

Duke of Edinburgh Award

Girlguiding Cheshire Border Online Training Module 1

To navigate your way through this module just click through OR click on the **NEXT** box located in the bottom right hand corner of the slide.



NEXT

Contents

1. Countryside Code

2. Coping with Cows

3. Weather

Why is it important to use weather forecasts?
Where do you find forecasts?
What do the symbols mean?

4. Question time

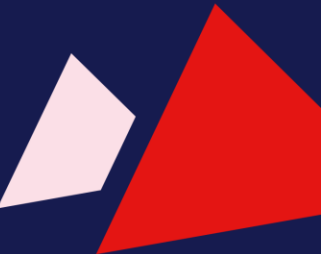
1. Countryside Code



Countryside Code -

What is it?

It's a set of rules designed to help BOTH the public and landowners - making it easier for visitors to help **respect, protect and enjoy** the outdoors.



NEXT

Countryside Code

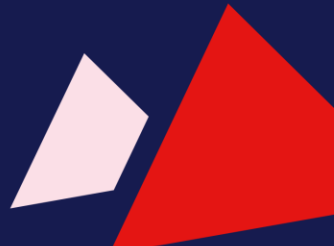
RESPECT EVERYONE:

- be considerate to everyone in the countryside
- leave gates and property as you find them
- do not block access to gateways or driveways
- be nice – say hello – & share the space
- follow local signs and keep to marked paths

Countryside Code

PROTECT THE ENVIRONMENT:

- take your litter home – leave no trace of your visit
- do not light fires/ only have BBQs where signs say you can
- always keep dogs under control and in sight
- dog poo – bag it and bin it
- care for nature – do not cause damage or disturbance

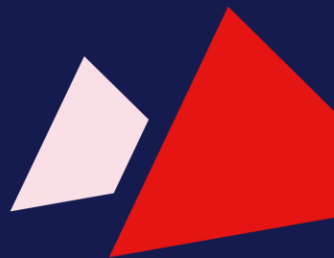


NEXT

Countryside Code

Enjoy the outdoors:

- check your route and local conditions
- plan your adventure – know what to expect
- enjoy your visit, have fun, make a memory

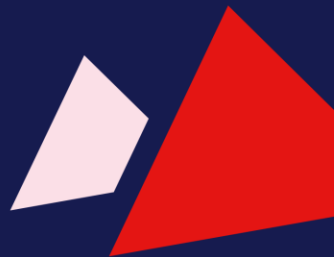


NEXT

Common Sense

Outside of these Countryside guidelines, we'd also like to emphasise:

1. Politeness – be polite to anyone you meet, whether they're a farmer, walker, driver, or anyone else
2. Dogs – groups should not interact with dogs they come across, and definitely not excite or aggravate them
3. Walking on lanes – be mindful of cars and other lane users. DofE groups can take up a lot of space!



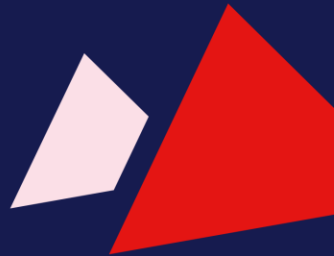
NEXT

Countryside Code

For further information visit

www.countryside-code.org.uk

2. Coping with Cows



NEXT

Coping with Cows

Cows are big, inquisitive & can seem quite scary. So what do we do if we come across cows in our path?

DO

Walk slowly

Be quiet

Process predictively

Give them space

Take a different route if needs be

DON'T

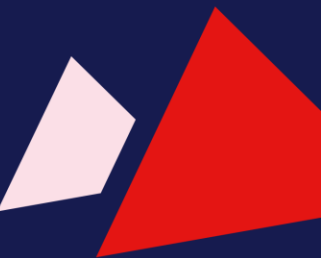
Run or rush

Shout (making noise attracts them)

