

## Expedition safety card

Name:Si	gnature:
Address:	
DofE group:	
Licensed Organisation:	
Expedition Supervisor	
Name:	
Address during Expedition:	
Expedition Tel:	Alternative Tel:
Expedition Assessor	
Name:Ad	ccreditation No.:
Address during Expedition:	
Expedition Tel:	Alternative Tel:
<ul> <li>Safety &amp; advice</li> <li>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)?</li> <li>Notification no: <ul> <li>For all Doff expeditions, the Supervisor must be in the area.</li> <li>Do you know how and where to contact your Supervisor in an emergency?</li> <li>Have you prepared escape routes and alternative routes in the case of bad weather?</li> <li>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.</li> <li>Never split your team unless in the case of an accident.</li> <li>Weigh your pack. Keep your load to a maximum of a quarter of your body weight.</li> <li>Get the latest weather forecast and set out early in the day.</li> <li>The above information should be used in conjunction with <i>The Handbook for Doff Leaders</i>, the Doff <i>Expedition Guide</i>, <u>www.Doff.org</u> and EX<sup>2</sup>.</li> <li>All users of the countryside should follow the Countryside Code:     <ul> <li>Be safe: plan ahead and follow any signs.</li> <li>Leave gates and property as you find them.</li> <li>protect plants and animals, and take your litter home.</li> <li>Keep dogs under close control.</li> </ul> </li> <li>Consider other people.</li> <li>Maccess to private land:     <ul> <li>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 <u>www.Doff.org/expedition</u></li> <li>Take responsibility for their own actions.</li> <li>Responsibility for their own actions.</li> <li>Resp dogs under proper control.</li> <li< td=""><td><ul> <li>Accident procedure</li> <li>In the event of an accident, keep calm – remember your training</li> <li>Carry out immediate first aid and make any casualties comfortable whilst waiting for help. Remember: make the casualty's position easily seen.</li> <li>Organise assistance: <ul> <li>Two persons to go for help (if possible).</li> <li>Raise alarm at nearest place of habitation.</li> <li>Dial 999 and ask for Police or Mountain Rescue.</li> <li>Inform your Supervisor/Assessor or ask the Police to do so.</li> </ul> </li> <li>Give the International Distress Signal: six signals at one-minute intervals.</li> <li>Date and time of accident: </li> <li>Location: OS Sheet no. Grid Reference:</li> </ul> </td></li<></ul></li> </ul></li></ul>	<ul> <li>Accident procedure</li> <li>In the event of an accident, keep calm – remember your training</li> <li>Carry out immediate first aid and make any casualties comfortable whilst waiting for help. Remember: make the casualty's position easily seen.</li> <li>Organise assistance: <ul> <li>Two persons to go for help (if possible).</li> <li>Raise alarm at nearest place of habitation.</li> <li>Dial 999 and ask for Police or Mountain Rescue.</li> <li>Inform your Supervisor/Assessor or ask the Police to do so.</li> </ul> </li> <li>Give the International Distress Signal: six signals at one-minute intervals.</li> <li>Date and time of accident: </li> <li>Location: OS Sheet no. Grid Reference:</li> </ul>
	Approximate place name or nearest recognisable feature:      Condition of injured person(s):      Name(s)     Responsiveness & Injuries     (bleeding, fractures, conscious state etc)