

# Training Day 1

**Saturday 11<sup>th</sup> March**



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# What we will be covering today:

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- First aid and emergency procedures
- An awareness of risk and health and safety issues
- Navigation and route planning
  - Preparatory map skills
  - Compass skills
  - Practical map skills
- Countryside and Highway Codes



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# Upcoming dates:

Date	Time	Training / Expedition	Location
<b>April Saturday 22nd</b>	1000 – 1600	Expedition Training Day 2	School - SC16
<b>May Saturday 13<sup>th</sup></b>	0900 – 1600	Training Walk	Bere Forest, Wickham Drop-off at 6 Hundred Acres Rd, Wickham, Fareham PO17 6JB
<b>July Friday 7th → Saturday 8th</b>	Friday 0900 → Saturday 1600	Assessed Expedition 1	((Ferny Crofts, New Forest) <i>Start from School and finish TBC. Parents to pick up from New Forest.</i>
<b>July Friday 14th → Saturday 15th</b>	Friday 0900 → Saturday 1600	Assessed Expedition 2	((Ferny Crofts, New Forest) <i>Start from School and finish TBC. Parents to pick up from New Forest.</i>



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# First aid and emergency procedures

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- Knowing what to do in the case of an accident or emergency.
- Summoning help, e.g. what people need to know, telephoning for help, written message.
- Resuscitation; checking the airway, breathing and circulation.
- The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, and splinters.
- The recognition of more serious conditions such as sprains, strains, dislocations, and broken limbs.
- Recognition and treatment of hypothermia and heatstroke.
- The treatment of wounds and bleeding.
- Treatment for shock.
- Getting help, self-help and waiting for help to arrive, keeping safe and warm, and helping people to find you.



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# First aid and emergency procedures

- Role play, including practicing first aid scenarios in an outdoor environment.
- Putting together their first aid kits as a team.



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# Coping with an emergency

## Key points:

- Assess the situation
- Make the area safe
- Give emergency aid
- Get help

# Communication and casualty care

## Key points:

- Always communicate with the casualty if possible
- Listen carefully to what your casualty tells you
- Always make sure you have the correct information before dialling 999 or 112.



# What3words - remotes.essay.spouse

- Street addresses don't always point to precise locations
- what3words has given every 3m square in the world a unique 3 word address
- The words are randomly assigned to each square and will always stay the same
- Now it's easy to find and share any location with just three words



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# Primary Survey

**Before attempting first aid you should always:**

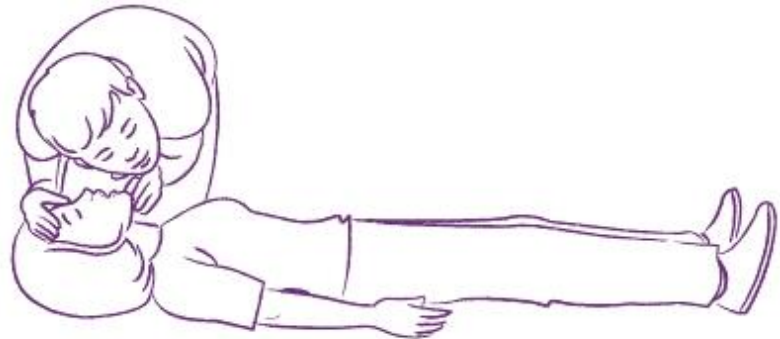
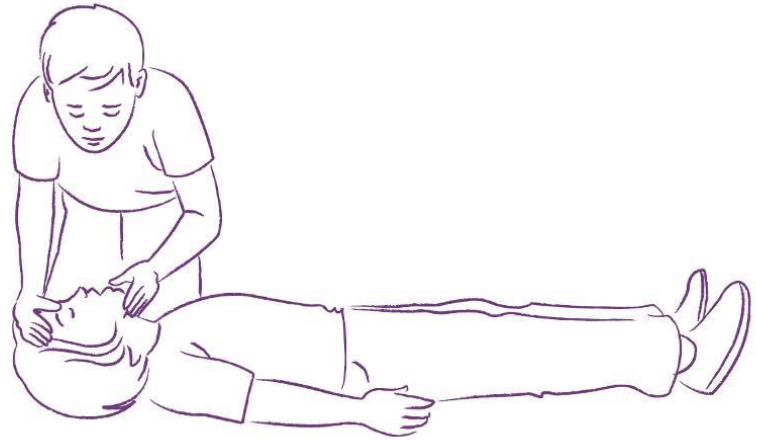
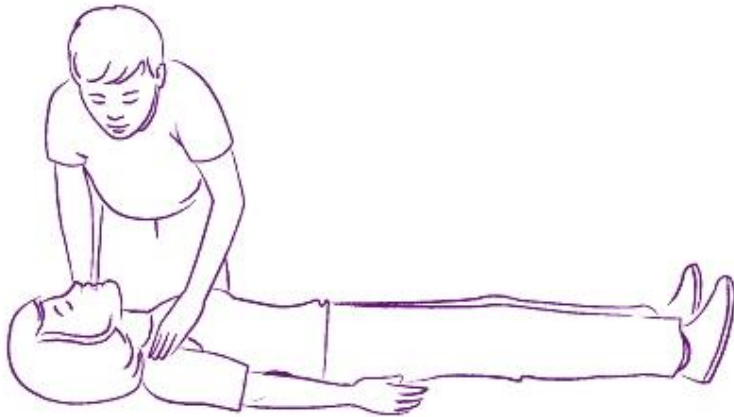
- Check that you are safe
- Check for a response
- Open the casualty's airway if necessary
- Check to see if the casualty is breathing
- If breathing, check to see if the casualty is bleeding
- <https://youtu.be/ea1RJUOiNfQ>