Keep changing course

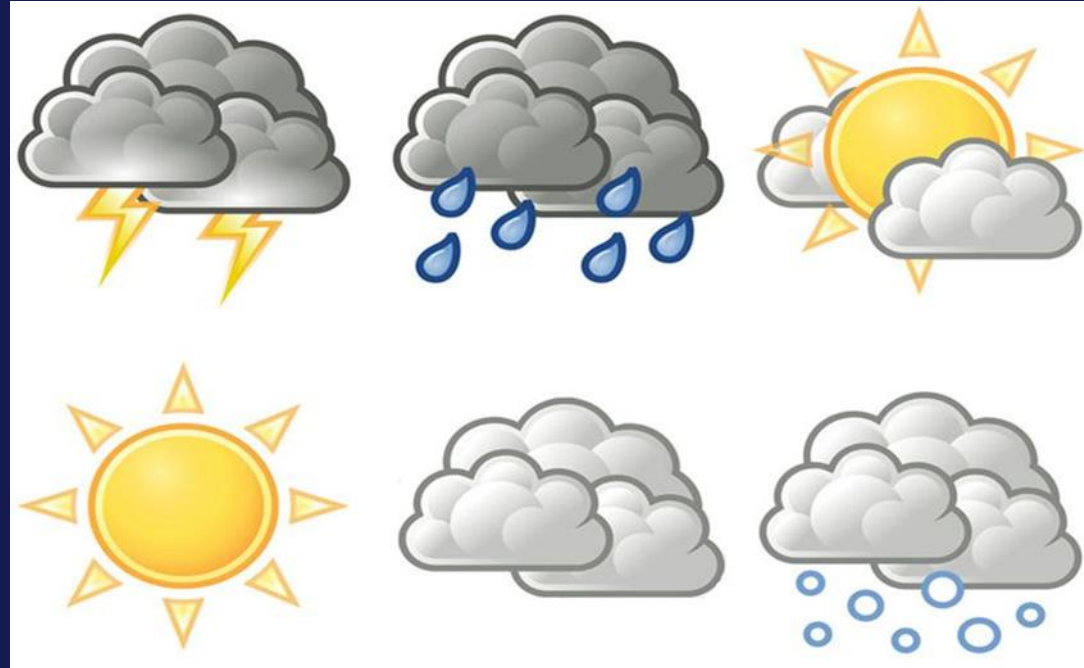
Walk close to them

Walk in between calves & mothers



NEXT

3. Weather



“Without rain there would be no rainbows”

Weather

In preparation for your expedition you need to look at weather forecasts, see what the weather is likely to be like and then use this information to help you plan.

In this section we will be looking at:

- I. What are weather forecasts & where to find them
- II. What the weather symbols mean, and
- III. How we can use this information

Weather - I. *Forecasts*

What are weather forecasts?

It's a prediction (best guess) of what the weather is probably going to be (based upon the collection of scientific data) during a specific period of time.

Weather – I. *Forecasts*

Where can I find them?

They can be found on phone apps, in newspapers & online (and lots of other places).

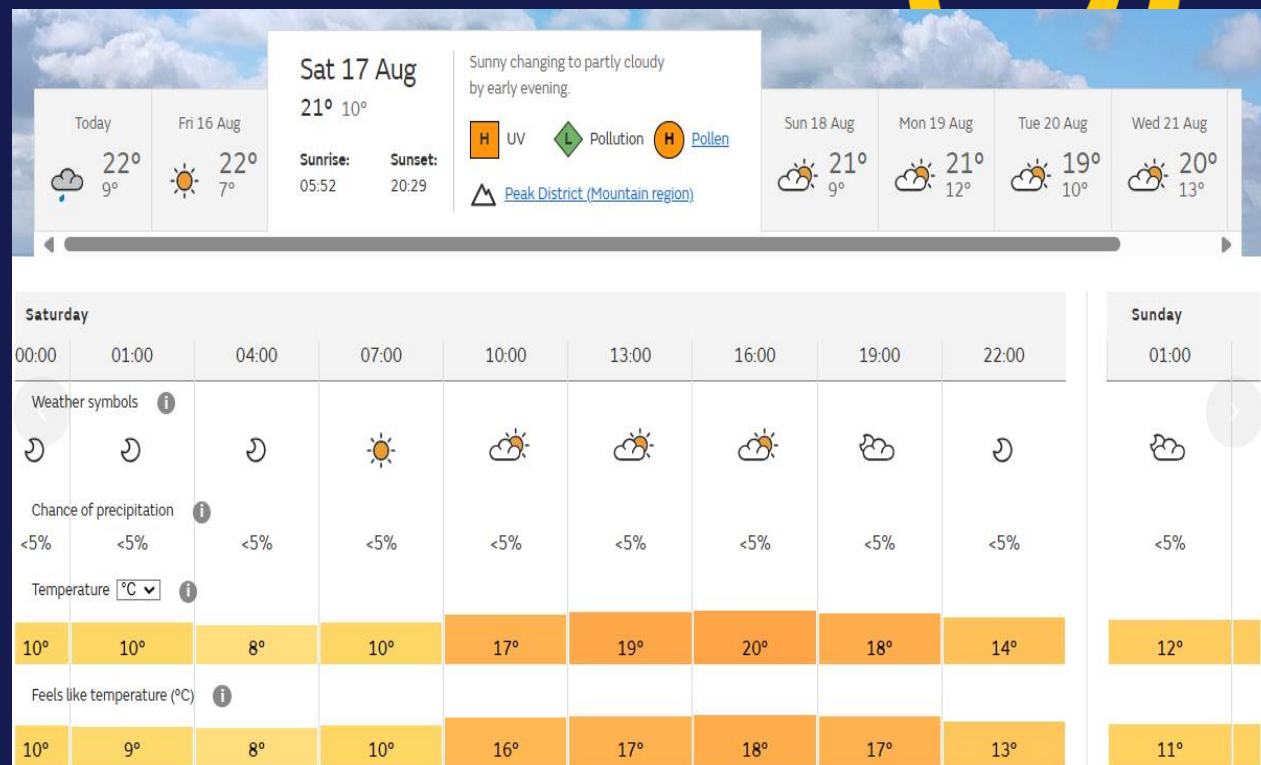
Some example websites are:

