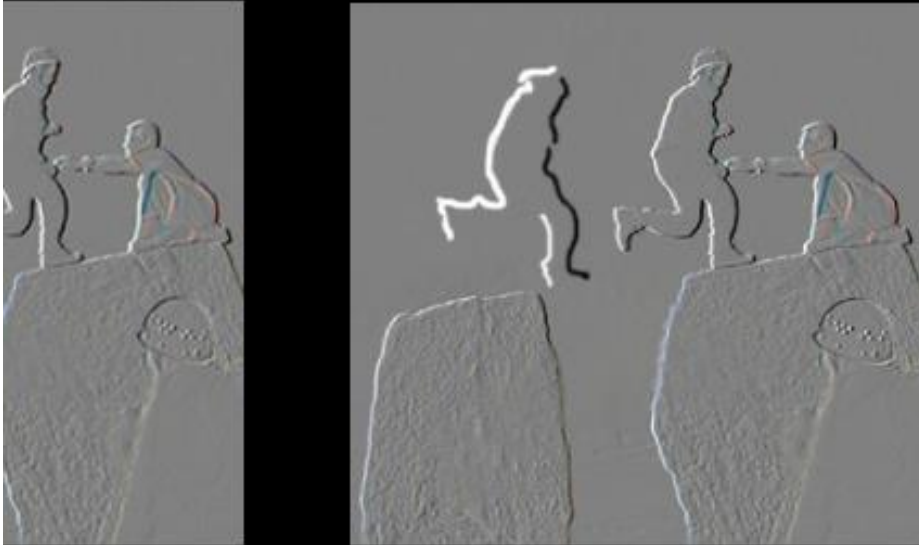


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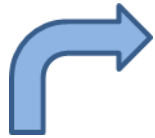
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Crisis and Problem Solving

On your Expedition



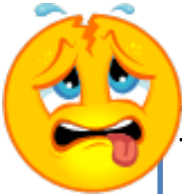


Does it need some first aid?

