



ASSESSMENT GUIDELINE

Experience day tramps

Unit Standard: 425

Level: 2 Credit: 3 Version: 6
Published by Sfrito 2006

Purpose:

People credited with this unit standard are able to prepare for, complete, and evaluate day tramps using a map.

Special Notes:

1. Definition
 - *Backcountry* is an area away from settled districts.
 - *Suitability* includes distance, challenge, and mental attitude.
2. For assessment purposes a day tramp in the backcountry with a minimum of five hours tramping is required.
3. A minimum of three day tramps must be completed.
4. Assessment against this unit standard must be in an area or season where or when snow and ice would not normally be encountered.
5. NZMS 260 maps are topographical maps published by Land Information New Zealand and available from map selling agencies throughout New Zealand.
6. All activities must comply with any relevant environmental, legislative and/or regulatory requirements set out in the New Zealand Environmental Care Code, Health and Safety in Employment Act 1992, Injury Prevention, Rehabilitation, and Compensation Act 2001, and their subsequent amendments. The New Zealand Environmental Care Code is available from the Department of Conservation, Head Office, PO Box 10420, Wellington.
7. There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Sfrito website <http://www.sfrito.org.nz/>.

Note to Assessor:

With regard to Special Notes 2 and 3, the candidate is required to show evidence that they have met the three trip requirement through either logbooks, attestation or practical demonstration. At least one trip of five hours is required for the assessment - it is the assessor's role to decide whether further assessment is required to fulfill the criteria.

Overview of assessment:

This assessment has 3 tasks

- Task 1: Prepare for a day tramp (written or oral questions)
- Task 2: Complete day tramps using a map
- Task 3: Evaluate day tramps (written or oral questions)

Task 1: Prepare for a day tramp (written or oral questions)

Overview of Task 1: The focus of this assessment is to:

- Prepare for day tramps
- Select appropriate routes

Resources:

NZMC Bushcraft: Outdoor Skills for the NZ Bush.

425 Worksheet 1: Day Tramp Selection (at the end of this document)

425 Worksheet 2: Assessment Questions (at the end of this document)

425 Worksheet 2 Model Answers (available from a Sfrito Client Liaison)

Instruction to candidate:

- Complete Worksheet 1: Day Tramp Selection
- Complete Worksheet 2: Assessment Questions

Element 1: Prepare for day tramps

Element 2: Complete day tramps using a map

Performance criteria	Evidence/Judgement
1.1 Day tramps are selected based on the needs and abilities of the participants. Range: May include but not limited to – skill, fitness, experience, mental preparedness.	All sections of Worksheet 1: "Day tramp Selection" are completed. Two different groups are selected and described Two different trips are selected, described and justified.
1.2 Access issues are evaluated Range: may include but not limited to – Department of Conservation, farmers, tangata whenua	All Questions in Worksheet 2: "Assessment Questions" are completed in either written or oral format.
1.3 Items of personal equipment are selected and their selection is justified based on the chosen route, environmental conditions, and personal needs. Range: may include but is not limited to – torch, first aid kit, sunscreen, appropriate footwear and clothing, whistle, spare clothing, raincoat, pack.	All answers show the same level and range of knowledge and understanding as supplied in the model answers

<p>1.4 Properties of personal equipment, clothing, and footwear are described.</p> <p>Range: must include but is not limited to – insulation, protection, weight, waterproofness.</p>	
<p>1.5 Items of group equipment are selected and their selection is justified based on the chosen routes and needs of the group.</p> <p>Range: items must include but are not limited to – first aid, navigation aids, communication, emergency shelter, fire lighting aids</p>	
<p>1.6 Food and drink are selected and their selection is justified.</p> <p>Range: may include but is not limited to – trip duration, portability, ease of preparation, nutrition, weight.</p>	
<p>2.2 The key features of the relevant NZMS 260 maps are identified.</p> <p>Range: contour, scale, key, colour shading.</p>	

Task 2: Complete day tramps using a map

Overview of Task 2: The focus of this assessment is on walking skills, navigation, teamwork and the environment

Resources:

NZMC Bushcraft: Outdoor Skills for the NZ Bush.

http://www.mountainsafety.org.nz/assets/images/Bshcft_GoingBush.pdf

<http://www.doc.govt.nz/Explore/NZ-Environmental-Care-Code.asp>

Notes to Assessor:

1. For the purposes of this assessment a group could include 2 -10 people
2. Each candidate must complete at least three day tramps in the backcountry with a each being a minimum of five hours duration

Instruction to candidate:

You are required to complete three day tramps during each you will need to demonstrate the following:

- Efficient movement skills while tramping
- Navigation using a map
- Environmental care
- Working as part of a group

Element 2: Complete day tramps using a map

Performance criteria	Evidence/Judgement
<p>2.1 Moving skills are smooth and efficient.</p> <p>Range: must include but is not limited to – rhythm, balance, rest.</p>	<p>While tramping</p> <ul style="list-style-type: none"> ▪ walks with an even rhythm ▪ Is balanced (doesn't trip and stumble regularly) ▪ Walks at a pace that suits personal fitness level and keeps rest stops to a max of 1 stop every 30mins.
<p>2.3 The ability to follow the route is demonstrated using defined geographical features and the map.</p>	<p>The candidate navigates for the group for at least 30 minutes</p> <p>During the navigation leg the candidate</p> <ul style="list-style-type: none"> ▪ Orientates the map using natural features at least 2 times ▪ Follows the agreed route ▪ Can identify present position on the map when asked
<p>2.4 The map is orientated using defined geographical features.</p>	
<p>2.5 Care for the environment is demonstrated based on the New Zealand Environmental Care Code.</p>	<p>Follows the principles of the Environmental Care Code</p>
<p>2.6 A commitment to personal and group safety is demonstrated.</p>	<p>Throughout the trip the candidate does not compromise the emotional or physical safety of self and others and demonstrates respect at all times (e.g. - respects the decisions of others, shows encouragement and support, contributes in a positive way, listens to and follows instructions).</p>
<p>2.7 Communication with the group leader and other group members is effective.</p> <p>Range: clear, intentions understood.</p>	
<p>2.8 A commitment to positive personal and group morale is demonstrated.</p>	

Task 3: Evaluate day tramps (written or oral questions)

Resources:

NZMC Bushcraft: Outdoor Skills for the NZ Bush.

Worksheet 3: Day Tramp Evaluation

Instruction to candidate

As part of Task Two you are required to complete three day tramps. At the end of each tramp you need to complete Worksheet 3: Day Tramp Evaluation

Element 3: Evaluate day tramps

3.1 Evaluate each tramp and identify at least two recommendations for future tramps.

Range: preparation, participation, fitness, route choice, suitability.

Worksheet 3: "Day Tramp Evaluation" is completed after each of the three day tramps.

All sections of Worksheet 3: Day Tramp Evaluation are completed in either written or oral format.

Must have at least two recommendations for future tramps

Candidate name _____

NSN _____

<p>Unit 425 (v6) Checklist Experience day tramps</p> <p>Assessor name: _____</p> <p>Organisation name: _____</p>	<p>C/NYC</p>
---	---------------------

Task 1: Prepare for a day tramp (written or oral questions)

<p>All Questions are completed in either written or oral format All answers show the same level and range of knowledge and understanding as supplied in the model answers</p>	
--	--

Task 2: Complete day tramps using a map

	Tramp 1	Tramp 2	Tramp 3
<p>While tramping</p> <ul style="list-style-type: none"> ▪ walks with an even rhythm ▪ Is balanced (doesn't trip and stumble regularly) ▪ Walks at a pace that suits personal fitness level and keeps rest stops to a max of 1 stop every 30mins. 			
<p>The candidate navigates for the group for at least 30 minutes During the navigation leg the candidate</p> <ul style="list-style-type: none"> ▪ Orientates the map using natural features at least 2 times ▪ Follows the agreed route ▪ Can identify present position on the map when asked 			
<p>Follows the principles of the Environmental Care Code</p>			
<p>Throughout the trip the candidate does not compromise the emotional or physical safety of self and others and demonstrates respect at all times (e.g. - respects the decisions of others, shows encouragement and support, contributes in a positive way, listens to and follows instructions).</p>			

Task 3: Evaluate day tramps (written or oral questions)

<p>Completes all sections of Worksheet 3 Day Tramp Evaluation Must have at least two recommendations for future tramps</p>			
---	--	--	--

DATE		CANDIDATE'S SIGNATURE	ASSESSOR'S SIGNATURE	C/NYC
	Tramp 1			
	Tramp 2			
	Tramp 3			

Comments:



ASSESSMENT QUESTIONS

Experience day tramps

WORKSHEET 1: Day Tramp Selection

Unit Standard: 425

Level: 2 Credit: 3 Version: 6

Published by Sfrito 2005

Candidate Name:.....

