



# Scouting Ireland

## Rover Scout Explorer Belt Participant Competencies



This document has been developed in conjunction with the Programme Commissioner (Rover Scouts) in order to ensure that minimum yet key competencies have been demonstrated prior to the departure of the Explorer Belt Expedition by the individual participants and to optimise their chances of achieving the Explorer Belt Award.

In all cases the Rover Scout Team Leader [RSTL] of the group which the participant is a member of, should act as a mentor to ensure that the participant satisfies or indeed acquires the competencies prior to departure and in accordance with the phased schedule as outlined in this document.

### PHASE ONE – PRE TRAINING WEEKEND SUGGESTED COMPETENCIES

- \* Phase One will be defined as the period between the Information Meeting and the Explorer Belt Training Weekend.
- \* This section must be completed and initialled by each individual Participant. The RSTL should facilitate the participant in ensuring the competencies have been met / acquired.
- \* This completed section of the document must be presented to the Event Coordinator at check in to the Training Weekend.
- \* These competencies can be proven either individually or as a team.

No.	Description	Participant Initial	Participant Comments [if any]
1.	Demonstrate the ability to read a map and navigate using a map and compass.	<input type="text"/>	<input type="text"/>
2.	Demonstrate the ability to develop a route map covering 100km on roads in five days. This map must include proposed areas to set up camp each night.	<input type="text"/>	<input type="text"/>
3.	Prepare and cook a nutritional meal using a portable cooking stove in the out of doors.	<input type="text"/>	<input type="text"/>
4.	Pack a rucksack with personal equipment for 10 days, taking into account varied weather conditions.	<input type="text"/>	<input type="text"/>
5.	Walk 10km on road with your partner (or other Rover Scout if unavailable at the time) whilst carrying the rucksack above, in one day.	<input type="text"/>	<input type="text"/>
6.	Compile a log of your journey and experiences with respect to the above day hike.	<input type="text"/>	<input type="text"/>
7.	Demonstrate a basic knowledge of first aid.	<input type="text"/>	<input type="text"/>
8.	Demonstrate an understanding of foot care and the appropriate footwear for road walking	<input type="text"/>	<input type="text"/>



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### PHASE TWO – PRE WORKSHOP SUGGESTED COMPETENCIES

- \* Phase Two will be defined as the period between the Explorer Belt Training Weekend and the Explorer Belt One Day Workshop.
- \* This section must be completed and initialled by each individual Participant. The RSTL should facilitate the participant in ensuring the competencies have been met / acquired.
- \* This completed section of the document must be presented to the Event Coordinator at check in to the One Day Workshop.
- \* These competencies can be proven either individually or as a team.

No.	Description	Participant Initial	Participant Comments [if any]
1.	Walk 20km on road with your partner (or other Rover Scout if unavailable at the time) whilst carrying your rucksack [of 10 days supplies], over two days and camp in a suitable "Explorer Belt type" location.		
2.	Having completed the training weekend, demonstrate the ability to develop a route map covering 200km on roads in ten days. This map must include proposed areas to set up camp each night. Compare this to your initial five day route map.		
3.	Demonstrate how you and your partner would survive on a budget of € 50.00 / £ 40.00 for the above expedition taking into consideration the chosen route. Showing examples of all daily expenditure and locations of purchases along with a detailed nutritional menu.		
4.	Show an understanding of the bus and train system of the given Explorer Belt country/ countries by way of a sample of timetables, routes and costs.		
5.	Demonstrate that you have the ability to interact with a member of the public on a given topic of your RSTL's choice. Post-public interactions, compile a questions and answers report.		
6.	Develop and present your list of proposed Learning Objectives to your RSTL and explain why these will be personally challenging to you over the course of the Explorer Belt expedition.		



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### PHASE THREE – PRE DEPARTURE SUGGESTED COMPETENCIES

- \* *Phase Three will be defined as the period between the Explorer Belt One Day Workshop and the day of departure.*
- \* *This section must be completed and initialled by each individual Participant. The RSTL should facilitate the participant in ensuring the competencies have been met / acquired.*
- \* *This completed section of the document must be presented to the Event Coordinator at departure.*
- \* *These competencies can be proven either individually or as a team.*

No.	Description	Participant Initial	Participant Comments [if any]
1.	Demonstrate your understanding of the significance of partaking in the Explorer Belt Challenge.	<input type="text"/>	<input type="text"/>
2.	Develop your <u>personal</u> plan for the completion of your Learning Objectives and present to your fellow Rover Scouts.	<input type="text"/>	<input type="text"/>
3.	Develop your list of personal equipment, and present to your fellow Rover Scouts explaining personal choices regarding footwear etc.	<input type="text"/>	<input type="text"/>
4.	Demonstrate your basic understanding of the cultures of the country / countries you will be travelling through.	<input type="text"/>	<input type="text"/>