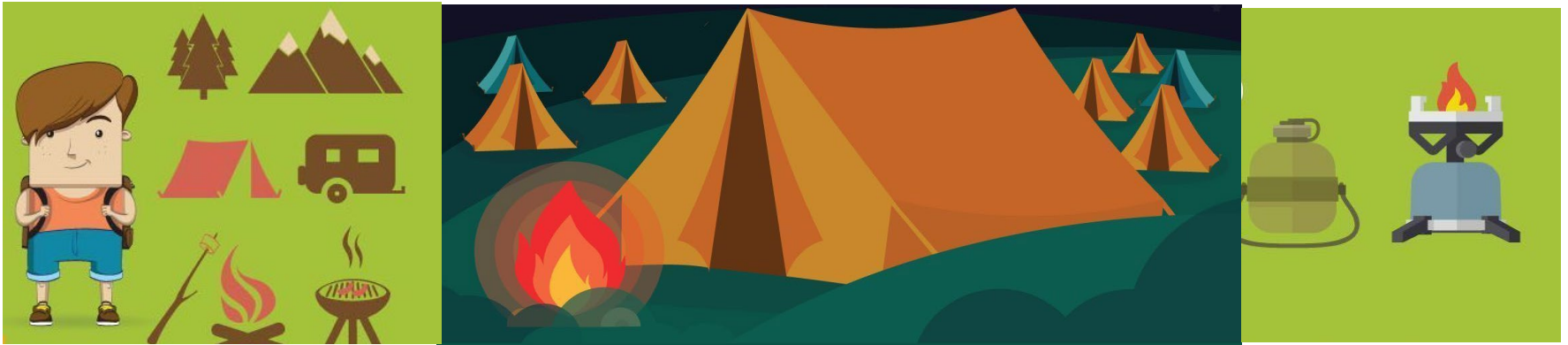




Basic Staff Training

Outdoor Safety



Enjoy the beauty of the outdoors,

SAFELY.

The Outdoor Safety Code



1. What do you need to consider before your camping trip?
2. What are the 6 W's for choosing a Campsite?

- 1. Plan your Trip** – seek knowledge of where you are going, pre visit, plan your route out, check out local facilities (hospitals etc.) ,check all equipment before packing.
- 2. Tell Someone** – ensure someone knows your plans, and plan should anything happen how alarms will be raised etc.
- 3. Be aware of weather** – The British weather can be very unpredictable, check forecast of area travelling to and plan accordingly expecting weather changes.
- 4. Know your limits** – Challenge yourself within your physical limits and experience, enlist appropriate people with necessary knowledge and skills to assists. Ensure safety of others and learn safe ways of rescue without putting yourself (or others) in danger.
- 5. Take sufficient supplies** – Make sure you plan for every eventuality. Ensure you have enough food supplies, clothing, equipment, and emergency rations for worst case scenario. Take an appropriate means of communication

Choosing a Campsite the 6 W's

- **Water**— Fresh water should be available for drinking. Beware of camping in areas where water drains, areas subject to flooding and other water related hazards. Marshy areas can have a high mosquito population
- **Wind**- Find areas that are protected from the wind. Check wind direction. Ensure tents are secured.
- **Weather**- Knowledge of the weather patterns of the area
- **Wild things**- Beware of signs of large mammals, foxes, Snakes, Stags Dears, Badgers, Rats, also insects mosquitoes, midges.
- **Wood**— Adequate wood should be available for a campfire, and no dead wood or rocks above sleeping area. Survey the trees to make sure that they will not fall on you in strong winds.
- **Willingness**— Make sure the owner of the property (public or private) is willing for you to camp on it. Make sure you have the proper permits for camping areas.

Water Safety



- Fresh water should be available for drinking
- When camping in an area that does not have running water and toilets, you must bring water with you
- Always bring along the means for purifying water
- **Never assume that because a stream or lake looks clean that it is OK to drink**
- If you see a sign that says "**Non-potable Water,**" that means that it is **NOT OK** to drink. Rather, non-potable water is only suitable for flushing toilets or possibly washing hands.





