

## Lone Working on DofE Expeditions March 2021

### **LONE WORKING**

Lone working, whether hiking through local countryside, moor or mountain, should be avoided.

The supervision plan should work to obviate the need to work alone, however there will be times when there is no alternative.

Lone journeying time should be of the briefest duration possible with strict adherence to communicating regularly over the time apart.

### **Preparation.**

Should be the same, whether planning to work alone or not.

1. Individuals have:
  - a. Appropriate qualifications to the operational environment
  - b. Knowledge of the area or to be briefed thoroughly by colleague who has
  - c. Equipment to be self-sufficient for a full day hike, including a storm shelter or similar. See suggested list below.
  - d. Read Risk Assessments
  - e. An awareness of medical issues within the group – including participants and leaders
  - f. Clear understanding of overall supervision plan
  - g. Contact numbers for all other leaders and base contact
  
2. Team has:
  - a. Agreed the Supervision Plan and understand others roles/resp.
  - b. Agreed and facilitated comms method
  - c. An Expedition Supervisor always in good mobile signal – ideally able to move quickly around operational area
  - d. A designated second in command who can take over
  - e. Agreed the importance of communicating an intention to change individual parts (due to team/s behaviour) before any changes are made.

### **Instances when most likely to occur:**

### **Controls to consider:**

#### **Prior Planning**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Where minimum staff are deployed, and routes are wide ranging</li> </ul> | <ul style="list-style-type: none"> <li>• Plan routes closer together and make some checkpoints mutual to all</li> </ul> |
| <ul style="list-style-type: none"> <li>• The Assessor role</li> </ul>   | <ul style="list-style-type: none"> <li>• Include the assessor in the Supervision Plan</li> </ul>                        |

#### **Lone Working Hazard**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Injury, illness or incident prevents a leader from calling for help</li> </ul> | <ul style="list-style-type: none"> <li>• Leader agrees route plan – informs supervisor of major deviation and any revised timings</li> <li>• Checks in at regular intervals</li> <li>• Uses a location/tracker app on their mobile or has a GPS tracker</li> </ul> |
| <ul style="list-style-type: none"> <li>• Dealing with an accident on own</li> </ul>                                     | <ul style="list-style-type: none"> <li>• Utilise participants training and help</li> <li>•</li> </ul>  |

<b><u>Unplanned, where paired leaders have to separate</u></b>	
<ul style="list-style-type: none"> <li>• Searching for a “lost” team</li> </ul>	<ul style="list-style-type: none"> <li>• Has the team called for help?</li> <li>• Consider team and personal competence</li> <li>• Review history of team’s journey</li> <li>• Leaders undertaking the search to stay in sight/sound of each other or to agree how often to get in touch to check whereabouts.</li> <li>• Agree a meet point and time to aim for</li> <li>• Keep overall supervisor informed</li> </ul>
<ul style="list-style-type: none"> <li>• Accident/incident where no comms at the site of the accident/incident</li> </ul>	<ul style="list-style-type: none"> <li>• The leader buddies up with a member of the team to search for comms availability</li> </ul>

**CLOTHING:**

- Waterproof jacket and trousers
- Suitable fast drying layers for walking
- Warm insulated layers
- Walking boots
- Change of walking socks
- Warm hat & gloves
- Sun protection
- Headtorch and spare
- Whistle

**Day Rucksack EQUIPMENT:**

- Expedition compass of good quality
- Suitable map of the area
- GPS if available (could be an App on a smartphone)
- Mobile phone ideally with the following recommended Apps installed
  - OS Locate
  - OS Maps (you’ll need an unused code from an OS Map)
  - WhatsApp with “Share Live Location” on, or similar like “Messenger Live”
  - What3Words
- Portable charger for the phone
- Walkie Talkie if available
- Shelter appropriate for UK weather
- Expedition food for the intended journey – plus emergency rations
- Hot drink sachets like hot choc!
- Water
- Small camping stove, pan, fuel, and spoon or flask (consider weather and time out)
- Personal first aid kit
- Extra first aid for team emergencies
  - Issued from stores eg <https://accesskit.co.uk/wp-content/uploads/2018/07/Leader-First-Aid-Kit.pdf>
  - plus a couple of sanitary towels!
- Dry bag(s) with change of clothes
- ziplock bag for rubbish
- Small digging trowel or pooh tube
- Binoculars if available