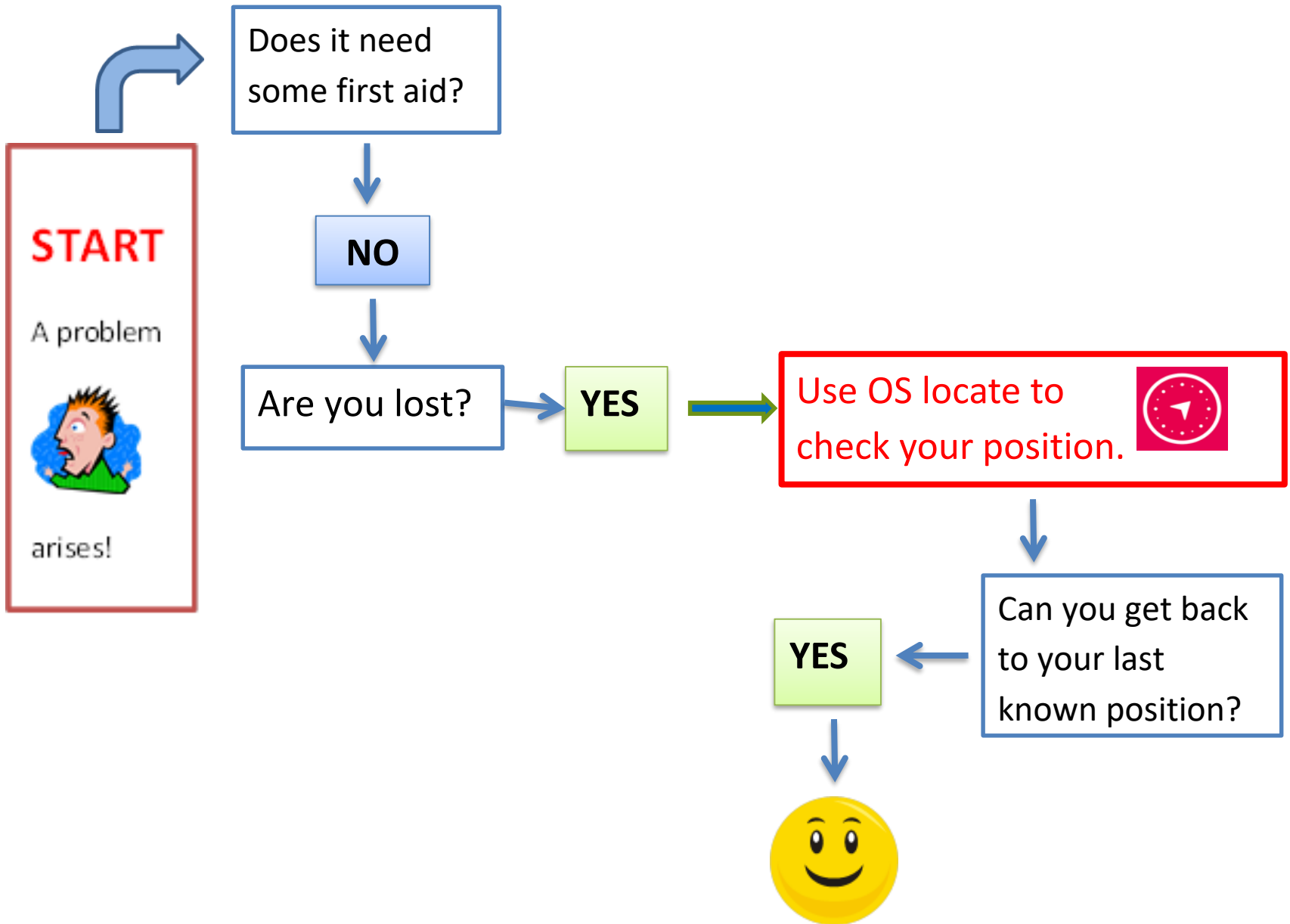
NO

Are you lost?

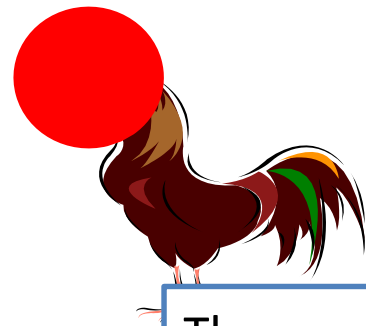
NO



Try to sort it logically. Some of the most common problems are:- Fear of cows! Too many stops – try to set a target then all stop. Tired – are you snacking enough to keep your energy up. Splitting up – this is a big **NO** except for emergencies. Don't reach for your phone for these sort of things – **SORT IT !**

