The Hong Kong Award For Young People Hong Kong Police Operating Authority

Bronze / Silver Level - Plan for Practice / Assessment Journey

(OWN DESIGN OF THE COVER SHEET)

Name of the Group	:	
Names of candidates	:	1
Area covered	:	
Date(s)	:	
Purpose of the Journey	:	

Table of contents

Item	Page(s)
Cover	1
Contents	2 – 3
Forward	4
Journey Introduction	5
Particulars of instructor/assessor	6
Particulars of group members (with photo)	7 – 10
1 st day Route Chart (planned) / Actual)	11
2 nd day Route Chart (planned) / (Actual)	12
3 rd day Route Chart (planned) / (Actual)	13
1 st day Route Map (with alternative route)	14
2 nd day Route Map (with alternative route)	15
3 rd day Route Map (with alternative route)	16
Full map of the whole journey / alternative route / emergency route	17
Personal Equipment	18
Group Equipment	19
1 st -aid kits (with full list)	20
Reserve food / Emergency food / snacks	21
Menu	22
Transportation time schedule (depart / return)	23
Distribution of equipment	24
Description of camp site / Camp site Report	25
Budget / Report of Expenses	26
Daily duty list (navigation / camp site work)	27
Weather forecast / Weather Report	28
Source of aids / Rescue telephone list	29

Decree Manager (whole teams with a constitution)	20
Rescue Message (whole team with personal photo)	30
Description of the Route	31
Purpose of the Journey (Plan / Report)	32
Photos taken during journey	33
Highlights of the journey	34
Personal opinion	35
Comments from Instructor / Assessor	36

Page 4:

Forward

Page 5:

Journey Introduction

Nature	Hiking	/	Exploration	/	Canoeing	/	Cycling
Dates of Journey							
Area covered							
Map to be used (with serial no.)							

	Name of location	Grid Reference
Assembly point :		
Starting point :		
1 st day camp site :		
2 nd day camp site :		
End point :		
**Total Distance	km	

Page 6:

Name

Particulars of instructor/assessor

Telephone no.	:	
Qualification	:	Photo of Instructor/Assessor
Remarks	:	
Name	:	
Telephone no.	:	
Qualification	:	Photo of Instructor/Assessor
Remarks	:	

Name : Sex :

Particulars of Group Members (with photo)

(1)

Correspondence address :	
	(Photo)
Tel No.:	
Emergency Contact Person :	
Experience :	
Self-introduction:	
(2)	
Name :	
Sex:	
Correspondence address :	(Photo)
	(i iiiee /
Tel No. :	
Emergency Contact Person :	
Experience :	
•	
Self-introduction :	
•	

Page 8:

Name:

(3)

Sex:	
Correspondence address :	
	(Photo)
Tel No. :	
Emergency Contact Person :	
Experience :	1
,	
Self-introduction :	
(4)	
Name:	
Sex:	
Correspondence address :	
	(Photo)
Tel No. :	
Emergency Contact Person :	
Experience :	
Self-introduction:	

Page 9:

(5)

• •	
Name :	
Sex:	
Correspondence address :	
	(Photo)
Tel No. :	
Emergency Contact Person :	
Experience :	
Self-introduction :	
(6)	
(6) Name :	
Name :	
Name : Sex :	(Photo)
Name : Sex :	(Photo)
Name : Sex :	(Photo)
Name : Sex : Correspondence address :	(Photo)
Name : Sex : Correspondence address : Tel No. :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person : Experience :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person : Experience :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person : Experience :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person : Experience :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person : Experience :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person : Experience :	(Photo)

Page 10 :

(7)

Name :	
Sex:	
Correspondence address :	
	(Photo)
Tel No.:	
Emergency Contact Person :	
Experience:	
Self-introduction:	
(g)	
(8)	
Name :	
Name : Sex :	
Name :	(Photo 1
Name : Sex :	(Photo)
Name : Sex : Correspondence address :	(Photo)
Name : Sex : Correspondence address : Tel No. :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person :	(Photo)
Name : Sex : Correspondence address : Tel No. :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person : Experience :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person : Experience :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person : Experience :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person : Experience :	(Photo)
Name : Sex : Correspondence address : Tel No. : Emergency Contact Person : Experience :	(Photo)

Page 11:

1st day Route Chart (Planned) / Actual)

				Area:		Nature:		eader:	1				Calculation Metnod					
The Hong Kong Award For Young People				Sheet No.:		*Training/ Assessment		Member:		2			100m on surface road			min		
Hong Kong Police Operating Authority					Edition:		* Day 1 / 2 /	3 / 4		4		5		Incline 20m (1 contour line)			min	
Route Card					Date:			6		7		decline 20m (1 contour line)						
	Check Point			He	Height *propose /actual timing													
СР	Grid Reference	Geography Name	Bearing	Distance	Rise	Fall	start	t arrive	rest	start	F	Route description		Remarks	Rescue	Navi	lavigators	
S			Be	meters	me	eters	mins	24-hour system	mins	24-hour system			Locati		חכ			
1																		
2																		
3																		
4																		
5																		
6																		
7																		
8																		
9																		
10																		