# Primary Survey

## DRABC:

- **D**anger
- **R**esponse
- **A**irway
- **B**reathing
- **C**heck for severe bleeding

# Primary Survey



# Resuscitation

**CPR is used when a casualty has stopped breathing or has irregular breathing (agonal breathing).**

- The DR ABC sequence must be performed before carrying out CPR
- If the casualty is not breathing dial 999 or 112 for an ambulance
- Give 30 chest compressions
- Give two rescue breaths
- This should be continued until the ambulance arrives.
- <https://youtu.be/BQNNOh8c8ks>

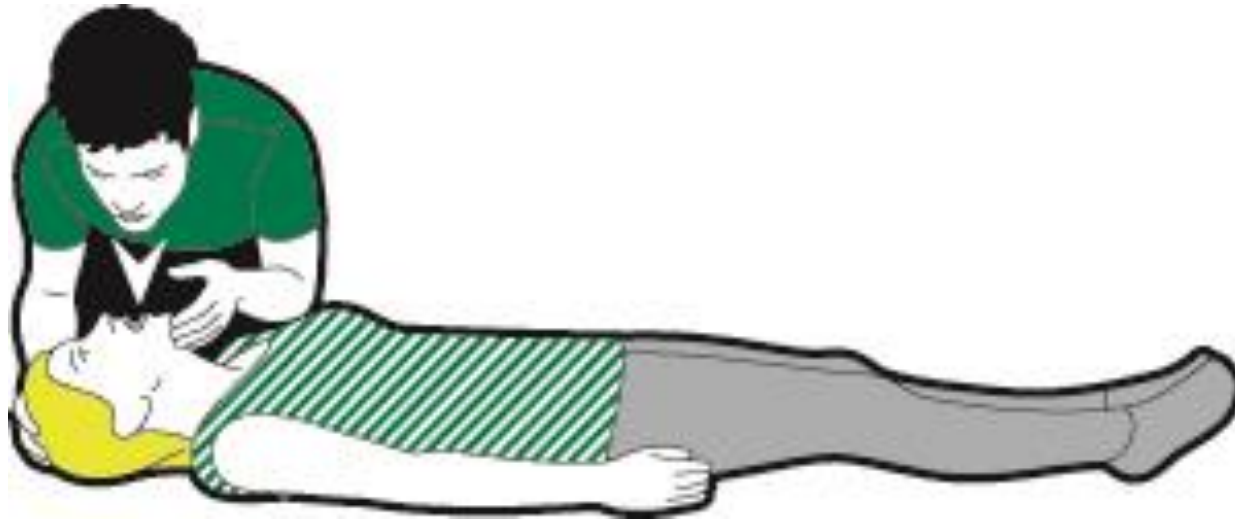
# Chain of survival

1. Early help
2. Early CPR
3. Early defibrillation
4. Early advanced care

# Resuscitation - chest compressions



# Resuscitation - rescue breaths



# Automated external defibrillator (AED)





# Babies



# Minor bleeding

## What you will see:

- Blood oozing from the wound or dripping from the nose
- Signs of shock.
- <https://youtu.be/4e7evinsfm0>

# Minor bleeding

## What you should do:

- Put on disposable gloves, if available
- Clean by rinsing it under running water and pat dry the wound
- Raise and support the injured part
- Clean and dry the area around the wound
- Cover with an adhesive dressing.

# Nosebleed treatment

## What you should do:

- Sit the casualty down, leaning forward
- Get them to pinch the soft part of their nose for 10 minutes and check to see if the bleeding has stopped
- Try this 3 times for a maximum 30 minutes
- Once the bleeding has stopped clean the area
- If the bleeding is severe seek medical help.

# Burns and scalds

## Causes:

- Burns are caused by dry heat
  - fire
  - hot objects
  - electricity
- Scalds are caused by wet heat
  - hot liquids
  - steam
- <https://youtu.be/EaJmzB8YgS0>

# Burns and scalds

## What you will see:

Initially:

- Redness
- Swelling

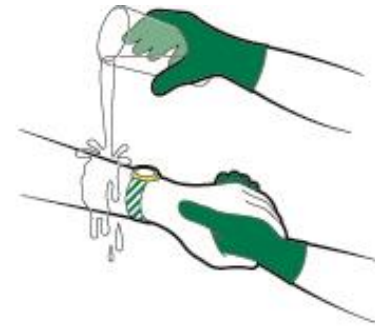
Later:

- Blisters.

