



EXPEDITION SKILLS

HOW TO KEEP TOGETHER
WEEK 6

While on Expedition you will be in a group or Team. Your team will be made up of at least 4 people and they will be people you have trained with and know. Your team should work together to complete the Expedition. This means that no one person should ever be left behind or on their own. Just like sports teams, every person is important, and each person has something to give to support the team!

Team Responsibilities:

Being left behind can make a person feel that they aren't part of the team. It can also make it so they don't enjoy the expedition and it is supposed to be Fun! Every member of the team has a responsibility to take care of the other members of the team. **Here are things to consider when on Expedition:**

Don't leave anyone at the back

- Try talking to them, sometimes people walk faster when talking.
- Slow the pace of the team to allow them to catch up.

If you wait for someone to catch up

- Take a few minutes to ask if they'd like to take 5 minutes for a rest or just keep going. Asking about them makes them feel like you care.
- Don't just start walking ahead again once they catch up. This can make them feel like they aren't part of the team.

Change walking positions

- Some people prefer to walk at the front, some prefer the back.
- Whatever works best to keep the team together, do it.

If a team member is moving slowly

- Is their rucksack too heavy? Try taking some kit off to make it easier for them.
- Are they hungry, thirsty, or need a walking aid (like a walking pole?). Ask.



Individual Responsibilities:

Each member of the team should be honest with themselves and the rest of the team. Sometimes it seems easier to just plod along when what we really need is a break. If you find you are behind the rest of the team, think about what you need to do to keep up with them or what they can do to help you along.

Everyone has an 'Off' day sometimes and we just don't feel ourselves. We might not have slept well the night before or we might have a headache or possibly have been ill recently, all of which might mean we struggle to keep up. **It can happen to anyone at any time.**

This is **your expedition** and you should enjoy it. So, here are a few things you can do, as an individual, when you are lagging behind on expedition.

If a team member asks you if you need to stop or to keep going, Be Honest with your answer

- Stop if you need to stop, there is no point in struggling
- Keep going if you feel more comfortable to just keep moving
- Take care of yourself, you know what you need better than anyone!

If you know you walk slower than the rest of your team,

- Ask if someone is willing to walk with you to keep you company.
- Discuss this with the team ahead of time to arrange for someone to keep the pace of the group to one that is more comfortable for you.
- Arrange for someone who likes to get ahead of the team to be the main navigator, that way they have a reason for moving up ahead without you feeling left behind.

Keep moaning and complaining to a minimum!

We all moan at some point, but remember that your team will have to listen to it and may get fed up if you do it constantly. Rather than moan, suggest ways to make the experience more enjoyable:

- Singing a favourite song as a team
- Pointing out things you see on route
- Playing a game

Take your mind off whatever is bothering you and make the experience better for all.

Use your Breaks wisely

Think about what will make the break work best for you. Do you need a drink, food, or do you need to take off a layer of clothing to get cool? Or add one to be warm? During your breaks, think about whether it might help to start out in front of the team. This will give you a head start and reduce the pressure you might feel to keep up.

Eat and Drink

- Eat foods that give you energy. This will help you to keep up with your team.
- Have a drink regularly.
- Staying hydrated is important. Make sure you eat and drink on breaks, even if you feel too tired, it will help!



PHYSICAL DISABILITIES

Physical Disability "Accessible for All"

For those with physical disabilities or mobility issues, the Expedition can be the most daunting section. You might have one or more team members who find walking and keeping up with the team, a challenge. It is up to the team to make sure everyone feels included.

If you or a member of your team has a physical disability or any other mobility issue here are some things to consider:

Arrange for partners

- Every member of the team has someone they can either walk with or talk to during the expedition so that no one is ever left alone.

If someone is likely to struggle to keep up with faster members of the team

- Agree as a team to set a more reasonable pace so that everyone is comfortable and no one has to catch up at any point.

Be Informed!

- Understand what that person's needs are, so that the team can plan ahead for any issues that may challenge those with disabilities.
- Pick a route that suits everyone's ability.
- Stay connected and talk about how the journey is going throughout the day.

Don't let Disability separate you

You may be in a wheelchair or BOMA, which means you can probably outrun all of your teammates! This may be exciting, but remember you are part of the team and keeping together is important.

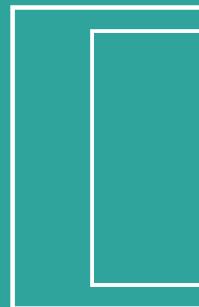
You might use walking aids. Make sure the aids are in good shape and will help you on expedition.

Be Honest about what you'll need. Let your team know when you feel you can't catch up. Let them know if they can help at all (taking some kit, taking more breaks, slowing down). Communication is key on Expedition.





Well Done!!! You have learned about How to Keep Together as a Team on Expedition! Please complete the quiz for this module.



How to keep together: QUIZ

1. What are you as a group?
2. Why is it important to make sure no one is left behind?
3. We All have 'Off' days, what are some reasons we might struggle to keep up with the rest of the team?
4. What should you do when waiting for someone to catch up?
5. What are 3 things you could do as a Team to help someone who is struggling to keep up with the rest of the group?
6. What are 2 things you, as an individual, can do to keep up with the team?
7. What are 2 things you can do during breaks to help you keep up with the team on Expedition?
8. What are 4 things you can do as a team to help someone in your group who has a physical disability or mobility issues before and during Expedition?

