

# Start first aid procedures



1.

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# Write down where people are going for help



2.

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# Try and get the team to a path Junction



3.

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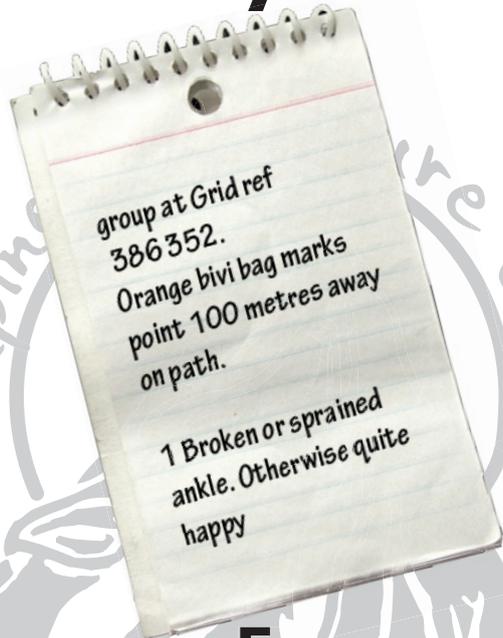
# Start blowing your whistle 6 long blasts



4.

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## Write down your location and casualty details



5.

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## Get out warm clothing for **non-casualties**



6.

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## Move casualty into tent or other shelter if safe to do so



7.

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## Put up tents



8.

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# Try texting your supervisor



9.

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# Sort out what equipment to take when going for help



10.

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# Phone home



11.

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# Set up a distress marker



12.

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## Work out where you are



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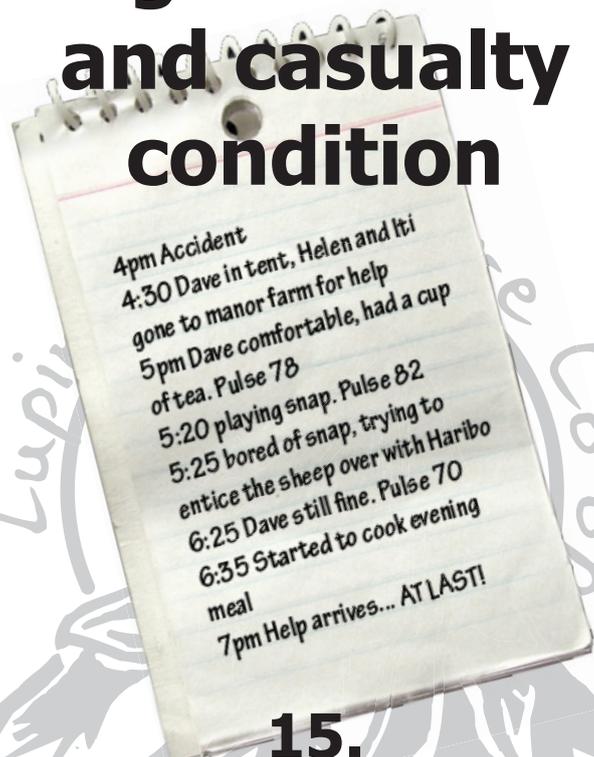
## Get your Trangia out and get a brew on



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## Start writing a log of events and casualty condition



**15.**

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## Send 2 people for help / phone reception



**16.**

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# Get casualty in a survival bag



17.

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# Reassure Anxious team members



18.

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# Try phoning Mountain Rescue



19.

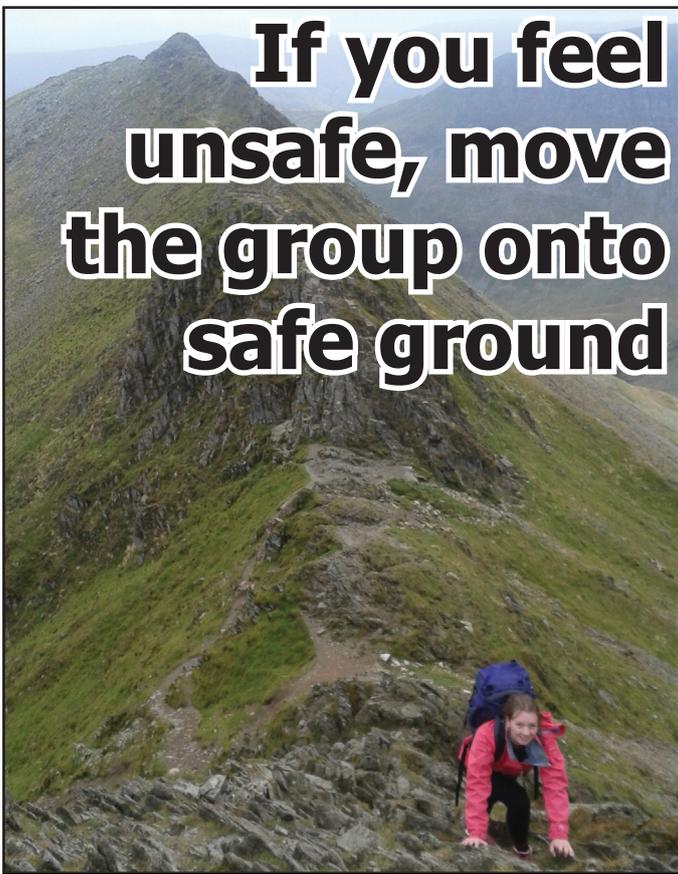
[www.lupineadventure.co.uk](http://www.lupineadventure.co.uk)