- List 5 things to consider when practicing good hygiene at a campsite where there is no running water (i.e showers, flush toilets, sinks, or faucets).



- Camping does not absolve a person from good hygiene practices. It merely makes such practices a little less convenient.
- Build an appropriate latrine and locate it properly (away from the campsite and away from any source of water).

- Wash dishes in plastic tubs. One for pre-rinse, one for washing, and one for rinsing. All tubs should be filled with hot water (heat it on the camp stove), and the temperature should be checked before the dishes are washed.
- Water temperature can be moderated by mixing hot water with cold water.
- The final rinse tub can benefit from a teaspoon of chlorine bleach.
- A handwashing station can be fashioned from a gallon jug (such as a milk jug). Fill it with water, screw the cap tightly in place, and suspend it from a tree. Pierce the jug with a golf tee. When the tee is removed, water will dribble out. When the tee is replaced, the flow will stop.

- Put a bar of soap in the toe of an old pair of pantyhose, cut the leg from the hose, and tie it to the handle of the milk jug.
- This will keep the soap from falling to the ground and getting covered with debris, but the soap can be used without removing it from the hose.
- Spit toothpaste into the trash or bury it. No one wants to look at that.

- **Separate the water into three washing up containers.** Once the water is boiling, carefully distribute it between three bowls/buckets.
- One for your washing in your biodegradable soap, one for rinsing, and one is for sanitizing your dishes.
- Check the label to see how many sanitizing tablets you should add to the bucket. Usually, the ratio is one tablet per gallon of water, but ratios will vary by brand
- Some advocate that the final rinse tub can benefit from a teaspoon of chlorine bleach as a sanitizer.
- **Dry your dishes.** Never let dishes stay wet after washing them. Use a clean towel to dry off your dishes after sanitizing them. You can then store your dishes for the night.
- **Dump your water 200 feet away from any water source.**
- It's vital to be at least 200 feet (60.96m) away from a water source before dumping your dishes.
- **Do not dump your water in a single spot.** Dump the water in different places so it's dispersed over a large patch of land. Dispersing the water in a single spot is an environmental hazard.
- Ensure water is strained first before disposing all food waste etc. removed



- What safety precautions should you consider when building a latrine?
- List 5 things you can do to prevent animals from coming into your campsite?

- The latrine should be located at least 60 meters away from any source of water.
- The latrine should be private.
- The commode should be sturdy and well-able to support the weight of anyone using it.

List 5 things you can do to prevent animals from coming into your campsite.

- Wash all dishes as soon as you are finished eating.
- Store food in animal-proof containers, or hang it beyond their reach.
- Food storage containers should be air-tight to prevent aromas from escaping and attracting animals.
- Do not bring food into your tent.
- Store food trash in air-tight containers as well, and place it in an inaccessible area. Another option is to burn uneaten food.
- Note that these steps will still not prevent a persistent animal from investigating. Raccoons which have been acclimated to human activity are brazen enough to enter a well-lit campsite even when humans are less than 10 meters away!

Kitchen /Mess tent

ENSURE

- **Food is secured against animals**
- **Food is stored at a safe temperature**
- **Kitchen and dishes are clean**
- **Fire extinguisher is accessible and near stove**
- **Area is neat and free from tripping hazards**



Food Safety



- Identify the temperature the following foods should be kept at, and explain why this is important when camping
 - a. Hot foods
 - b. Cold foods

Food Safety



- Correct storage temperatures are probably the most difficult to achieve at camp.
- Careful menu planning and choice of ingredients that are safe to store and produce will help.
- Providing suitable storage, cool boxes, portable refrigerators as needed.
- Consider careful purchase of perishable items just before use.
- As a food handler, it is important that you ensure that you maintain the highest standard of cleanliness and hygiene at all times.
- High-risk foods are those generally intended to be consumed without any further cooking, which would destroy harmful food poisoning bacteria

Food Safety



a. Hot foods

Hot foods should be kept warmer than 60°C

b. Cold foods

Cold foods should be kept cooler than 4°C

The temperature range between 4°C and 60°C is the *danger zone* where bacterial growth is vigorous. Bacteria is what makes food spoil, and eating spoiled food can cause sickness.