Page 12:

2nd day Route Chart (Planned) / (Actual)

		Area: Nature: Leader:		.eader:	1				Calc	ulation Metr	nod							
a	33	The Hong Kong	Award Fo	r Young People		Sheet No. :		*Training/ Assessment	r	Member:	2		3		100m on surface	road		min
7	10	Hong Kong Polic	ce Operati	ing Authority		Edition:		* Day 1 / 2 /	3/4		4		5		Incline 20m (1 co	ntour line)	our line) min	
	Route Card			Date:					6	6 7 decline 20m (1 contour line)		ntour line)		min				
	Check I	Point			Н	eight		*propose /ac	ctual tin	ning								
СР	Grid Reference	Geography Name	Bearing	Distance	Rise	Fall	star	t arrive	rest	start	F	Route description		ription Remarks		Rescue	│ Navigators │	
S			Be	meters	m	eters	min	s 24-hour system	mins	24-hour system					Location			
1																		
2																		
3																		
4																		
5																		
6																		
7																		
8																		
9																		
10																		

Page 13:

3rd day Route Chart (Planned) / (Actual)

			Area:		Nature: Le		eader:	1		Calculation Metnod								
The Hong Kong Award For Young People			Sheet No.:		*Training/ Assessment	ſ	Member:	2		3		100m on surface	road		min			
<	Hong Kong Police Operating Authority			Edition:		* Day 1 / 2 /	3/4		4		5		Incline 20m (1 co	ntour line)		min		
Route Card			Date:	Date:			6		7		decline 20m (1 co	ntour line)		min				
	Check P	oint			Не	eight		*propose /a	ctual tir	ning								
СР	Grid Reference	Geography Name	Bearing	Distance	Rise	Fall	star	t arrive	rest	start	F	Route des	scr	iption	Remarks	Rescue Location	Navig	ators
S			Be	meters	m	eters	min	24-hour s system	mins	24-hour system				Location				
1																		
2																		
3																		
4																		
5																		
6																		
7																		
8																		
9																		
10																		

Page 14:

1st day Route Map (with Alternative Route)

(Please mark your planned route on the map and indicate the location of Check Points, Camp Sites, Emergency Rescue Point and Bad Weather Alternatives)

Page 15:

2nd day Route Map (with Alternative Route)

(Please mark your planned route on the map and indicate the location of Check Points, Camp Sites, Emergency Rescue Point and Bad Weather Alternatives)

Page 16:

3rd day Route Map (with Alternative Route)

(Please mark your planned route on the map and indicate the location of Check Points, Camp Sites, Emergency Rescue Point and Bad Weather Alternatives)

Page 17:

Full map of the entire route with alternative route & emergency route

Personal Equipment

Rucksack (liter) Hiking shoes Spare clothing Anorak Raincoat Warm Clothing Socks Sleeping Bag (material/degree) Sleeping mat Personal dinning kit Pocket knife Water bottle with water (liter) Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card Petty cash	Equipment		(Names of	Candidates)	Г
Hiking shoes Spare clothing Anorak Raincoat Warm Clothing Socks Sleeping Bag (material/degree) Sleeping mat Personal dinning kit Pocket knife Water bottle with water (liter) Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card					
Spare clothing Anorak Raincoat Warm Clothing Socks Sleeping Bag (material/degree) Sleeping mat Personal dinning kit Pocket knife Water bottle with water (liter) Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card					
Anorak Raincoat Warm Clothing Socks Sleeping Bag (material/degree) Sleeping mat Personal dinning kit Pocket knife Water bottle with water (liter) Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card					
Raincoat Warm Clothing Socks Sleeping Bag (material/degree) Sleeping mat Personal dinning kit Pocket knife Water bottle with water (liter) Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card					
Warm Clothing Socks Sleeping Bag (material/degree) Sleeping mat Personal dinning kit Pocket knife Water bottle with water (liter) Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card					
Socks Sleeping Bag (material/degree) Sleeping mat Personal dinning kit Pocket knife Water bottle with water (liter) Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card					
Sleeping Bag (material/degree) Sleeping mat Personal dinning kit Pocket knife Water bottle with water (liter) Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card					
Sleeping mat Personal dinning kit Pocket knife Water bottle with water (liter) Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Socks				
Personal dinning kit Pocket knife Water bottle with water (liter) Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Sleeping Bag (material/degree)				
Pocket knife Water bottle with water (liter) Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Sleeping mat				
Water bottle with water (liter) Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Personal dinning kit				
Personal hygiene Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Pocket knife				
Gym shoes Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Water bottle with water (liter)				
Rope/string Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Personal hygiene				
Note book/ball pen Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Gym shoes				
Marker (pin point) Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Rope/string				
Waist watch Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Note book/ball pen				
Map (serial no.) Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Marker (pin point)				
Compass Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Waist watch				
Whistle Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Map (serial no.)				
Torch / headlamp Spare battery Mobile telephone set HK Identity Card	Compass				
Spare battery Mobile telephone set HK Identity Card	Whistle				
Mobile telephone set HK Identity Card	Torch / headlamp				
HK Identity Card	Spare battery				
	Mobile telephone set				
Petty cash	HK Identity Card				
	Petty cash				

