

Case Study 1

Your teammate was sucking a boiled sweet when they tripped on a tree root.

They clutch their throat and can't talk.

What would you do?

Case Study 2

It is a beautiful sunny day and your group have just walked up a steep hill.

One of your team mates is only wearing a t-shirt and shorts.

You stop for lunch at the top of the hill and they start to shiver.

What would you do?

Case Study 3

It is a hot sunny day and your DofE group are just finishing a particularly hard leg. One of your teammates has been complaining of a headache, they are hot, flushed and have dry hot skin.

What would you do?

Case Study 4

Your expedition team stop for a snack and share around a bag of fruit and nut. One of your team starts to experience difficulty in breathing, has swelling around the mouth and a red rash starts to appear.

What would you do?

Case Study 5

You and your team are walking along a bridleway. You notice your friend's eyes are running, they are sniffing and sneezing a lot.

What would you do?

Case Study 6

After a long days walk you get into your tent with your tent mate and take your boots off. You notice an unusual pea sized lump stuck to your friends leg.

What would you do?

Case Study 7

It is raining and you and your team are walking down a slippery hillside. Your team mate slips and rolls on their ankle. The ankle is swollen and appears painful.

What would you do?

Case Study 8

After a short rest break your team mate is putting their heavy rucksack back on, they drop it and scream in pain. You notice their arm is hanging at an odd angle and the joint looks funny.

What would you do?

Case Study 9

You are walking along a field boundary when you come across a stile.

One of your team members trips over the top and lands heavily on their arm.

They scream out in pain.

What would you do?

Case Study 10

You and your team are very tired after day 1 of your expedition. One person is cooking your boil in the bag meals whilst the rest of the team put the tents up.

You hear a scream and notice your team mate has tripped over a guy rope knocking the boiling water onto her arm.

What would you do?

Case Study 11

You are walking across a field for approximately 6km on a hot, sunny day. You notice your team mate looks extremely red and has not been wearing a hat.

What would you do?

Case Study 12

You are cycling towards your lunch stop and have been looking for somewhere to stop for water for the last 3 hours.

Your friend has had a headache for around 45 minutes and hasn't been to the toilet since the morning. They start to feel dizzy.

What would you do?

Case Study 13

One of your team members is scared of cows so decides to run to the other end of the cow field to stay away from them.

When you catch up with them they are wheezing and have difficulty in breathing.

What would you do?

Case Study 14

You have stopped for lunch when a walker you saw earlier in the day is walking towards you. He appears to be very unsteady and shaky, is showing signs of confusion, is unsure of where he is and is asking for help. You notice a medical alert bracelet on his wrist.

What would you do?

Case Study 15

One of your team woke up late and didn't have time to eat their breakfast, they haven't eaten anything all morning.

They are becoming angry and become upset very easily.

They are shaky and eventually admit that they are starting to feel faint.

What would you do?

Case Study 16

On the second day of your hike, one of your team members who has Type 1 diabetes is noticed to be drinking a lot of water.

They have emptied their water bottle twice already and are borrowing others.

Their breath smells of fruit sweets.

What would you do?

Case Study 17

You are half way through your day's walking when your friend's foot starts to hurt. It is the first time they have worn their new walking boots and when they take off their boot and sock they find that they have a blister.

What would you do?

Case Study 18

You are walking along a river bank and see an upturned canoe floating in the water. You then notice someone getting pulled out of the water. They are lying on the bank, soaking wet and unresponsive.

What would you do?

Case Study 19

Two of your friends are walking ahead of you and are mucking about, one of them slips and slides down the side of the path.

It is not steep so it is safe to make your way to them. When you get there your friend is crying and in pain, there is a lot of blood on their leg.

What would you do?

Case Study 20

After a long day your team finally get their tent up and can't wait to get their boots off.

You are all running around in your socks when a team mate steps on a tent peg that was left in the ground and it gets stuck in their foot.

What would you do?

Case Study 21

Towards the end of your expedition everyone is starting to feel tired. One of your team mates finds a perfect stick to use as a walking aid. After a few minutes they realise they have got a splinter.

What would you do?

Case Study 22

It is a hot day and a member of your group starts having a nosebleed while they are walking.

What would you do?

Case Study 23

Your team stop and decide to check their maps and route card to make sure they are where they think they are.

A member of your group complains about feeling dizzy and light headed.

You hear a thud and realise they have collapsed. They wake up quickly.

What would you do?

Case Study 24

You are waiting to be picked up at the end of your expedition when someone suddenly falls to the ground making a funny noise and starts shaking uncontrollably.

What would you do?

Case Study 25

You are walking to the pickup point at the end of a hike when the person in front of you trips over and bangs their head on a large stone.

What would you do?

Case Study 26

You are at the campsite when you see someone from a different group walk in with a handful of berries.

They start vomiting as you go over to them.

What would you do?

Case Study 27

You are on a hike when you come across another group of walkers.

They have stopped because one of the men is suffering from pains in their chest and looks pale and sweaty.

They don't know what to do.

What would you do?

Case Study 28

A member of your group slips and hits their back against a rock.

They cannot move or feel their legs or the injury. They are panicking.

What would you do?

Case Study 29

You walk into your tent to put your rucksack away and find one of your group lying on their inflatable sleeping mat not moving. You can't wake them up.

What would you do?

Case Study 30

After a long days walking everyone is sat outside their tents playing card games. As the sun goes down the temperature starts to drop.

Your friend is only wearing a t-shirt and shorts. They start to shiver.

What would you do?