

Keeping safe and warm

Notes:

This session meets the requirements of the [Duke of Edinburgh's Award Expedition Training Framework for Bronze Expeditions](#). Other requirements of the Expedition Training Framework are met by the other sessions within the Duke of Edinburgh's Expedition module.

References: Duke of Edinburgh's Award Expedition Training Framework as above; Duke of Edinburgh's Award Expedition Guide.

Equipment Required: Optional equipment for demonstration: Sleeping mat; hat and gloves; rucksack; survival bag; expedition clothing; sleeping bag; whistle

Supporting materials: Keeping safe and warm worksheet; scenario card showing an expedition group with appropriate equipment.

Session plan

Learning Objective:

By the end of the session you will be able to:

- Recognise the needs for keeping safe and warm in an expedition setting
- Carry out the action needed when waiting for people to find you

Starter Activities (10 minutes) – whole class

- Share any experience of expeditions or country walking
- Discuss what emergencies or difficulties might arise in an expedition in normal country

Development (10 minutes) – whole class

- Discuss how to recognise that a person may be experiencing difficulties that could lead to hypothermia (hypothermia itself does not need to be covered in this session but is taught as a separate topic): Complaints of feeling cold; pale skin and shivering; lack of interest in what is going on and a failure to understand simple questions and directions; violent shivering (the 'shakes'); lack of coordination, slurred speech and abnormality of vision; irrational, aggressive or violent behaviour.
- Get the class to work together or in pairs/groups to identify ways of keeping warm, to include: Shelter from wind; extra dry clothing; place in sleeping bag and bivvy bag; insulation from the ground; replacement of lost energy (for people who are not yet casualties) by hot sweet drinks, boiled sweets and chocolate bars.
- Discuss needs for fetching help: at least two people to go for help and two fit people to stay with group; note location on map and grid reference; where help is to be sought; written message.
- Discuss what to do while waiting for help to arrive: Erect tent/shelter; warm drinks for fit group members; treatment of any casualties; stress no drinks or food for casualties who may need an anaesthetic (but this session is not about dealing with actual casualties!); site made visible to rescuers.

Practical Activity (10 minutes) – group work

- Practice keeping a person safe and warm

Plenary Activities (10 minutes) – whole class

- Students to complete worksheet

Learning Outcomes

By the end of the session:

- A few students will be able to recognise all the features of needing to keep warm and respond appropriately
- The majority of students will be able to demonstrate how to keep a person safe and warm while waiting for help.

Suggested Extension Activities:

- Discuss and research the International Distress Signal and International Ground to Air Signals.