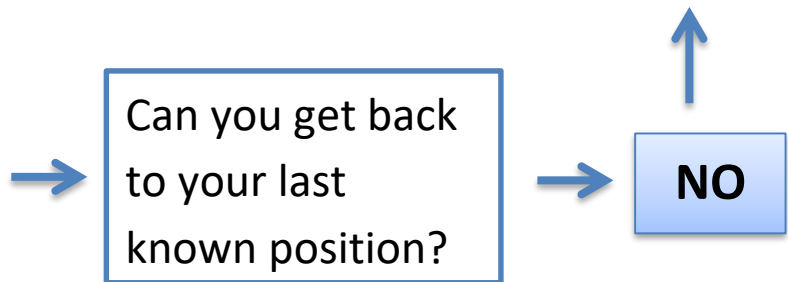


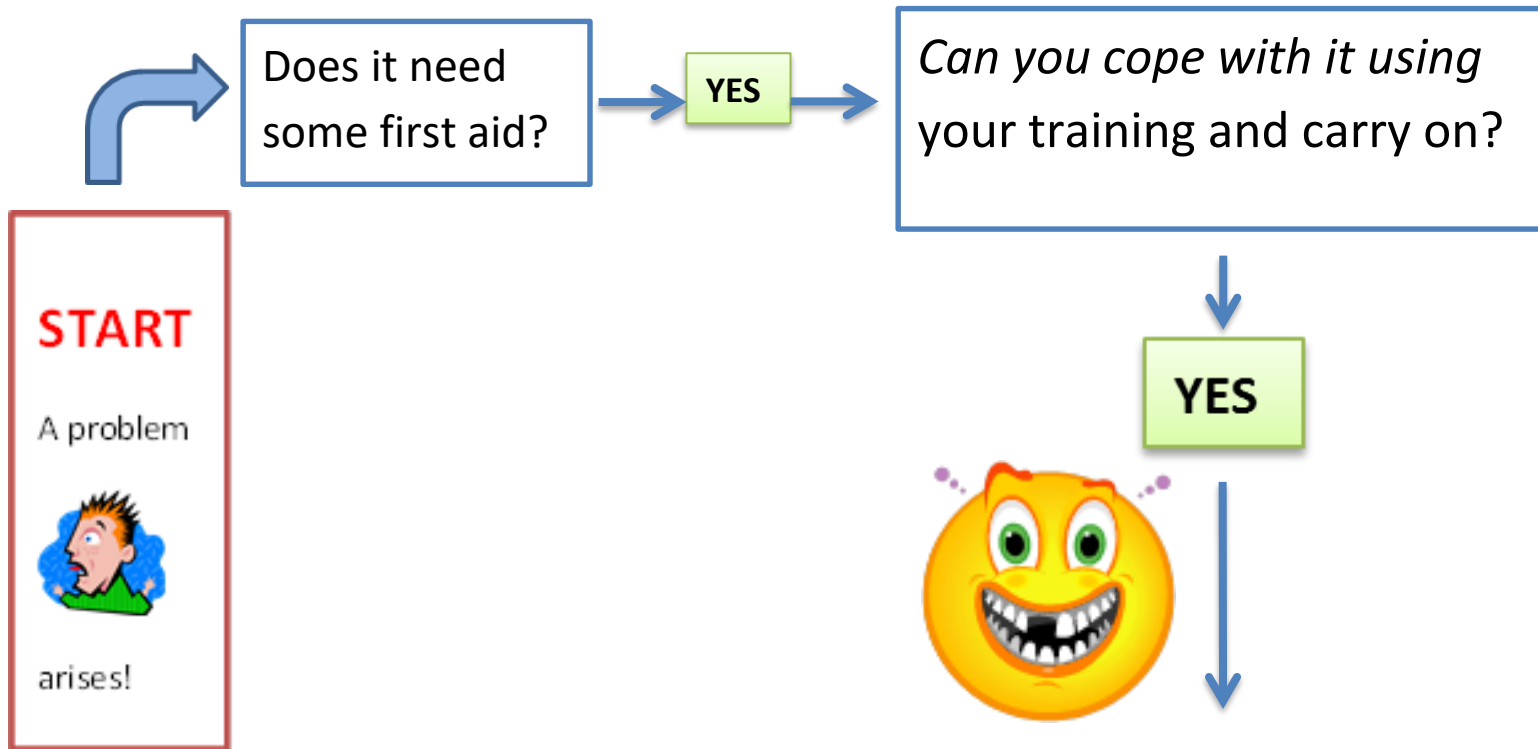
This may take a bit of effort but is always the best and fastest option. Go back then try again, but this time:- check your direction with a compass, decide what big feature you are aiming for, work out roughly how long it should take without stopping then time it, thumb the map checking every feature.



Then you must have been clucking about like a bunch of headless chickens!!

Try to decide on a catching feature; that's something that will catch you if you head in one direction such as a road, river or forest.

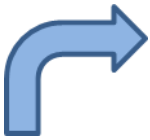




Great, sort it, carry on then use your contact number to let us know.

START
A problem

arises!



Does it need some first aid?

YES

Can you cope with it using your training and carry on?

NO

Does it require medical aid, e.g. an Ambulance or Mountain Rescue.

NO



YES

Stop. Give First Aid. Reassess after waiting for ten minutes. After the initial shock or pain things will usually feel better. A twist of the ankle is typical of this. Consider the comfort of the whole group.

