

Expedition safety card

Name: _____ Signature: _____

Address: _____

DofE group: _____

Operating Authority: _____

Expedition Supervisor

Name: _____

Address during Expedition: _____

Expedition Tel: _____ Alternative Tel: _____

Expedition Assessor

Name: _____ Accreditation No.: _____

Address during Expedition: _____

Expedition Tel: _____ Alternative Tel: _____

Safety & 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: _____

- 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 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.
- The above information should be used in conjunction with *The Handbook for DofE Leaders*, the *Expedition Guide*, www.DofE.org and EX².

All users of the countryside should observe 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.

Access to private land:

Remember: Permission must be obtained from the landowner before you camp on private land. For the rules on access which apply in Scotland, please see www.DofE.org/go/ScotlandOAC

Provided that they are planned carefully expeditions in Scotland can be undertaken with great freedom, and certainly with greater freedom than in England and Wales. It is important, however, for those planning and undertaking expeditions to be aware that the right of access is a right of responsible access and that everyone should:

- Take responsibility for their own actions.
- Respect the privacy of other people.
- Help land managers and others to work safely and effectively.
- Care for the environment.
- Keep dogs under proper control.
- Take extra care in organising a group activity.

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. Organise assistance:
 - Two 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.
3. Give the International Distress Signal: **six signals at one-minute intervals.**
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 (<i>bleeding, fractures, conscious state etc</i>)