Group Equipment

Items	(Names of Candidates)								
items									
() person tent									
() person tent									
Cook set									
Stove									
Fuel									
Lighter									
kitchen washing kit									
Camera									
Memory card (capacity/no. of pcs)									
Radio									
Water bag (liter)									
Group 1 st -aid kit									
Food (breakfast, lunch, dinner)									
Seasonings									
String									
Tissue									

Page 20:

1st-aid kits (with full list)

Item	Amount
2" scroll elastic bandage	
3" scroll elastic bandage	
Triangular scarf	
2" dressing	
3" dressing	
Cotton	
Cotton swab	
Safety pin	
Adhesive dressing	
Rescue message	
Disinfectant	
Adhesive tape	
Plastic gloves	
Tweezers	
Scissors	
Pencil / ball pen	

Emergency Rations / Back-up Rations / Action Food

Types	Items	Amount
Emergency Rations		
Back-up Rations		
Action food		

Menu

	Breakfast	Lunch	Dinner
1 st day			
2 nd day			
3 rd day			

Transportation time schedule (depart / return)

Type of transportation	Depart from	Travel to	First/last coach	Time Intervals	Price
		<u> </u>		<u> </u>	

Distribution of Equipment

	Name of Candidate	Name of Equipment	Amount
$_{ m I}$			

Description of camp site / Camp site Report

Budget / Report of Expenses

Budget / Report of Expenses						
Items	Expected charges / Actual charges					
Food						
Transportation						
Sundries						
Total expenses						
Average per person						

Daily duty list (navigation / camp site work)

1st day

Candidate	Navigation	Photo- shooting	Recording	Camp work	Cleaning

2nd day

Candidate	Navigation	Photo- shooting	Recording	Camp work	Cleaning

3rd day

Candidate	Navigation	Photo- shooting	Recording	Camp work	Cleaning

Page 28:

Weather forecast / Weather Report

Page 29 :

Source of aids / Rescue telephone list

Organization	Location / Grid Reference	Telephone no.

COC MECCACE

Page 30 :		202 IVIE	SOAUE		
		Inju	red Person		
Name					
Sex:	Mal	e / Female			
Age:					
Blood type :					
Address :					
Medical History:					
Davis to be somewhat	N 4 10	/ N.4.c			
Person to be contacted :	IVIT	/ Ms			
Tel No.					
		Location	n of the Scene		
Name of Location :		Location	i or the scene		
Grid Reference :					
dia Reference .		(Map series :	M	ap No. :	
		Scale :)	ар но	
Brief Description of landfo	nrm ·		k hushes / trees /	headland / valley / hill to	on / nath /
Brief Bescription of landic		n: Open area / thick bushes / trees / headland / valley / hill top / path / road			
		1.00.0			
		Α	ccident		
Occurred about		hr. on	(D)	(M)	(Y)
Cause of accident:					
Types of Injury				Injured location	
Scrap			Front		
Burn			Back		
Crush			Head		
Fracture			Upper limb	os	
Bleeding			Lower limb	os	
Cut					
Pain					
swell					
			<u>.</u>		
		Condition of	the Injured Perso	on	
Eye Natural	/ resp	onses to sound / i	response to pain ,	/ no response	

Lye	Natural / responses to sound / response to pain / no response
Response	Obey instruction / response to pain / no response
Speech	Standard / confuse / babbling / not understandable / no response
Breath	Standard / fast / slow / noisy / calm
Pulse	(standard : 60-84/minute
Puise	Standard / fast / slow / strong / weak

Treatment given						
shock treatment	CPR	hemostasis	stable fracture			
Shelter erected: (Yes / No) Plan of moving the injured person: (Yes / No Remarks:)				

Page 31:

Route Description (with words and photos)

Page 32:

Purpose of the Journey (Plan / Report)

Title :			
Why choose :			
Contents:			
(with			
words, photos,			
diagrams,			
charts etc)			
Visiting points		G.R.	Name of location
	1		
	2		
	3		
	4		
	5		
	7		
	8		
9			
	1 - 1		
Mode(s) of proceeding	ng:		
Leannmant realisted	•		
Equipment required	:		
Equipment required	:		
Equipment required Way(s) to consolidate			

Page 33:

(PHOTOS TAKEN DURING JOURNEY)

Page 34:

Highlights of the journey

(include written description and photos)

Page 35:

Personal Opinion (include written description and photos)

Page 36:

Comments from Instructor(s) / Assessor(s)