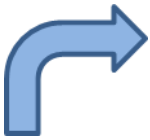


Use the contact number given to you. Be prepared to leave a clear calm message on voicemail first then text. State clearly: -who you are, where you are, check using **OS Locate**, noting any features around you, the time and the problem.

Try to get two members of your group to navigate to the nearest road – no more than 30 minutes away at Bronze, or if you are in a remote area or the Mountains use your Wild Country and Emergency Procedures training. Stay calm, what is a big problem to you now will probably be a very small problem later.

START
A problem

arises!



Does it need some first aid?

YES

Can you cope with it using your training and carry on?

NO

Does it require medical aid, e.g. an Ambulance or Mountain Rescue.

YES



Stop & Reassess. Can you wait a few minutes to see if it's really that bad? If you have, or think you can't, and you are still sure then:-

- Dial **999** first. If in a remote area or Mountains use your Wild Country and Emergency Procedures training.

- Then if possible, dial the contact number given to you – be prepared to leave a clear message, on voicemail first then text.

- If possible, try to get two members of your group to a road.

Give your position clearly, check it using **OS Locate**. Are you near a house or people who can help? If so show them this card and your contact number.

- Give first aid whilst waiting and setup a temporary camp.



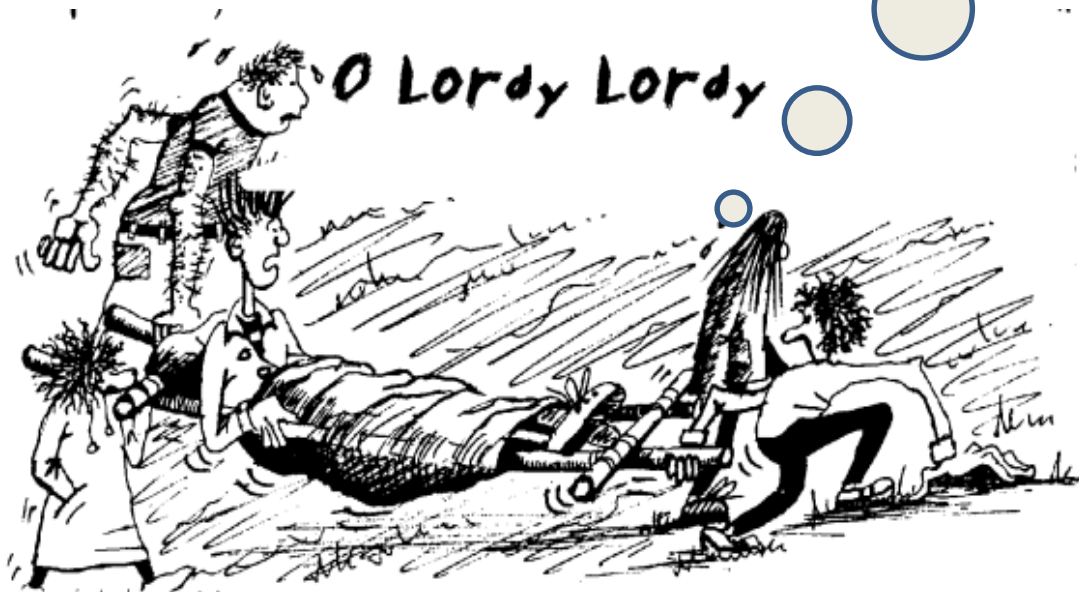
- Make yourselves very visible e.g. whistle/torch, until help arrives.

Remember this:-

an expedition is supposed to challenge you. It will be normal to feel outside your comfort zone. Try to solve problems calmly, they're never as bad as they seem.

Don't reach for a mobile phone straight away, they should be sealed up inside your rucksack and used only as a last resort. Never Never Never call home with a problem, you will just worry everyone – use your contact number if you really need to and leave a message. If necessary, staff will contact home.

Remember, the only
thing that is likely to
really really harm you is
getting run **over!**



Now look at the sheet titled –

Problem Solving On Your Bronze Expedition – An Examination of Problems

Use the pictures and text boxes to guide you to the answer contained in the flow diagram. Work in pairs and write down your responses.