# Burns and scalds

## What you should do:

- Cold running water for a minimum of 10 minutes.
- Remove any jewellery
- Apply a sterile dressing or cling film
- Treat the casualty for shock if necessary
- Seek medical help if necessary.



# Bites and stings

## What you will see:

- There may be pain, redness or swelling around the site of the bite or sting
- The severity will depend on what has bitten or stung the casualty
- A severe allergic reaction is a possible complication.



# Bites and stings

## What you should do:

- Reassure the casualty and scrape off the sting if necessary
- Raise the bitten or stung part, if possible
- Apply an icepack
- If the pain or swelling continues tell the casualty to seek medical help.



# Bone, muscle and joint injuries

## Definitions:

- Fracture – a crack or break in the bone
- Dislocation – a bone in a joint that has moved out of place
- Sprains and strains – damage to soft tissues.
- <https://youtu.be/2v8vIXgGXwE>

# Bone, muscle and joint injuries

## What you will see:

- Swelling
- Bruising
- Difficulty moving the injured limb
- Pain.

# Fracture or dislocation

## What you should do:

- Tell the casualty not to move
- Support the injured part if possible
- Arrange for the casualty to be taken to hospital.

# Strains and sprains

## What you should do:

- Rest the injury
- Ice - apply a cold compress or icepack
- Comfortable support
- Elevate the injured limb.



# Hypothermia

## What you may see:

- Shivering
- Pale, dry skin
- Slow and shallow breathing
- Slow pulse.

# Hypothermia

## **What you should do if they are outside:**

- Bring the casualty inside if possible
- Protect them from the cold ground
- Replace wet clothing with dry clothing
- Dial 999 or 112 for help
- Help to re-warm the casualty by giving them warm drinks and high energy foods
- Monitor their vital signs.

# Hypothermia

## What you should do if they are inside:

- Help to re-warm them
- Give the casualty a warm drink and high energy foods
- Seek medical advice
- Monitor and record the casualty's breathing, level of response and temperature



# Foil blanket



# Heat exhaustion

## What you may see:

- Sweating
- Headache
- Feeling sick
- Dizziness
- <https://youtu.be/R6VdoV8dZRc>

# Heat exhaustion

## What you should do:

- Help the casualty to a cool place
- Lay the casualty down and raise their legs
- Give the casualty an isotonic rehydration drink.

# Heat exhaustion

## What you should do:

- If they recover quickly advise them to seek medical help
- If the casualty's condition worsens, monitor and record their vital signs and call for an ambulance.

# Bleeding and shock – severe bleed

## What you will see:

- Bleeding from a wound
- An object may sometimes be embedded in a wound
- Signs of shock.
- <https://youtu.be/NxO5LvvgqZe0>

# Bleeding and shock – severe bleed

## What you should do:

- Ask the casualty to apply pressure to the wound. If an object is embedded in the wound, apply pressure on either side of the object
- Ask a helper to call 999/112
- Put on disposable gloves and apply a sterile dressing
- Treat for shock
- Support the injured area.

# Bleeding and shock – amputation

## What you will see:

- A severed limb or part of a limb
- Signs of shock.

# Bleeding and shock – amputation 1

## What you should do:

- Put on disposable gloves, if available
- Apply pressure and raise the injured part
- Apply a sterile dressing
- Treat for shock
- Ask a helper to call 999/112.



# Bleeding and shock – amputation 2

## What you should do:

- Put on disposable gloves, if available
- Wrap the severed part in cling film or a plastic bag
- Wrap the package in soft fabric and place in a container of crushed ice
- Label and hand to the emergency services.

# Internal bleeding

## What you will see:

- Bleeding from body openings
- Pattern bruising
- Signs of shock.

# Internal bleeding

## What you should do:

- Treat as for shock
- Dial 999 or 112 for an ambulance.

# Shock

**What you will see:**

**Initially:**

- Pale, cold, clammy skin
- Sweating

**As shock develops:**

- Grey-blue skin
- Weakness and dizziness
- Nausea and possibly vomiting.
- Thirst

# Shock

## What you should do:

- Treat any injuries that may have caused shock
- Help the casualty to lie down
- Raise and support the casualty's legs, if possible
- Call 999 or 112
- Loosen any tight clothing
- Keep the casualty warm.

# Shock



# Breaktime?

- **First aid and emergency procedures** DONE
- **An awareness of risk and health and safety issues**
- **Navigation and route planning**
  - Preparatory map skills
  - Compass skills
  - Practical map skills
- **Countryside and Highway Codes**



# An awareness of risk and health and safety issues

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- Appropriate expedition fitness for their planned expedition.
- How to identify and avoid hazards.
- The importance of keeping together and telling people where you are going.
- Weather forecasts – knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, and looking for signs which indicate changes in the weather.





