

IDENTIFICATION

EXPEDITION SUPERVISOR

Name: _____

Address during Expedition: _____

Expedition Tel: _____

Alternative Tel: _____

EXPEDITION ASSESSOR

Name: _____

Address during Expedition: _____

Expedition Tel: _____

Alternative Tel: _____

Accreditation No.: _____

ACCIDENT PROCEDURE

IN THE EVENT OF AN ACCIDENT, KEEP CALM – remember your training

1. Carry out immediate **first aid** and make any casualties comfortable.
2. Give the International Distress Signal: **6 signals at one-minute intervals.**
3. Organise assistance:
 - 2 persons to go for help (if possible).
 - Raise alarm at nearest place of habitation.
 - Dial 999 and ask for Police or Mountain Rescue.
 - Inform your Supervisor/Assessor or ask the Police to do so.

4. Date and time of accident: _____

5. Location: OS Sheet no. _____ Grid Reference: _____

6. Approximate place name or nearest recognisable feature: _____

7. Condition of injured person(s)

| NAME(S) | INJURIES (bleeding, fractures, conscious state etc) |
|---------|---|
| | |
| | |
| | |

REMEMBER – MAKE THE CASUALTY’S POSITION EASILY SEEN

SAFETY

- If your team is undertaking an unaccompanied practice or qualifying venture in Wild Country, has the Wild Country Panel Secretary been notified of your plans, using the Expedition Notification Form?

NOTIFICATION NO: _____

- In Wild Country, 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 or Assessor as soon as possible.
- Never split your team unless in the case of an accident.
- Weigh your pack! Keep your load to a quarter of your body weight. Get the latest weather forecast and set out early in the day.
- It is strongly recommended that participants are at least 17 years old before undertaking a Gold qualifying expedition; any extra time available could be used for further training and practice journeys.
- The above information should be used in conjunction with the *Award Handbook*, *Expedition Guide* and the website (www.theaward.org/involved).

THE COUNTRYSIDE CODE

All users of the countryside should observe the Countryside Code.

- Launched on 12 July 2004, this Code for England has been produced through a partnership between the Countryside Agency and Countryside Council for Wales.

Countryside Code: advice for the public

- 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.

REMEMBER: Permission must be obtained from the landowner before you camp on private land.



EXPEDITION SAFETY CARD

NAME: _____

ADDRESS: _____

SIGNATURE: _____

GROUP: _____

OPERATING AUTHORITY: _____
