

Expedition Emergency Plan

Stop Think Observe Plan

- Once an emergency has occurred
- Assess the situation
- Don't panic
- Decide whether first aid needs to be administered
- If first aid needs to be administered who then needs to be contacted
- Always check your phone for signal first
- If the group has to split ensure that you know where people are going
- DO NOT CONTACT HOME OR USE YOUR PHONE APART FROM CONTACTING STAFF OR EMERGENCY SERVICES
- In all situations try to ring leader first unless it is a serious injury and the emergency services are required
- If going for help ensure you have full kit with you
- If you cannot get through to your leader then call Gecko Experience emergency line
07837547096

Walking Wounded

cuts, bruises, blisters and arm injury (Any injury where the casualty is able to walk without being in too much discomfort)

- 1 - Administer first aid
- 2 - If possible Ring Leaders to inform them
- 3 - All the group should proceed to next checkpoint with care, or two group members should proceed with full kit to next checkpoint. Whilst the rest of group stay with casualty

Serious Injury Requiring Emergency Services

Head injury, unconsciousness, Suspected broken leg, bad cuts with heavy bleeding, chest pains, and fits (Any injury that may need immediate emergency care)

- 1 - Administer first aid
- 2 - If possible ring Leaders to inform them or if needs be call emergency services straight away then inform Leaders
 - when calling 999 have the following information ready
 - Location with 6 figure grid reference
 - What happened
 - Who is injured (give as much info as possible) any medical info
 - Time of injury
 - Treatment given
 - Location of person calling
 - Pass on Leader's mobile number
- 3 - Two group members should proceed with full kit to next checkpoint or point of help. Whilst the rest of the group stay with casualty