

In Case of a Difficulty or Emergency

Our staff are responsible for your safety.

MINOR DIFFICULTIES (non-life threatening)

Delayed or accidentally missed a bit of the route

1. Text your Expedition Assessor and Supervisor with the time, your current location and expected arrival time at next checkpoint.

Hopelessly Lost

1. Try to call and text your Expedition Assessor and Supervisor
2. If you don't get through retrace your steps to a known location.
3. If it is near dark, then pitch tents (on a footpath junction if possible)

Minor injury/illness

1. Begin your first aid procedures, consider the need for shelter.
2. If necessary, ask passers-by for help. Shout and/or whistle for help.
3. Phone and text your Expedition Assessor and Supervisor. Consider moving a short distance if you need to find phone signal. Go in pairs if you need to move further away to find a phone signal.

Pass on the following information:

- a. The time and your location (six figure grid reference).
 - b. The nature of any injuries and who is injured.
 - c. What you're doing or planning to do.
4. Wait, if possible, in signal, until your Expedition Assessor and Supervisor can confirm your message and give further instructions.

MAJOR DIFFICULTY (life threatening)

Serious injury/illness/danger

1. Do the same as for Minor Injuries but **CONTACT THE EMERGENCY SERVICES BEFORE YOUR EXPEDITION ASSESSOR AND SUPERVISOR.**
 - a. Call 999, explain situation and that you require emergency support. They will connect you to the correct emergency service.
 - b. Follow their prompts but remember to give them your Expedition Assessor and Supervisor's number.
2. Call and text your Expedition Assessor and Supervisor or Expedition Lead.

Note: There is no need to contact staff from your school or other organisation, parents or others at home. This could generate unnecessary worry, spread misleading information and tie up your phone/drain phone batteries while our staff or Mountain Rescue are trying to coordinate your help. Our staff will handle all communications.

EXPEDITION STAFF PHONE NUMBERS

Expedition Assessor and Supervisor

Name:.....Number:.....

Expedition Lead

Name:.....Number:.....