
1	0900	0920	Course Administration and Introduction
2	0920	1000	Introduction to First Aid Approaching a Casualty Primary Assessments
3	1000	1015	Break
4	1015	1045	Introduction to Navigation Orientating a Map 6 & 8 Figure Grid References
5	1045	1145	Expedition Planning
6	1145	1200	Break
7	1200	1230	First Aid: Secondary Assessments.
8	1230	1330	Lunch
9	1330	1430	Expedition Equipment
10	1430	1530	First Aid: Basic Life Support
11	1530	1545	Break
12	1545	1645	Camp Craft
13	1645	1700	Break
14	1700	1745	Cookers and Menu-Planning
15	1745	2000	Menu Planning and Food Preparation Exercise
16	2000	2100	Expedition Leadership & Teamwork
17	2100	0600	Rest Period
18	0600	0730	Personal Administration & Breakfast
19	0730	0830	Review of Day One Training
20	0830	0930	Navigation: Bearings, Back-bearings, Transits, Aim-off & Attack Points, Resection
21	0930	0945	Break
22	0945	1030	First Aid: Bleeding
23	1030	1100	First Aid: Breaks
24	1100	1200	Navigation: Route Planning & Route Cards
25	1200	1230	First Aid: Burns
26	1230	1330	Lunch & Administration
27	1330	1630	Training Exercise
28	1630	1700	Course Closure
29	1700		Depart