- **High-risk foods** include cooked meat and poultry, cooked meat products, egg products and dairy foods
- These foods should always be kept separate from raw food.
- It is therefore important to store raw meats, poultry, fish and vegetables in separate cool boxes. (Safer to plan vegetarian meals)
- Use separate coloured chopping boards for raw foods, cooked foods and vegetables.
- Use anti-bacterial sprays on work surfaces
- Remind young people to wash their hands before helping to prepare food and afterwards also.
- Use gloves to prepare food, and also to serve food
- Wash /wipe the lids of cans before opening
- Do not leave any food or rubbish where it may attract pest.
- Keep you cooker clean.



Fire safety

- What are the local laws about camp fires in the UK?
- Identify 3 reasons why a camp fire should never be left unattended.
- List 10 rules for fire safety to consider when camping.

Fire safety

- **What are the local laws about camp fires in the UK?**
 - *Unplanned fires can cause devastation to the countryside. You must always obtain permission from the landowner or occupier before you light a fire. Otherwise you may be liable to prosecution for criminal damage. Remember that smoking materials and matches can easily start fires, even if you stub them into the ground or into a litter bin. Always dispose of them with care.*
([Countryside Agency - 'Caring for the countryside'](#))



Identify 3 reasons why a camp fire should never be left unattended.

- It could get out of control and spread.
- It would be a danger to unsupervised children who are (in general) fascinated by fire and may wish to experiment with it.
- It is illegal in many localities.

Identify 3 reasons why a camp fire should never be left unattended.

- It could get out of control and spread.
- It would be a danger to unsupervised children who are (in general) fascinated by fire and may wish to experiment with it.
- It is illegal in many localities.

- Locate the fire in a safe place. It should be clear for 10 feet (3 meters) all around.
- Do not light a fire beneath overhanging branches.
- Do not use accelerants, such as lighter fluid, gasoline, kerosene, etc. Learn to light a fire without these.
- Put the fire out **completely** before leaving it. If it's too hot to put your hands in the ashes, it's not sufficiently out. Douse it down with water, turn the coals with a shovel, and be sure to extinguish every coal and ember.
- Do not build a fire on top of flammable material such as grass or leaves.

- Cut away the sod (keep it moist so it stays alive, and replace it before your leave), and clear away the duff and litter.
- Keep fire extinguishing supplies handy and near the fire. A bucket of water or sand, or a fire extinguisher are recommended.
- Do not remove burning sticks from a fire.
- Watch for embers that escape the fire pit and extinguish them immediately.
- Wear proper footwear around a fire.
- Be aware that paper, cardboard, and leaves create floating embers that rise out of the fire pit and may land dozens of yards away.
- Do not light a fire when conditions are adverse (high winds, or drought conditions).

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Emergency Readiness

- Never go camping without a first aid kit.
- Always be prepared for any emergencies that may arise.
- Know where the nearest Police Station and hospital are located.
- Every Adventurer Pathfinder staff member must have a up to date medical release form.
- These forms should be signed and dated
- The forms should be photocopied (2 copies)
- Mobile Phones lack of signal.



- Make a list of items that should be in a “First Aid Kit” and inspect your Pathfinder Club's camping first aid kit and make recommendations of any missing items as applicable?
- Identify 2 types of fuel used for camp cooking and explain what precautions should be used when using each type of fuel. Discuss 5 guidelines for safely handling the following camping items:
 - a. knives
 - b. axes
 - c. saws
 - d. hatchets
 - e. machetes



- Commercially available first aid kits available via normal retail routes have traditionally been intended for treatment of minor injuries only. Typical contents include:
- adhesive bandages
- regular strength pain medication
- gauze
- low grade disinfectant.
- Additional items may include:
- tweezers (for tick and splinter removal)
- Ace bandages
- burn cream
- medical grade gloves (to protect the responder)
- alcohol pads (for sterilizing equipment and wounds)
- an epinephrine auto-injector (brand name EpiPen) - often included in kits for wilderness use and in places such as summer camps, to treat anaphylactic shock.
- When inspecting your club's first aid kit, be sure to check expiration dates on any medications.

