

# DofE Emergency Procedures Orienteering Quiz Answer Sheet

Control Point	Question		Tick for your answer	Check your answer with the 3 <sup>rd</sup> Number
5	Who is the most important to keep safe in an emergency scenario?	Yourself		6
		Your team		
		The casualty		
8	Who is the best person to contact for help with a minor incident?	A passer-by		
		Your expedition supervisor		3
		Your parent/guardian		
1	What should you take with you if you need find to help?	Map and compass		
		Snacks		
		Your entire rucksack		4
10	You have become "navigationally challenged" and don't know where you are. Which of these is NOT a suitable option?	Backtrack from where you came.		
		Keep on walking in the direction in which you are going.		5
		Stay where you are and come up with a plan.		
15	You need to contact your expedition supervisor but have no signal. What is a suitable option?	Find higher ground.		5
		Write them a note to leave at your last checkpoint.		
		Send one person to go and find the supervisor.		
2	When phoning 999, to contact Mountain Rescue you can ask for...	Police		7
		Ambulance		
		Coastguard		
9	You approach a stream with very high water that is on your route. Which of these is NOT a suitable option?	Find a bridge or crossing point.		
		Walk upstream to where the water might be lower.		
		Try and jump over it.		0
11	It is raining and help is still 45 minutes away. What could you do to keep a casualty comfortable?	Utilise shelter such as a tent.		4
		Light a fire.		
		Go for a walk.		