



In an Emergency

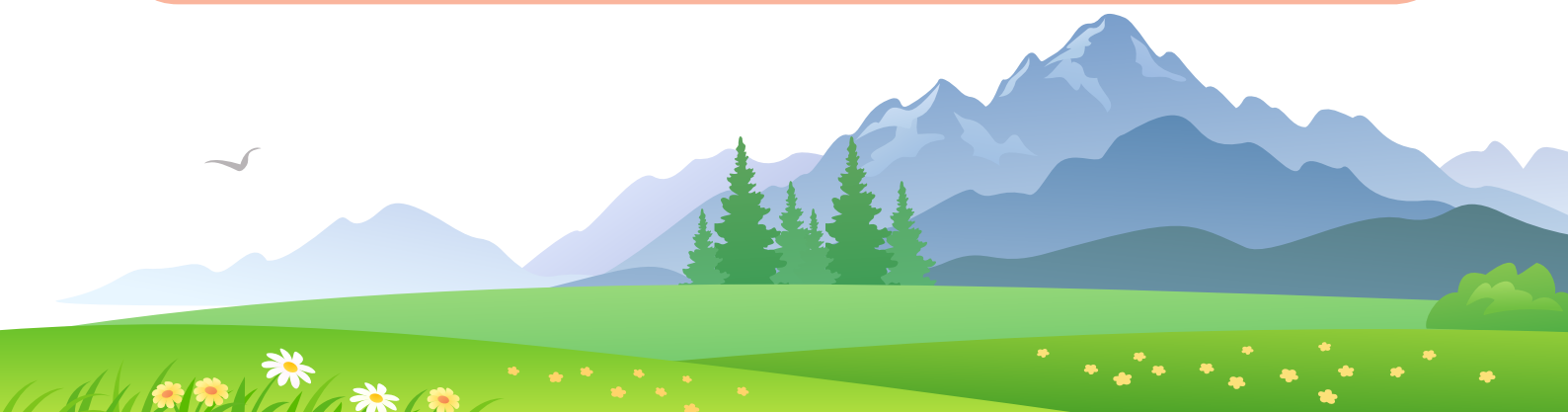
In this activity we want you to explore what you can do in the event of any emergency and how to keep yourself and others safe.

Take your pick from the list of suggested ideas, which may have come from existing resources (e.g. Roundabouts / Handbooks / Badges / GFIs / Octants and other Girlguiding publications) or choose your own activity. Remember that Growing Up Wild is designed to get our girls outdoors and into their natural environment - so discuss with your girls to decide how many activities they'd like to do!

You can achieve your badge for participating in any activity which will help you to develop your survival skills.

All Age Activity ideas

- > Know what to do if you are out in the open and lightning starts. Act it out when outside.
- > Find out what you would do if you were lost. Leaders and/or Guides or Senior Section plan an incident walk/hike.
- > Know how to behave sensibly by canals, rivers and lakes and demonstrate your skill
- > Know what to wear when you are going outside and gather together your clothing and the kit you would take with you
- > Know, understand and put into practise the Highway Code, Countryside Code and Water Safety Code



Rainbow ideas

- > Wear the correct clothing for a trip in the country or woods
- > Whilst out walking in the town or the country or near water or a railway line, show that you can walk safely
- > Demonstrate that you can use the Green Cross Code when out and about
- > Visit a local playground and think about being safe as you play
- > Demonstrate that you know how to dial 999 on a toy phone and practise the information you would give to the operator



Links / Extensions

Roundabouts:

Rainbow Roundabout.8, p.10
The World p.14
Global Adventure
All About Me

Brownie ideas

- > Learn how to find North by using a compass and demonstrate this when outside
- > Follow a simple route using a sketch map in an area you don't know
- > Draw a map to get you from your home to Brownies
- > Get an adult to help you find where you live on an OS Map
- > Demonstrate you can use a railway crossing safely
- > Know how you can play in snow safely and without risk to yourself and others
- > Know how to deal with cuts, bruises and burns
- > Demonstrate that you know how to dial 999 on a toy phone and practise the information you would give to the operator
- > Identify some key constellations and know how they may help you find your way. Go out at night and look for these constellations.



Links / Extensions

Brownie Adventures

Badges:

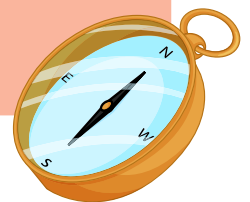
Out and About
Finding Your Way
Road Safety
Water Safety
First Aid
Stargazer

Brownie Adventure File

Instant Challenges: Safety

Adventure Plan:

Emergency
Road Safety
On the Map



Guide ideas

- > Using a compass walk on a bearing
- > Identify ten new constellations and know how they may help you find your way. Go out at night and look for these constellations.
- > Know how to build a shelter for if you are in difficulty when out walking. Explain how to deal with, and avoid, hypothermia and heat exhaustion.
- > Put together an emergency first aid kit and know how to use it. Take it with you on your expedition/walk.
- > Know who to contact in a case of emergency on land, by water or by rail. Know what information you would need to give.
- > Demonstrate how to keep your home safe from flood. Produce a checklist of things you would do.
- > Know how to make sandbags to protect your home from flooding
- > Show that you can produce a hot meal without using town gas or electricity
- > Make and light a fire, or use a stove safely to boil water and make a hot drink
- > In preparation for an incident hike, organised by your Leaders or Young Leaders, discuss what preparations you would make for going on an outing. Explain what you would do if you got lost when walking in a wood, in fog or in a town.
- > Before venturing out undertake a risk assessment and explain the possible hazards to those going with you

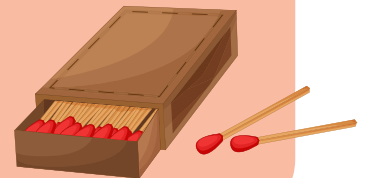
Links /Extensions

Badges:

Active Response
Camper
Finding Your way
First Aid
Personal Safety
Survival
Water Safety

Go For It

I will Survive
Water Splash



The Senior Section ideas

- > Plan and undertake a hike using compass bearings
- > Make a shelter and sleep in it overnight
- > Know how to cross a stream safely
- > Be up to date with resuscitation techniques
- > Know what precautions you should take when walking or travelling alone late at night
- > Contact your local Community Liaison Officer and ask them to come and demonstrate different defence moves

The Senior Section





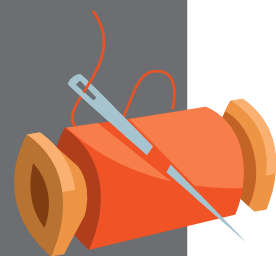
Websites

How to / Activities

- > www.canalrivertrust.org.uk/explorers
- > www.learn-orienteering.org/old/lesson1.html
- > www.wikihow.com/Use-a-compass
- > www.naturalnavigator.com/find-your-way-using/stars

Information Websites

- > www.suzylamplugh.org
- > www.networkrail.co.uk/safety-education
- > www.rlss.org.uk/index.php/water-safety/water-safety-in-a-flood
- > www.sja.org.uk
- > www.girlguiding.org.uk
- > www.walkingandhiking.co.uk/what-do-if-you-become-lost.html
- > www.ramblers.org.uk
- > www.canalrivertrust.org.uk
- > www.ordnancesurvey.co.uk
- > www.dofe.org
- > www.trackoff.org
- > www.nhs.uk/Conditions/Pages/hub.aspx
- > www.girlguiding.org.uk/brownies/badges/outandabout.asp



Let us know what you've
been up to on the
Growing Up Wild website!

