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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**