BIGFOOT ADVENTURES - DUKE OF EDINBURGH GOLD JOURNEY REQUIREMENTS

BELONG TOGETHER

- I contribute to group discussions, decision making, and activities.
- I contribute to creating and supporting our group goal for the journey
- I am supportive of others in my group and provide assistance when required.
- I make an effort to connect with the environment and others around me.
- I respect and engage in tikanga shared by iwi and tangata whenua specific to the place I am in.
- When leading the group, I set a pace that is suitable for everyone on the journey and check-in with the group along the way.
- I respect the knowledge and fitness of other participants on the journey.
- I listen to my instructor and respect their knowledge and qualifications.
- I obey campsite/hut quiet hours and make an effort not to disturb other campers.

LEAD YOUR JOURNEY

- I help my group create a route plan for the journey; location, accommodation, transport, leadership legs, detailed timings for each day, cooking groups, gear hire etc.
- I show up prepared for the journey and/or rent required equipment from Bigfoot Adventures.
- I am able to independently cook a meal using appropriate camp cooking safety techniques.
- I am able to set and work toward a personal goal of my choosing for the journey.
- I can select an appropriate tent site and set up and take down my tent appropriately.
- I know how to properly dispose of the following:
  - Food waste.
  - Packaging waste.
  - Human waste.

GROW YOUR EDGE

- I participate in daily reflection to support myself in making progress towards achieving my goal.
- I have awareness of the environment I am entering by knowing the history of the place I am visiting, looking at multiple sources for accurate weather forecast & having looked at a map of the area ahead of time.
- I make a considerable effort to unplug from technology, unless related to the journey (photos, TOPO, or plant ID app).
- I made an effort to train for this journey.
- I assess and look after my own first aid needs throughout the journey and assist others if needed.
- I leave any “souvenirs” from the journey and not “leave a mark” on the environment, having awareness of alternative methods to remember the journey.
- I obey all applicable fire-safety regulations for the park(s)/area the journey is located.
- I respect wildlife by not feeding them on my journey & keeping a respectful distance..
- I am respectful of the environment in which my journey takes place and not disturb any natural area (beyond erosion due to recreating).

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TRAMPING

I am able to:

- Complete all bronze & silver level requirements for navigation and;
- Confidently navigate sections of off-track
- Identify risks/hazards and lead the group safely and confidently, with awareness of the group's needs
- Make efficient and sound decisions around skills, resource & people in first aid/safety scenarios
- Understand the protocols and communication requirements in the event of an emergency
- Lead the group for a minimum of 3 hours on our journey.





MOUNTAIN BIKING

I am able to:

- Proactively conduct a full bike safety check every time I get back on the bike
- Understand track grading system and where I sit in my own ability
- Conduct basic & more advanced maintenance of a bike
- Use proper riding technique and show openness to improving on this during the journey
- Understand safety protocols within the locations I am riding
- Lead the group for a minimum of 3 hours on our journey.



CANOEING/KAYAKING

I am able to:

- Safely maneuver the kayak/canoe forward & back and turn with ease.
- Use efficient kayak/canoe paddling technique and show openness to improving on this during the journey
- Launch from and land back onto shore with confidence
- Waterproof and pack all gear efficiently into the storage holds
- Complete a wet exit and safely exit and clear the vessel, conducting a buddy check on resurfacing.
- Show awareness of and obey all safety whistles and hand signals when/if used.
- Lead the group for a minimum of 3 hours on our journey.

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