<https://www.metoffice.gov.uk/weather/forecast/uk>

<https://www.mwis.org.uk/forecasts/english-and-welsh/peak-district>













Weather - II. Symbols













When you search for a weather forecast you find something like this →



To interpret the information we need to know what the symbols mean.....

Weather - II. Symbols

 Clear night	 Sunny day	 Partly cloudy (night)
 Sunny intervals	 Mist	 Fog
 Cloudy	 Overcast	 Light rain shower (night)
 Light rain shower (day)	 Drizzle	 Light rain

 Heavy rain shower (night)	 Heavy rain shower (day)	 Heavy rain
 Sleet shower (night)	 Sleet shower (day)	 Sleet
 Hail shower (night)	 Hail shower (day)	 Hail
 Light snow shower (night)	 Light snow shower (day)	 Light snow

These are the types of weather symbol that you are likely to see

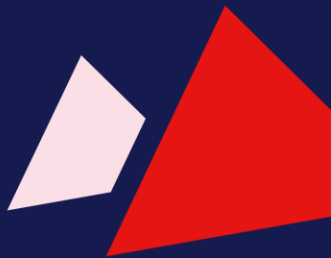
Weather -

III. How can we use this information?

Now that we have our weather forecast, and we know what the symbols mean, how does this help us to plan for the expedition?

Well if it's going to be **very hot** we need to think about things like:

1. Packing sun cream & sun hat
2. Look at starting earlier in the morning (when its cooler)
3. Sipping water often (to avoid dehydration) &
4. Allowing for more frequent stops & a slower pace



NEXT

Weather –

III. How can we use this information?

If it's forecast to be **very foggy (low visibility)** we need to think about things like:

1. Need to constantly check the map
2. Look for linear features (walls, boundaries etc) to follow
3. Using bearings
4. Avoiding anywhere where there is a danger of falling

Weather -

III. How can we use this information?

If it's forecast to be **heavy rain** we need to think about things like:

1. Making sure that sleeping bags, spare clothes etc are in dry bags (or something similar)
2. Ensure that your boots are waterproof (wet feet aren't happy feet!)
3. Wear your waterproofs from the beginning
4. Identify areas of potential flooding on route card

Weather -

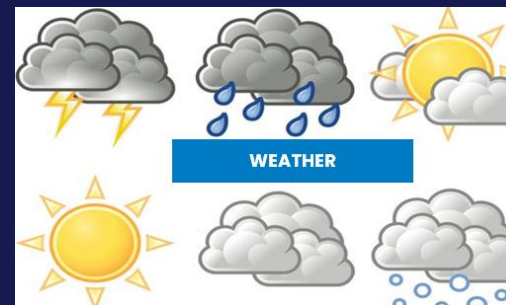
IV. How can we use this information?

If it's forecast for **strong winds** we need to think about things like:

1. Keeping away from narrow ridges or tricky terrain
2. It may slow you down
3. It could even push you over
4. Windchill (making the temperature feel cooler) may need wearing more layers or warmer clothes

The End

If you want to revisit any of this training please click the appropriate icon below.



.....Watch out for the quiz to check your knowledge on these subjects coming soon