

opportunities

QGA OUTDOOR CHALLENGE



This challenge allows you to meet a personal challenge, show leadership and teamwork and that you have learned and developed your skills during the preparation for the exploration or the expedition. When taking part in a residential event and outdoor activities you must be qualified to lead your peers as well as work with them.

To complete the clause, you must participate in an outdoor challenge and demonstrate both leadership skills and the ability to be part of a team whilst completing both elements.

Assessor

The County Outdoor Activity Adviser, or the person who has responsibility for outdoor activities in your County, has overall responsibility for this clause and will coordinate the assessment. You must discuss your detailed plans with her prior to making any bookings. She will enable you to have access to the training and support you need. If the challenge is to be carried out overseas, then the International Adviser must also be included in early planning discussions.

Element 1

LEARN AND DEVELOP YOUR SKILLS IN PREPARATION FOR ELEMENT 2

Before undertaking the challenge you must have completed the first six modules of either the Senior Section Permit or the Camp and Holiday Scheme. These are to:

- 1 Plan a residential event.
- 2 Organise and administer a residential event.
- 3 Plan for safety and security of self and others.
- 4 Organise catering arrangements.
- 5 Make health and first aid arrangements.
- 6 Organise and maintain equipment for activities.

Other modules need to be completed as appropriate to fulfil the requirements in *The Guiding Manual* regarding the age of your group members, who your group members are and the venue for your event. If you already hold one of the qualifications, this does not have to be redone. (See also *Going Away with the Senior Section* - you may be able to borrow a copy from your unit Leader.)

UNDERTAKE FURTHER TRAINING AS REQUIRED TO PREPARE YOU FOR THE CHALLENGE

Speak to your mentor and your Outdoor Activities Adviser to establish your training needs for your chosen event. You may be very experienced and so need little further training, or this could be your first real experience of leadership in the outdoors.

Some types of exploration or expedition will require you to complete a Girlguiding UK Qualification, such as:

- Canoeing - British Canoe Union
- Sailing - Royal Yachting Association
- Rowing - Girlguiding UK's Pulling Charge Permit
- Walking - Girlguiding UK's Walking Scheme
- Power cruising - Girlguiding UK's Power Cruising Permit

Ensure that your whole group has sufficient skills and experience to enable them to take part in the exploration or expedition as planned.

Remember to discuss your detailed plans and purpose with the County Outdoors Activities Adviser (and the International Adviser, if appropriate) prior to making any bookings.

Discuss your ideas with your mentor and Queen's Guide Coordinator too; keep them informed throughout.



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Element 2

PARTICIPATE IN AN EXPLORATION OR EXPEDITION TO LAST FOUR DAYS (THREE NIGHTS) ACCOMPANIED BY YOUR PEERS AND PRESENT A REPORT TO YOUR ASSESSOR

Each exploration or expedition will be different in purpose and style; so each undertaking will be looked at individually. This guarantees fair assessment as well as your safety.

Purpose

Your exploration or expedition should have:

- A purpose (decided prior to the trip and approved by your mentor and the County Outdoor Activities Adviser).
- A clear plan as to how you are going to achieve your exploration/expedition.

You can choose anything that appeals to you, such as:

- Exploring historic buildings.
- Examining town layouts or architecture.
- Examining the flora and fauna of an area.
- Looking at the development of the group dynamic in your team.

This list is not exhaustive; take time to think about what you would like your purpose to be and discuss it as a team.

The Group

Members of the group can be anyone aged between 14 and 25 (inclusive) and need not be members of Girlguiding UK. At least one other member of the group must be female. The need for flexibility at the upper age range is recognised, however, and may be extended by the Outdoor Activity Adviser (or equivalent), on a case-by-case basis, by up to two years.

The following conditions are very important:

- You must have the written consent from an adult with parental responsibility for anyone under the age of 18 and these adults must be notified if the group is to include males.
- Every person attending must complete a G/H form.
- There must be a minimum of four in the group and a maximum of seven.
- You must complete the relevant Girlguiding UK forms and obtain the necessary permissions.
- You must adhere to the requirements set out in *The Guiding Manual*.
- A maximum of four members of the group may be assessed for the Award, and each candidate must take a leadership role during the challenge.
- All members of the group being assessed must prepare a report of the challenge for the assessor showing where/how they actively took a leadership role (there may be a number of leader tasks or you could rotate), as well as playing their part in the team.

Where?

The area in which you carry out your exploration or expedition is your decision, but you must demonstrate an understanding of *The Guiding Manual* requirements to show you are going to be safe there. Where possible, ask that an adult is easily contactable and available within that area (your Outdoor Activities Adviser will be able to help with this).

You may stay in any type of accommodation, such as a youth hostel, camping barn or campsite. You will be responsible for having the correct equipment and for making sure that it is carried by you or available to you

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when and where needed. Arrangements for any member of your group with a special need can be discussed with your County Adviser for Members with Disabilities as well as the Outdoor Activities Adviser.

Your Report

Keep a record or a log of events during the exploration or expedition, including how your leadership and teamwork skills have developed.

The report can be in any format, as agreed with your mentor and Outdoor Activities Adviser. You may wish to use:

- photographs
- video/DVD/audio recording
- drawing
- poetry
- written report
- PowerPoint presentation.

On your return, present your report (where possible to an interested group) and get your Record Book signed by your assessor.

Explorations

If you choose to do an exploration, it should be at least 30 miles (50 kilometres) from your home, preferably in a location (urban or rural) that is not known to either you or the other members of your group. If you have visited the area or place before, your exploration must challenge and extend your knowledge of it.

Expeditions

If you choose to do an expedition you may travel by various methods, the minimum distances are set out in the table below.

Expedition Type	Distance
Foot	50 miles/80km
Bicycle	170 miles/275km
Horseback	75 miles/120km or 6 hours per day
Canoeing	6 hours per day
Canoeing on rivers and canals with locks	40 miles/65km
Canoeing on the Norfolk Broads	50 miles/80km
Canoeing on rivers with white water (BCU 2)	40 miles/65km
Sailing offshore	100 miles/160km
Sailing inshore	80 miles/130km
Sailing on the Norfolk Broads or other inland waterways	60 miles/95km
Dinghy sailing	60 miles/95km
Rowing	6 hours per day
Rowing on rivers	30 miles/50km
Power cruising	8 hours per day including travel through locks



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Overseas

If the exploration or expedition is to be carried out overseas, you must fulfil the same requirements as for an exploration or expedition in the UK. From the beginning, talk with your County International Adviser as well as your County Outdoor Activities Adviser. The International Adviser can assist on the overseas aspect, and may be able to help in establishing useful contacts.

Note

If you intend to use your expedition for your Duke of Edinburgh Gold expedition, you need to check with both your Duke of Edinburgh Adviser and Queen's Guide Coordinator that you are fulfilling the requirements of both awards.

Useful publication

Going Away with Senior Section - this is available from Girlguiding UK Trading Service but your unit Leader may also have a copy you could borrow.