

EXPEDITION SAFETY CARD

Westhill Open Award Group

Personal Details NAME: _____ ADDRESS: _____ _____ SIGNATURE: _____ TEAM: _____ OPERATING AUTHORITY: Aberdeenshire Council Expedition location Expedition dates: Wild Country Panel notification number: NB: All users of the countryside must observe the Outdoor Access and Countryside Codes	EXPEDITION SUPERVISOR Name: _____ Address during Expedition: _____ _____ Expedition Tel: _____ Alternative Tel: _____	BASE CONTACT: Name: _____ Expedition Tel: _____ Alternative Tel: _____
	EXPEDITION ASSESSOR Name: _____ Address during Expedition: _____ _____ Expedition Tel: _____ Accreditation No.: _____	

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

- Carry out immediate first aid and make any casualties comfortable. Ensure all group members are safe and accounted for.
- Organise assistance:
 - Phone or contact your supervisor or other DoE leader. Please do not phone home, your supervisor is the person on scene who can help.
 - If no reply from supervisor call the base contact who will relay a message to other leaders in the area
 - If no mobile contact with supervisor or base contact and if outside assistance is urgently required call Mountain Rescue or ambulance on 999.
 - If no mobile signal, 2 persons to go for help (if possible) to nearest place of habitation or to where mobile signal available.
 - Inform your Supervisor/Assessor/Base contact or ask the Police to do so.
- If unable to seek outside assistance, give the International Distress Signal: 6 whistle signals repeated at one minute intervals.
- For all incidents please record the following as soon as possible and ensure the participants who leave the group to seek outside assistance have these details before setting off:
 - Date and time of accident:
 - Location: OS Sheet no: Grid Reference:.....
 - Approximate place name or nearest recognisable feature:.....
 - Condition of injured person(s)

NAME(S):

INJURIES (bleeding, fractures, conscious state etc)

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REMEMBER – MAKE THE CASUALTY'S POSITION EASILY SEEN, Keep the casualty warm.

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Training/Safety Checklist

<ul style="list-style-type: none"> Are you confident in your navigation skills? Do you know your route? Are there road safety issues? Have you provided medical information in consent form, details of medication carried? Do you have health concerns <u>today</u>? Have you checked your kit against the recommended kit list? Are you sure you can keep your sleeping bag dry? Have you checked your rucksack weight is < 25% body weight? Are you able to handle/carry this weight comfortably? Have you arranged travel to and from the expedition? Are you confident you can cook safely using the stoves? Have you agreed your menu and bought the food? Are you aware of how to make water safe to drink? Are you aware of the importance of keeping hydrated? Are you aware of group safety/need to look out for each other? Are you aware of health and hygiene risks of outdoor activity? 	<ul style="list-style-type: none"> We have a NO fires policy but do you know what to do if there is a fire? Are you aware of our policy of NO swimming? Does your group have/know how to use emergency equipment, first aid kit, whistles, emergency shelter and mobile phones? Have you read the policy on mobile phone use? Do you know the Outdoor Access and Countryside codes? Are you prepared for your aim of expedition? Do you know how to contact and communicate with your supervisor and base contact, if required? Will you heed warning signs e.g. on forestry operations? Have you checked the weather forecast? Do you know what you would do if there is adverse weather? Have you checked your route for river crossings, know how you will ford the river and have an alternative if it is unsafe to cross?
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