

Dear Award Centres,

We are aware of the difficult situation regarding government restrictions associated with the spread of the COVID-19 pandemic, which prevents you from carrying out DofE Adventurous Journeys. We at the National Centre believe that the measures will be relaxed in the coming months and you will be able to organize AJs. To make it easier for you to return to normal, we have decided to give you the opportunity to skip a Practice Adventurous Journey on the condition that the team is fully prepared according to the points below before a Qualifying Adventurous Journey and your Award Centre takes full responsibility for the entire AJ team. We firmly believe that this relaxation of the rules will make it easier for you to carry out the AJs.

Adventurous Journey

- The team knows [15 conditions of the DofE Adventurous Journey](#)
- The team knows where and when the DofE AJ begins and where and when it ends
- The team knows the camp sites for each night
- The team has created a DofE AJ itinerary and knows the checkpoints
- The team has defined aim of the AJ
- The team has split roles within the group and knows who is responsible for what
- The team has designated alternative routes in case of danger / plan change
- All participants handed over all important contacts and documents (parental consent, health declaration, noninfectiousness certificate, etc.)

Orientation in the field

- The team has a map of the site and everyone on the team is able to find their way around it
- Everyone in the team is able to work with a compass and bearings
- Everyone in the team knows the rules of the group's movement in the field (the group is not divided, unless absolutely necessary - when seeking help)

Meals

- The team has created a menu
- The team knows where they will refill water along the way and has got an alternative way of purifying water
- The team has got cooking equipment and a sufficient supply of fuel
- Everyone can handle a stove and knows the safety regulations of working with fire

Campsite

- The team knows where it's staying on each night
- The team has an arranged permit / reservation for camping
- The team has enough tents / shelters for everyone and knows who is carrying them
- The team knows if it can start a fire in the camp
- The team knows how and where to cook in case of bad weather
- The team has designated an alternative camp

Equipment

- Participants have at their disposal personal equipment for the AJ according to the list of equipment
- Participants have group equipment at their disposal and it is agreed who will bear what
- Participants know how to properly pack a backpack and adjust their straps
- Everyone on the team has done at least a few hours of marching with a fully loaded backpack (possible individual training as part of the training)
- The team has an equipped first aid kit and knows who is carrying it

First aid basics

- The team knows how to respond in the following situations:
 - Resuscitation
 - Heatstroke, sunburn, hypothermia, frostbite
 - Stopping bleeding
 - Bruises, scratches, bites, minor burns
 - Sprained joints, fractures
 - Allergies

Acting in crisis situations

- The team knows what a properly equipped first aid kit looks like
- The team knows the phone numbers of the Supervisors / Assessors and the rescue services
- The team went through an emergency call for help rehearsal
- The team knows how to detect risks and how to behave - march, camping, storm, weather change
- The team has elaborated risk management
- The team knows how to behave when a group member / whole group is lost
- The team knows how to deal with water shortages and knows emergency methods of filtration