# An awareness of risk and health and safety issues

- Appropriate expedition fitness for their planned expedition.
- Practice carrying a full rucksack and walking for a similar duration as required on one day of their qualifying expedition.
- <https://www.nhs.uk/live-well/exercise/12-week-fitness-plan/>



### Couch to 5K


A running plan for beginners

---

Find out more and download the weekly podcasts by clicking the boxes below

Week 1	Week 2	Week 3
Week 4	Week 5	Week 6
Week 7	Week 8	Week 9

[Download podcasts from iTunes](#) →



### Strength and Flexibility

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Find out more and download the weekly podcasts by clicking the boxes below

Week 1	Week 2	Week 3
Week 4	Week 5	

[How these routines were created](#)

[Download podcasts from iTunes](#) →



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# Navigation and route planning - Preparatory map skills

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- The use of 1:25 000 Explorer or the relevant maps in Northern Ireland and abroad.
- Map direction.
- Scale and distance, measuring distance, distance and time.
- Conventional signs.
- Marginal information.
- Grid references.
- A simple introduction to contours and gradient.
- The ability to give a verbal description of a route linking two places from the map.



# Navigation and route planning - Preparatory map skills

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- OS maps use a grid marked with two-letter codes to divide the UK into 100km squares.
- Each 100km square is divided into smaller squares using vertical and horizontal blue lines spaced every 1km.
- These are called grid lines and make a series of grid squares.
- The horizontal lines show you how far north you are and are called Northings, while the vertical lines show you how far East you are and are called Eastings.
- All of the grid lines are given a reference number, enabling a specific location on the map to be identified through a grid reference.



# Navigation and route planning - Preparatory map skills

Diagram A

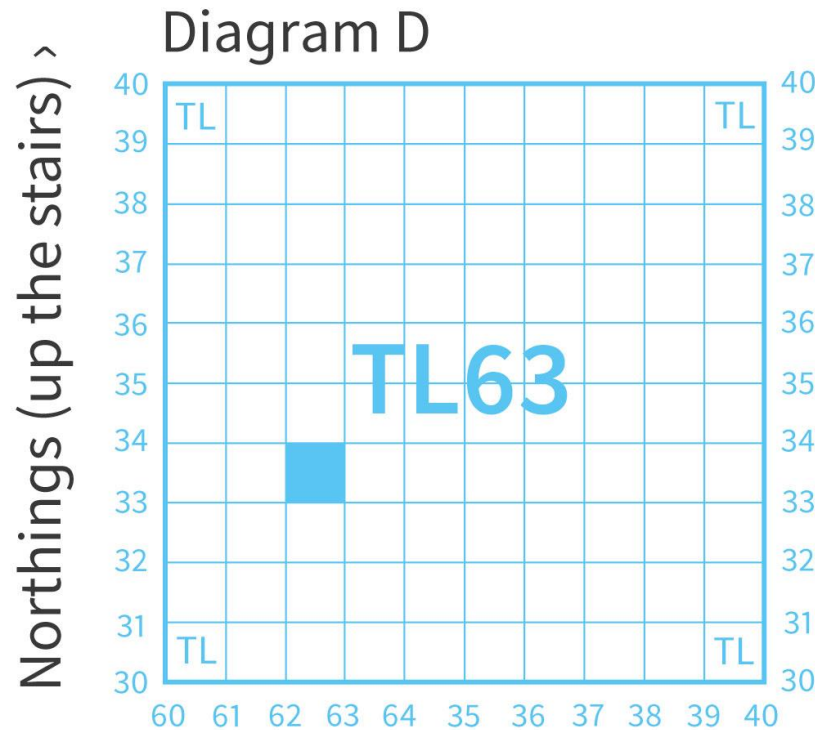
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			HT	HU		
	HW	HX	HY	HZ		
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NF	NG	NH	NJ	NK		
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	NR	NS	NT	NU		
	NW	NX	NY	NZ	OV	
		SC	SD	SE	TA	
		SH	SJ	SK	TF	TG
	SM	SN	SO	SP	TL	TM
	SR	SS	ST	SU	TQ	TR
SV	SW	SX	SY	SZ	TV	



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# Navigation and route planning - Preparatory map skills



