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| **WATER-BASED EXPEDITION ROUTE CARD (use one per day)** | Centre name/logo:       |
| **Team name:**       | **Day number:**       | **Day of week & Date**:            /     /      |
| **Aim of expedition:**        |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Grade of water:**       | **Names of team members:** |       |       |       |       |
| **Est’ water flow speed:**       |       |       |       |       |
| **Leg no** | **Start of leg:****Grid Ref’ & place name** | **End of leg check point:****Grid Ref’ & place name** | **Distance in km** | **Time allowed for travel** | **Time for aim, rests or meals & portages** | **Total time****for leg** | **Estimated time at end of leg** | **Brief details of route to be followed.** | **Escape/Egress points** |
| **Setting out time:**       |
| 1 | From: GR             | To: GR             |       |       |       |       |       |       |       |
| 2 | From: GR             | To: GR             |       |       |       |       |       |       |       |
| 3 | From: GR             | To: GR             |       |       |       |       |       |       |       |
| 4 | From: GR             | To: GR             |       |       |       |       |       |       |       |
| 5 | From: GR             | To: GR             |       |       |       |       |       |       |       |
| 6 | From: GR             | To: GR             |       |       |       |       |       |       |       |
| 7 | From: GR             | To: GR             |       |       |       |       |       |       |       |
| 8 | From: GR             | To: GR             |       |       |       |       |       |       |       |
| **Bronze: 6 hours, minimum 3 hours journeying.****Silver: 7 hours, minimum 3.5 hours journeying.****Gold: 8 hours, minimum 4 hours of journeying.** | **Totals:** |       |       |       |       | Finish time       | **Team Supervisor’s name, location and Tel No:**      |

**Mar 2015**