



**WET WEATHER, INCIDENT PLAN & LOG
SUPPORT**

BOY'S TOWN – 05 DEC 09

10 DEC 09 (revised to reflect changes to SP/CP5/EP)

Identification!

- How to id yourself?
- Enter personal safety information & NOK behind the passport
 - Enable first aiders to render assistance swiftly and correctly



Passport (Front and Back)

passport let's take a **walk** 2009

Participant _____

Team _____

A Project by Raleigh Society

10km	20km	30km	40km	50km
60km	70km	80km	90km	100km

lets take a walk

A Project by: Raleigh

In case of emergency, contact:

Safety:

Sat 19th Dec 8.00am to Sat 19th Dec 6.00pm – Yousi (hp 9785 6068)
Sat 19th Dec 6.00pm to Sun 20th Dec 6.00am – Vincent (hp 9086 5354)
Sun 20th Dec 6.00am to Sun 20th Dec 4.00pm – Yousi (hp 9785 6068)

Operations:

Sat 19th Dec 8.00am to Sat 19th Dec 6.00pm – Weizhen (hp 9125 4714)
Sat 19th Dec 6.00pm to Sun 20th Dec 6.00am – Kim Hoe (hp 9642 0497)
Sun 20th Dec 6.00am to Sun 20th Dec 4.00pm – Weizhen (hp 9125 4714)

Emergency Name and Contact: _____

Medical Condition, if any: _____



Indemnity form



Let's Take a Walk 2009 Indemnity Statement



In consideration of, and as part of the agreement to participate in Let's Take a Walk on 19th and 20th December 2009,

1. I acknowledge that I have read, understood and approved the following terms and conditions. I confirm that I am over the age of 21 and have authority to sign this release and that I have read and understood this agreement prior to signing it
2. I am aware that this activity involves inherent risks of illness, injury, death and/or loss or damage of property, which may be caused by negligence, forces of nature and other causes known or unknown. I recognize that such risks are present always, before, during and after the event. I am also aware that medical facilities may not be readily available during the event.
3. I hereby indemnify and irrevocably and forever release and waive all rights and recourse against Raleigh Society and their respective agents and associates from and against any and all claims, demands, payments, proceedings, judgments, settlements, awards, expenses (including other liabilities arising in connection with the event.

Team Name:			
Team Member	Name and NRIC	Signature	Date
1			
2			
3			
4			
5			
6			

*Please fill up this form and submit to the registration booth on 19th Dec at the event venue.



Organizer Communications

- Single point of contact for participants throughout the event
 - 0630hrs 19 Dec 2009 – 1700hrs 20 Dec 2009
 - **Day Operation**
 - 97856069 (Yousi)
 - 91254714 (Wei Zhen)
 - **Night Operation**
 - 90665354 (Vincent)
 - 96420497 (Kim Hoe)



In the event of wet weather...

- The event will not be postponed to another day
- In the event of rain, the walk will still go ahead but bring your wet gear for the walk



When Thunder Roars, Go Indoors!

When a safe location is nearby

- As soon as you hear thunder, see lightning or see dark threatening clouds, get to a safe location.
- Wait 30 minutes after the last rumble of thunder before you leave the safe location.



What is a safe location?

Safest location

- Large enclosed building.
- Picnic shelters, sheds, pavilions and other partially open or small structures are **NOT safe**.

2nd safest location

- Enclosed metal vehicle, car, truck, van etc.



When a safe location is not close

- Do **NOT** seek shelter under tall isolated trees and under partially enclosed buildings
- Stay away from tall, isolated objects. Lightning typically strikes the tallest object.
- Avoid wide, open spaces and exposed hilltops.
- Stay away from metal objects, such as fences and poles. Metal is an excellent conductor.
- If lightning is in the immediate area, stay at least 15 feet apart from other members of your group so the lightning won't travel between you if hit.



Night Walking

- **Wear Reflective Gear to be seen**
 - Avoid wearing black or dull colours clothes
 - Recommended attached of bicycle blinking lights to their bags, set blinking mode.
- **Light Your Way**
 - lightweight flashlight can come in handy for some dark areas. (eg. Changi Coastal roads).
- **Night Safety Rules**
 - Use sidewalks and off-road paths, rather than the street.



Night Walking

- Beware of tripping hazards. It is harder to see uneven sidewalks, roots, rocks, potholes and trash when it's dark.
- Safety in numbers: Use the same routes used by other walkers and runners.



In the event of injury or physical discomfort...

- Please bring along your **own medications** and **basic first aid**, especially those with pre-existing medical conditions
- First aid support
 - Safety Vehicle with Basic First Aid Support



- Common physical discomfort and prevention actions

Conditions	Signs and Symptoms	Preventive Actions
Blisters	-	Stay hydrated. Wear good shoes and socks. Stay dry. Use lubricant on feet. When blisters occur, keep it clean and dry. Do not burst the blisters.
Leg Cramps	-	Keep hydrated. Have sufficient warm up before the walk. Do not walk too fast
Heat exhaustion	Paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting	Keep hydrated
Dehydration	Thirsty, decreased urine, urine concentrated and more yellow in colour, dry mouth, eyes stop making tears, sweating may stop, muscle cramps, nausea and vomiting, light-headedness	Keep hydrated

- During safety emergencies, first and foremost, stay calm. Assess the situation and activate the following procedures:
 - ✓ Apply first aid to your team mates
 - ✓ Approach LTAW first aiders if they are in the vicinity
 - ✓ Appeal for help from public if available
 - ✓ Call for ambulance (995) for emergency or 1777 for non emergency
 - ✓ Inform committee members, providing the following information:
 - Location (as precise as possible)
 - Nature of injury or incident
 - ✓ Wait for help to arrive



Take Note

- Bring your handphome in case of emergency.
- You are encouraged to carry with you at least 500ml water.
- Listen to your Body!



Log Support

Drinks and Fruits Points (while stock last)

- Checkpoint 2 & 4 → Milo
- Checkpoint 2 & 4 → Fruits
- Directional Signs at some junction such as
 - Exit Mt Faber, taking small trail
 - Adam Road
- Safety Coverage
 - First aiders equipped with first aid kits
 - 1 roving safety vehicle



**ALL THE BEST
FOR THE
WALK!**