Eastings (along the corridor) ›

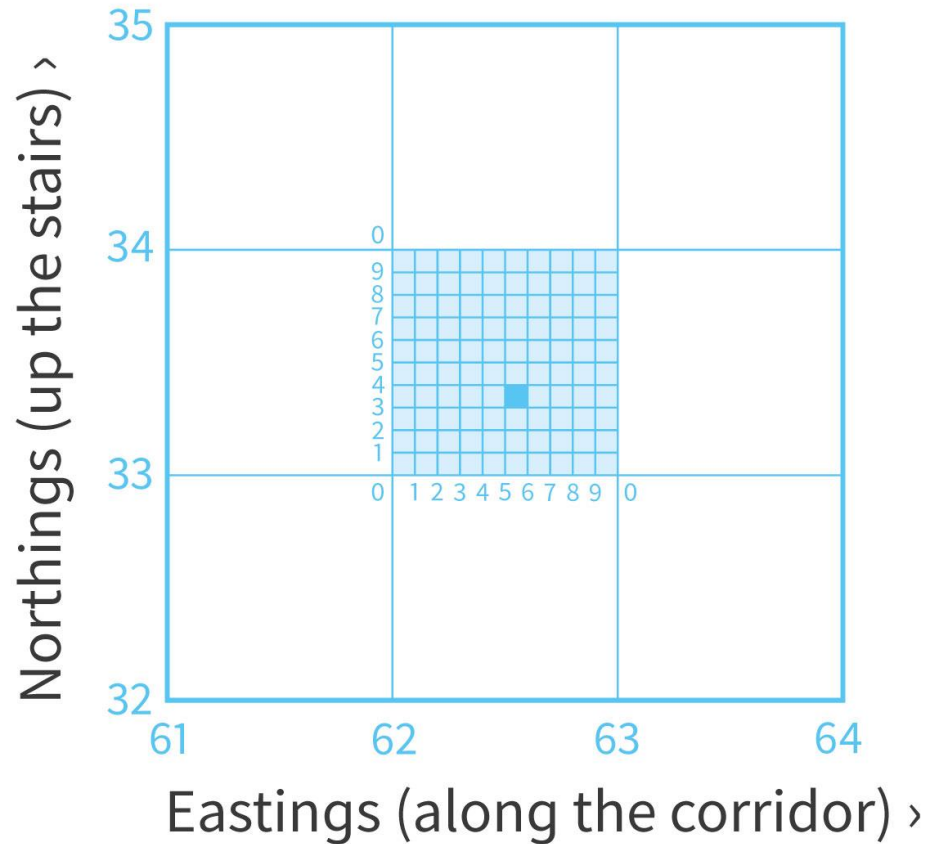


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# Navigation and route planning - Preparatory map skills

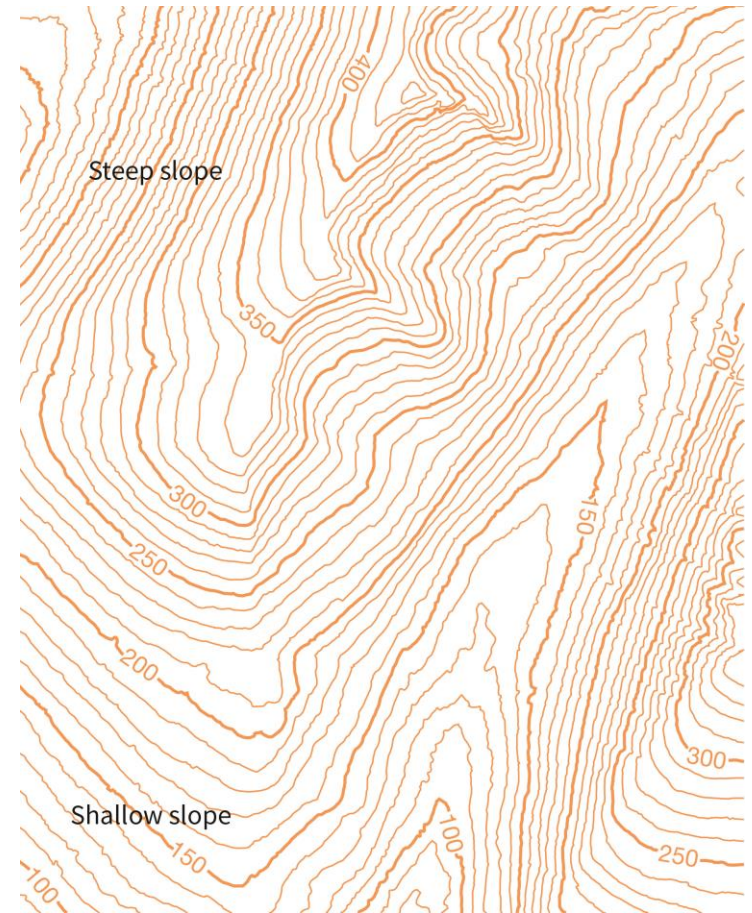
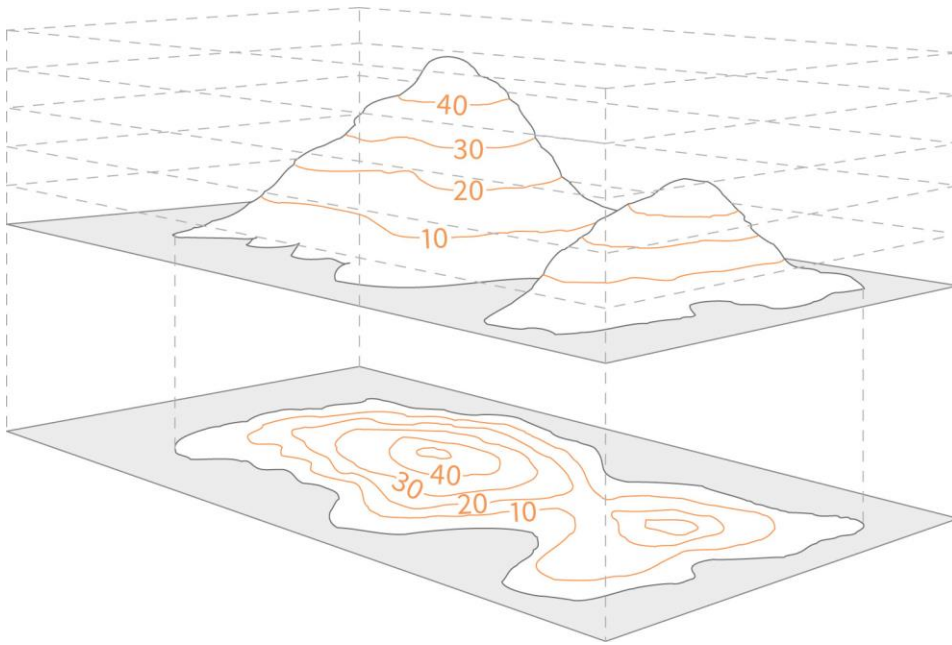
Diagram E