(a)knives[\[edit\]](#)

Keep knives sharp.

Close folding knives when they are not in use or when passing one to another person.

Cut away from the body (yours or anyone elses).

Do not throw knives

Do not stick a knife blade into the ground.

(b)axes[\[edit\]](#)

Check the condition of the axe before using it, and make certain the head is firmly attached to the handle. Check this continually as you use the axe.

Make sure the area above the head is clear before swinging an axe.

Do not use an axe when another person is within two axe-lengths.

Make sure no one is directly in front of you or directly behind you (in case the axe head comes off).

Do not chop the ground with the blade.

Do not swing the axe unless you have a firm footing.

Whacking a dead tree with an axe can dislodge dead limbs. Watch for them.

Do not swing an axe towards any part of your body (especially feet and legs).

Anticipate that the machete can glance off a target after it strikes it.

Sheathe a machete when it is not in use.

(c)saws

Do not chop with a saw. Saws are for cutting.

Keep fingers clear of the blade.

Start cuts at a low angle so the blade does not bind or jump out of the kerf.

Store a saw in a safe place when it is not in use. Don't make it a tripping hazard.

Be aware of the entire length of the blade when sawing.

Do not saw into whatever is supporting the item being cut.

(d)hatchets

Do not hold an item with one hand and chop at it with the other. You really do want to keep all your fingers.

Sheathe a hatchet when it is not in use.

Present the handle to a person to whom you are passing a hatchet.

Store a hatchet in a safe place when it is not in use. Don't make it a tripping hazard.

Keep the hatchet sharp.

(e)machetes

Make sure anyone using a machete is well supervised.

Store a machete out of the reach of children.

Do not swing the machete towards your legs or feet.

Anticipate that the machete can glance off a target after it strikes it.

Sheathe a machete when it is not in use.

Types of Fuel

Propane

Propane is perhaps the most popular form of fuel for a camp stove. Be sure to close the valve tightly when the tank is not in use. When lighting a propane stove, be sure to have the fire ready before turning on the gas. If you turn on the gas first and then have trouble getting the fire to light, you can cause an explosion. Allow the gas to clear for five minutes before attempting to relight.

Alcohol

Backpacking stoves often use denatured alcohol as their fuel source. Be aware that alcohol flames can be almost completely invisible, especially in direct sunlight. Pathfinders have been known to believe the stove is not lit because of this, and then have attempted to refuel the (lit!) stove.



Road Safety

- Always walk towards oncoming traffic so you can see what is coming
- Keep close to the side of the road and be prepared to walk in single file.
- There should be a look-out at the front and back of the group wearing fluorescent clothes in daylight and reflective clothes in the dark
- At night, the front look-out should have a white light and the rear look-out a red light.
- Use the Green Cross Code to cross the road may do so in a group within reason.
- Have one person giving the instruction.





Hiking

- Only **trained individuals** should take Pathfinders/Adventurers on hikes
- **Always do the hike yourself beforehand**, Carry out risk assessment
- Have a planning session with group before hand, go through route, resources needed, clothing, footwear, water, food/snacks etc.
- And debrief afterwards
- Ensure someone knows your planned route in case of emergency

SEC Expedition Club

<http://secare8pathfinders.adventistchurch.org.uk/sec-pathfinder-expedition-club>

Are you uncomfortable leading walks or hikes?

Is your map and compass skills weak?

Do you want help taking your club out on an overnight hike?

Would you like to hike at least once a month?

The SEC Expedition Club is for you – visit the link above

And lets get moving!