# Try phoning your supervisor



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**If you feel unsafe, move the group onto safe ground**

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**Continue whistling for help every 10 minutes or so**



**22.**

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**Get out warm clothing for casualty**



**23.**

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**Shout for help**



**24.**

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# Press the SOS button on your SPOT or PLB



25.

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## Student briefing card 1

### SCENARIO 1:

You are on expedition in a team of 5. One of the team sprains / breaks their ankle and is unable to continue. You are in the middle of an open moorland environment and there is no shelter nearby, it is raining and fairly windy. You have no mobile phone signal but you won't know this until you try and call someone.

### TASK:

From the action cards you have been given, choose which you would use and in what order. As this is an emergency situation you have only 5 minutes to complete the task.

Good Luck

(Your time has just started)

27.

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## 3 things to know about DofE Expeditions with Lupine Adventure Co-op

- 1 Lupine Adventure Co-op is a not-for-profit company, all proceeds go on running the co-op. There are no owners or shareholders to pay profits to.
- 2 Our goal is to enable you to offer high quality expeditions to all who want them. We are able to work creatively to make that happen.
- 3 All practices and work in remote terrain is staffed with one instructor per group. Groups therefore get the attention they need to succeed in safety.



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## Student briefing card 2

### SCENARIO 2:

You are on expedition in a team of 5. You have no phone signal and are hopelessly lost. It is getting dark (you guess you have about 45 minutes of light left.)

On the plus side you are on a public footpath as you just crossed a stile with a sign post and think you can see that the path reaches the top of a hill about 10 minutes away)

### TASK:

From the action cards you have been given, choose which you would use and in what order.

Good Luck

28.

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## Student briefing card 3

### SCENARIO 3:

You are on expedition in a team of 5. One of the team has become unwell and is vomiting. They are feeling too weak to continue.

You are in the middle of an open moorland environment and there is no shelter nearby, it is raining and fairly windy. You have no mobile phone signal but you won't know this until you try and call someone.

### TASK:

From the action cards you have been given, choose which you would use and in what order. As this is an emergency situation you have only 5 minutes to complete the task.

Good Luck

(Your time has just started)

**29.**

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## Student briefing card 4

### SCENARIO 4:

You are on expedition in a team of 5. You have been walking up hill and it has got steeper and steeper. One of the team has become very scared. They are in tears and are trying to call Mountain Rescue, but they have no phone signal.

### TASK:

From the action cards you have been given, choose which you would use and in what order.

Good Luck

**30.**

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## Student briefing card 5

### SCENARIO 5:

You are on expedition in at team of 5. You got a bit lost and are about 90 minutes behind the time on your route card. You know where you are, you think you can make it into camp before dark.

### TASK:

From the action cards you have been given, choose which you would use and in what order.

Good Luck

**31.**

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## Instructor briefing card

Do scenario 1 or 3 first (they are basically the same). There are many correct combinations & things can be done simultaneously by different team members. The order for Scenario 1 should look something like this;

- Shout / Whistle for help
- Start first aid procedures / Warm clothing
- Work out where you are
- Try contacting supervisor
- Try calling Mountain rescue
- Get a tent up and comfortable
- Prepare to go for help then go
- Start a log for something to do
- Phoning home is a red herring

Repeat the exercise with the other scenarios or just discuss them. Consider removing some cards for some scenario's as there are a lot of them.

The distress marker card is intended for if the group are off a footpath. The survival bag identifies the point at which the rescue party would need to leave the path to find the team. Head torches set to flash on a fence post can also be used at night.

**32.**

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