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# Navigation and route planning - Preparatory map skills



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# Navigation and route planning - Preparatory map skills

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1. Mapping Exercise one – orange sheet
2. Mapping Exercise two – blue sheet

Go Further: Map Symbol Bingo



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# Lunchtime?

- **First aid and emergency procedures** DONE
- **An awareness of risk and health and safety issues** DONE
- **Navigation and route planning**
  - Preparatory map skills DONE
  - Compass skills
  - Practical map skills
- **Countryside and Highway Codes**



# Navigation and route planning - Compass skills

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- How to 'look after' their compass.
- Direction from the compass in terms of the cardinal and the four intercardinal points.
- Setting the map by the compass.
- Finding a direction.



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# Navigation and route planning - Compass skills

Magnetic Needle

Index Pointer

Baseplate

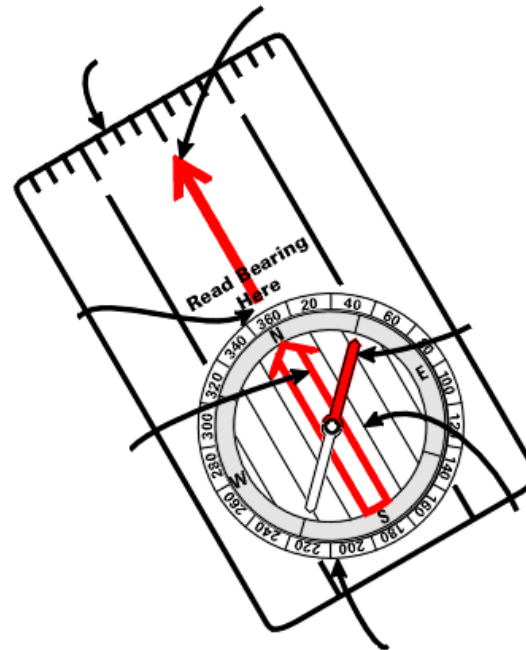
Orienting Arrow

Orienting Lines

Scale

Compass Housing with Degree Dial

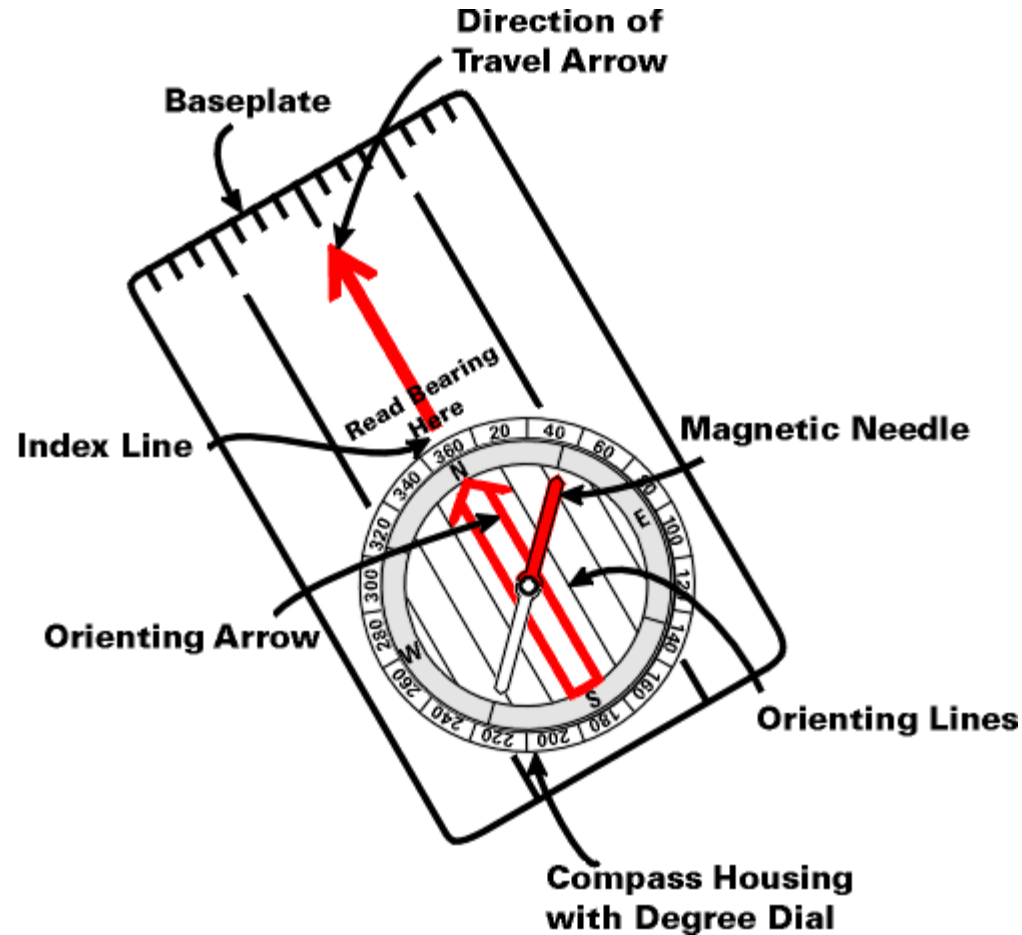
Direction of Travel Arrow



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# Navigation and route planning - Compass skills



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# Navigation and route planning - Practical map skills

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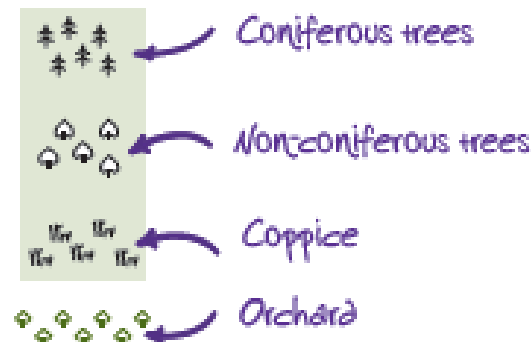
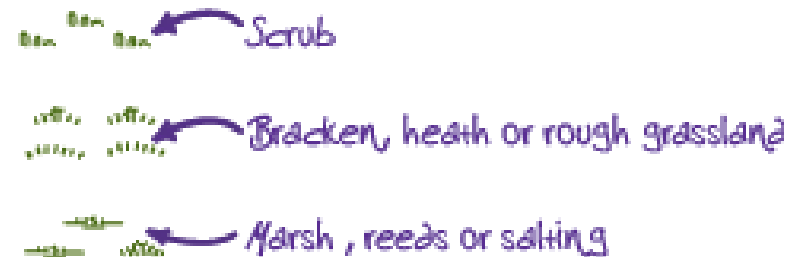
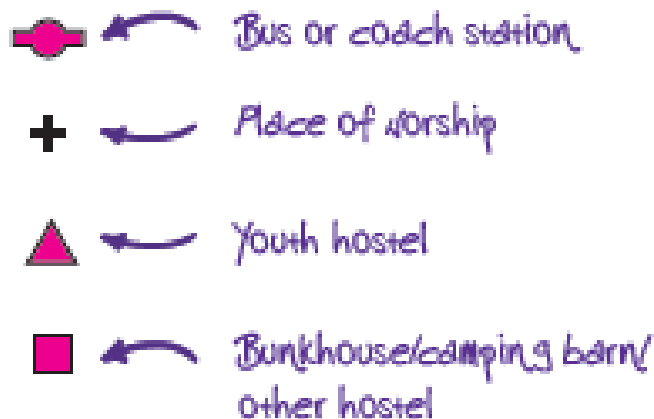
- How to set the map.
- Locating their position from the map.
- How to determine geographical direction and direction of travel from the map.
- Checking the direction of paths using the set map.
