

# Safety and advice

If your team is undertaking an unaccompanied practice or qualifying expedition in wild country, has the Expedition Area Co-ordinator been notified of your plans, using the Expedition Notification Form (e.g. the Green Form)?

**Notification no:**

- For all DofE expeditions, the Supervisor must be in the area.
- Do you know how and where to contact your Supervisor in an emergency?
- Have you prepared escape routes and alternative routes in the case of bad weather?
- Do not be afraid to turn back or change to the bad weather route if conditions make it unsafe to proceed. If you have to do this, your duty is to contact your Supervisor as soon as possible.
- Never split your team unless in the case of an accident.
- Weigh your pack. Keep your load to a maximum of a quarter of your body weight.
- Get the latest weather forecast and set out early in the day.
- Agree the expedition emergency procedures with your Supervisor and their team.

The information on this card should be used in conjunction with the training from your Supervisor and DofE leader.

### Mobile phones

DofE teams must not rely on mobile phones in case of an emergency situation. Participants carrying a mobile phone as a potential support tool need to be trained in their functionality and best use.

### All users of the countryside should follow the Countryside Code:

- Be safe: plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals, and take your litter home.
- Keep dogs under close control.
- Consider other people.

Participants are expected to follow their agreed codes of conduct and behaviour and not to disturb rural communities.

### Access to private land:

Remember: Permission must be obtained from the landowner before you camp on private land. For the various rules on access which apply in the UK, please see

[www.DofE.org/expedition](http://www.DofE.org/expedition).

*This is a reference card only and does not constitute full emergency procedures/policy.*

# Accident procedure

**In the event of an accident, keep calm – remember your training.**

1. **Carry out immediate first aid** and make any casualties comfortable whilst waiting for help. Remember: make the casualty's position easily seen.
2. **Assess situation and agree plan.**
3. **Organise assistance and inform Supervisor.**
  - Follow your training and contact your Supervisor. If emergency assistance is required, dial 999 immediately and ask for the police and then mountain rescue (then contact your Supervisor).
  - If needed, two persons to go for help (if possible).
  - Raise alarm at nearest habitation.
4. **Give the International Distress Signal:** six signals at one-minute intervals.
5. **Record key information to tell emergency services.**

**Date and time of the accident:**

**Location: OS Card no. Grid Reference:**

**Approximate place name or nearest recognisable feature:**

**Condition of injured person(s):**

Name(s)	Responsiveness: alert/verbal/responsive to pain/unresponsive. Injuries: bleeding/fractures/burn/medical conditions etc.