

## **Personal Outdoor Plan**

### **P.O.P.**

#### **Guidance Notes**

*During any emergency situation time is always a factor particularly when someone is injured. Taking a few minutes to produce a Personal Outdoor Plan can give you, and those left at home piece of mind, and instructions to start the rescue ball rolling at an early stage.*

*If you have communications with the emergency services or your emergency contact, then follow all instructions they give you. If you have communications, you do not need your POP. Your POP is your no comms plan.*

*We know that plans change, and the unexpected happens. Your POP should be flexible enough to allow for changes to occur on the ground. Any changes must be communicated for the POP to be effective. The POP can be adapted to suit you. You may find that, when filled in, many parts of your POP will remain unchanged for different trips.*

***The person who will have the biggest influence in YOUR rescue is YOU.***

***These notes refer to the POP Sections.***

**POP title and activity** – A new POP is created for each activity or trip and must include the location and dates

#### **Personal details.**

Your full name and address and age (DOB). The photograph allows for a positive identification should the worst happen. The names of **ALL** members of the group who are on that trip. The name of your nominated emergency contact or contacts.

#### **Communication Details - Telephone**

Any (or all) mobile telephone numbers that the group has with them. Network information for the mobile telephones.

#### **Personal Locator Beacon Carried**

The owner of the registered PLB (it may be borrowed) and the make and model. 406 MHz is standard frequency of PLBs. Older models may use a different frequency. The unique hexadecimal identification number of the PLB.

Where the beacon was registered and the date of registration. When a PLB is registered the owner nominates up to 5 people as emergency contacts on the event of a beacon activation. If practical, your POP emergency contact will be one of your PLB nominated emergency contacts.

You may wish to change this section and include SPOT trackers, In-reach devices or satellite communications.

#### **Medical Conditions / Allergies / Medication Carried**

Include any information that you consider to be useful to the emergency services and the SAR unit.

### **Vehicle Details**

Your vehicle may be the start point for a search.

### **Map Information.**

Include all map information and the coordinate system used in your activity plan.

### **Activity Plan.**

Detail your start and finish information. The details of your route including coordinates. This information will be used for planning a search.

### **Emergency Plan**

*This POP section is designed to make you think about your actions in an emergency. It could be useful deciding as a group beforehand so that you all agree. DO NOT change from this plan during an emergency, if possible.*

### **Cut-off Date and Time**

Set the date and time for your emergency contact to notify the emergency services. Detail the actions you want them to carry out and discuss this with them before you set out.

### **Emergency Situation**

Detail what you WILL do in an emergency. By using '*we will*' when formulating your emergency plan helps to fix it in your mind and it becomes easier to recall during a stressful situation. Make sure that everyone in the group knows the emergency plan, rehearse it.

### **Equipment.**

The equipment you carry will change depending on time of year, length of trip etc. Use this section as a check list prior to the trip. Knowing the equipment, you have with you is used during the planning of SAR missions.

### **Outdoor Training Experience.**

Include any information you feel may be useful.

Enjoy your trip & keep safe,

*Smarty*