- Identifying features in the countryside by using the map.
- Locating features marked on the map in the countryside.
- How to plan a route and prepare a simple route card.
- Following a planned route.




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# Navigation and route planning - Practical map skills



# Navigation and route planning - Practical map skills



**DofE EXPEDITION ROUTE CARD (use one per day)**

Centre name/logo:   


Team name:

Day number:

Day of week & Date:

Aim of expedition:

Setting out time:	Names of team members:									
Start of leg: Grid Ref & place name	End of leg check point: Grid Ref & place name	Distance in km	Height climbed in m	Time allowed for travel	Time for aim, rests or meals	Total time for leg	Estimated time at end of leg	Brief details of route to be followed.	Escape to:	
1 From: GR <input style="width: 40px;" type="text"/>	To: GR <input style="width: 40px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 100px;" type="text"/>	<input style="width: 30px;" type="text"/>	
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Bronze: 6 hours, minimum 3 hours journeying. Silver: 7 hours, minimum 3.5 hours journeying. Gold: 8 hours, minimum 4 hours of journeying.		Totals:	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	Finish time: <input style="width: 30px;" type="text"/>	Team Supervisor's name, location and Tel No: <input style="width: 100px;" type="text"/>	

For expert kit advice, the DofE Kit Guide, the DofE Kit List and information about The DofE Reward Card discount visit [www.DofEShopping.org](http://www.DofEShopping.org)

Mar 2015



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# Navigation and route planning - Practical map skills

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- Pacing
- You need to remember:
  - the **number of steps** you took
  - **how long** it took you
- This information needs to go to your teacher and entered onto a spreadsheet.