Questions meet the assessment requirements for PCs 1.1 and 1.2

To complete this work sheet you are required to:

1. Select 2 different groups
2. Describe the tramping ability of members within each group
3. Select a day tramp that would be appropriate for each group and explain why you have selected this trip.
4. List individuals or organizations who you would need to approach to get access (or permission) to do each trip

Group A

Name the group	
List the members of the group (at least 4 people)	
Describe the tramping ability of members within the group. You should consider factors like: <ul style="list-style-type: none">• Fitness• Skills• Experience• Mental attitude to tramping	
Name the trip you have selected for this group	
Describe the trip and explain why it is suitable for this group	
Who would you need to approach to get access (or permission to do this trip)? Supply contact details	

Group B

Name the group	
List the members of the group (at least 4 people)	
Describe the tramping ability of members within the group. You should consider factors like: <ul style="list-style-type: none">• Fitness• Skills• Experience• Mental attitude to tramping	
Name the trip you have selected for this group	
Describe the trip and explain why it is suitable for this group	
Who would you need to approach to get access (or permission to do this trip)? Supply contact details	



ASSESSMENT QUESTIONS

Experience day tramps

WORKSHEET 2

Unit Standard: 425

Level: 2 Credit: 3 Version: 6

Published by Sfrito 2005

Candidate Name:.....

Answer all Questions in full

1. Describe the properties of each of the items listed below.

Item	Properties
School pack (no waist strap or internal frame)	
50ltr pack with fully adjustable harness system and internal rigidity.	
Light nylon wind breaker/rain jacket	
Gortex raincoat (with hood)	
Cotton T-shirt	
Polypropylene Long sleeve top	
Wool jumper	
Fleece jacket	
Woolen Swandri Jacket	

Woolen hat	
Gumboots	
Solid leather tramping boots	

2. You and a group of friends have decided to do a day tramp. The tramp you have selected travels through native bush on a clearly marked track with a short section (about 3 kms) on open tops. Its July, twilight is short and it gets dark by around 5.30pm. The track time in the guide book is 6hrs and you plan to start walking by 9.30am. The weather forecast is for fine weather but there is a possibility of rain late in the afternoon or evening.

List the personal equipment/clothing food and drink you would carry for this trip and explain why you have selected it.

Personal equipment / clothing	Justification

List any extra equipment that the group would take and explain why you have selected it.

Group equipment	Justification

MAPS:

3. What is the scale of a NZMS 260 Map?

4. What do contour lines look like and what do they tell us?

5. List three things that you would find on a map border.

6. What helps to give the map perspective? (What helps to make the hills look a bit three dimensional?)



ASSESSMENT QUESTIONS

Experience day tramps

WORKSHEET 3: Day Tramp Evaluation

Unit Standard: 425

Level: 2 Credit: 3 Version: 6

Published by Sfrito 2005

Candidate Name:.....

Questions meet the assessment requirements for PC 3.1

As part of the assessment against Unit Standard 425 you will participate in three day tramps. After each tramp you will need to complete this worksheet.

Date of Tramp: _____

Name of Tramp: _____

Number in the group: _____

1. What preparation was done for this tramp?

2. What worked well?

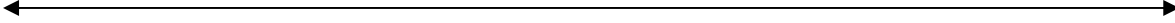
3. During the trip which of the following categories best describes you and why?

(See The 4'P's" model of participation on p3 for an explanation)

- **Passenger**
- **Prisoner**
- **Protestor**
- **Participant**

Because I

4. Consider your fitness – mark where you fit on the scale below

Can run Marathons	Exercise regularly (30mins at least 3x per week)	Exercise occasionally	Prefer not to exercise
			

5. Consider the experience and fitness of the group - was this tramp suitable for this group?

Yes / No

Explain why.....

6. Make two (2) suggestions that would improve your tramping experience in the future.

(Areas to consider could include pre trip preparation, level of participation, level of fitness, route choice and suitability of the tramp for you and/or the group)

1 .

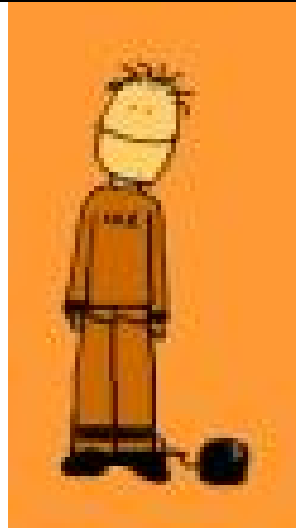
2 .

The 4 "P's" Model of Participation



protester

There against your own will and you let everyone know about it, pessimistic, non-cooperative, undermining, often to the point of becoming a saboteur



prisoner

There because you have to be, not by choice i.e. as part of a compulsory course.



passenger

Co-operates but doesn't really "buy in". No constructive effort. Just along for the ride.



participant

Enthusiastic, wants to "buy in" and get the most from the activity. Asks questions, explores, actively involved in decision making, positive and supportive of others.