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# Navigation and route planning - Practical map skills

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1. Expedition route card (use one per day)
2. Create your own route using a route card and map, giving grid references and landmarks to look out for. Swap with a friend and have a go – did they get it right?

Go Further: Create your own route using one of the OL22 New Forest Maps.



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# Countryside and Highway Codes

- The spirit and content of the Countryside Code.
- The avoidance of noise and disturbance to rural communities.
- Thorough knowledge of the Highway Code.

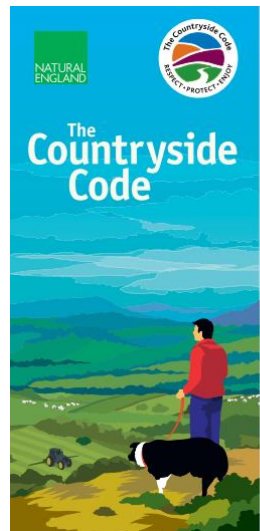


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# Countryside and Highway Codes

- What is the countryside like?
- What would it be like if you:
  - Dropped litter?
  - Made lots of noise?



The poster features the Natural England logo at the top left and the Countryside Code logo at the top right. The title 'The Countryside Code' is prominently displayed in the center. Below the title is an illustration of a person in a red jacket and blue trousers walking a black dog on a leash through a green field. In the background, there are rolling hills and a small blue car parked on a path.

**Respect other people**

Please respect the local community and other people using the outdoors. Remember your actions can affect people's lives and livelihoods.

Consider the local community and other people enjoying the outdoors

- Respect the needs of local people and visitors alike – for example, don't block gateways, driveways or other paths with your vehicle.
- When riding a bike or driving a vehicle, slow down or stop for horses, walkers and farm animals and give them plenty of room. By law, cyclists must give way to walkers and horse-riders on bridleways.
- Co-operate with people at work in the countryside. For example, keep out of the way when farm animals are being gathered or moved and follow directions from the farmer.
- Busy traffic on small country roads can be unpleasant and dangerous to local people, visitors and wildlife – so slow down and where possible, leave your vehicle at home, consider sharing lifts and use alternatives such as public transport or cycling. For public transport information, phone Traveline on 0871 200 22 33 or visit [www.traveline.info](http://www.traveline.info).

Leave gates and property as you find them and follow paths unless wider access is available

- A farmer will normally close gates to keep farm animals in, but may sometimes leave them open so the animals can reach food and water. Leave gates as you find them or follow instructions on signs. When in a group, make sure the last person knows how to leave the gates.
- Follow paths unless wider access is available, such as on open country or registered common land (known as 'Open Access land').
- If you think a sign is illegal or misleading such as a 'Private - No Entry' sign on a public path, contact the local authority.
- Leave machinery and farm animals alone – don't interfere with animals even if you think they're in distress. Try to alert the farmer instead.
- Use gates, stiles or gaps in field boundaries if you can – climbing over walls, hedges and fences can damage them and increase the risk of farm animals escaping.
- Our heritage matters to all of us – be careful not to disturb ruins and historic sites.



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# Countryside and Highway Codes

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- Respect other people:
  - consider the local community and other people enjoying the outdoors
  - leave gates and property as you find them and follow paths unless wider access is available
- Protect the natural environment:
  - leave no trace of your visit and take your litter home
  - keep dogs under effective control
- Enjoy the outdoors:
  - plan ahead and be prepared
  - follow advice and local signs



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# Countryside and Highway Codes

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1. A DofE group is walking across some land. They are tired, and want to get to the camp so are taking a short cut across a field. The field has just been sown, and they are trampling on the seeds.
2. Some kids have just stopped for lunch on their expedition. They didn't want to carry their rubbish so have left it in your hedge.
3. To make them feel better a group of kids are walking through your field with livestock in – they are singing very loudly and making lots of noise.



**THE HAMBLE SCHOOL**

ACHIEVING EXCELLENCE TOGETHER

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- What rules can we keep and follow during our expeditions?
- Which ones are the most important?



**THE HAMBLE SCHOOL**

ACHIEVING EXCELLENCE TOGETHER

# The End

- **First aid and emergency procedures** DONE
- **An awareness of risk and health and safety issues** DONE
- **Navigation and route planning**
  - Preparatory map skills DONE
  - Compass skills DONE
  - Practical map skills DONE
- **Countryside and Highway Codes** DONE

