

Herzlich willkommen

Safely on the move
with the university-
Student assistants
accompany students
outdoors



Recommendations for Outdoorworks events, such
as:

- Excursions,
- Hikes,
- Swimming

All statements in the following slides refer equally to women and men, but only the male form is used for better readability.



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The focus of all outdoor events is on objectives such as community experiences, a sense of community, helpfulness, getting to know and understand each other, a willingness to take responsibility and tolerance.

Being out and about with students is a challenge for student assistants, who should know the risks and be aware of the responsibilities of such an undertaking, especially if the tours are organised independently and not by external organisers.

The success of events depends on the quality of preparation and planning. Accidents are often due to ignorance of the content and course of the event, its risks and dangers, but also boredom, lack of concentration or inadequate information. The following presentation is intended to guide the student assistants in the instruction prior to the outdoor event, which must be confirmed by the participants.



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Hikes- Preparations

Hikes are usually one-day events outside the university that primarily pursue educational goals, e.g. promoting the community experience.

- Involve the accompanying person. It is important to agree on supervision issues.
- Have the accompanying person approved by the university.
- Take into account physical performance, social behaviour and possible health problems of individual students.
- Evaluate experiences about previously conducted hikes.
- Avoid walking in hot weather.
- In summer, ensure adequate sun protection and fluid intake.
- When choosing a path, consider its condition: Wetness/slope/sunlight/rest areas (special hazards).
- Plan walking times, times for the outward and return journey, times for breaks and allow for time reserves.



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Hikes- Preparations

- Treat time information from hiking guides with caution! An empirical value for calculating the walking time is about one hour for four kilometres.
- Leave details of departure time, expected return and planned route at the college;
- Do not change the tour without a compelling reason; if necessary, pass on this information immediately.
- Informing students about the correct use of
Behaviour in special situations, such as traffic behaviour, leaving the
Way or the group, Correct behaviour in emergencies, Considerate behaviour
Crossing roads, risk of accidents while bathing, risk of rabies, fire in the forest,
Ticks.

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Hikes- Performances

- Check for completeness, also at the end of the hike.
- The student assistant leads the way throughout the walk and determines the route, the breaks and, above all, the walking pace.
- The accompanying person walks either in the middle of the walking group or at the end.
- Special attention should be paid when lighting a fire:
 - a. *only at specially set up and designated places*
 - a. *Permission of the landowner or the competent authority (e.g. forestry administration).*



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Behaviour in case of special dangers in the mountains

Rest only in safe places.

Closely opened up in endangered sections of the trail walk, wait at turning points on serpentines and let everyone catch up.

Immediately intercept stones that have been kicked loose.

Incoming thunderstorm:

Go to the nearest safe place,

If necessary, turn back, leave summits, ridges, plateaus.

Avoid streams, water rivulets, wire ropes, solitary trees.

Do not lie on the floor, but sit in a crouching position with closed legs, on an insulating pad (rucksack, rescue blanket).

Do not stay in small caves, on overhangs or directly on rock faces.

Do not hold each other's hands.



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Cycling tours- Preparations

Determine the time of departure and return.

Basic rules of conduct, the tour and the

Discuss compliance with StVO regulations.

Only those who have the following qualifications can take part in the cycling tour

has the appropriate driving skills.

Be clear about cycling skills.

Carry out a bike check a few days before the tour (possibly ask for support from the police, bike shop/club, etc.):

- Does the bicycle comply with the requirements of the StVZO (lighting front and rear, two brakes, bell, reflectors front and rear)?
- What is the general condition of the bike (stability, tyres, etc.)?
- Are the handlebar and saddle height adapted to the body size?
- Where and how is the luggage transported?
- Bicycle helmet available?





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Bathing in public waters - safety tips:

Different bodies of water also pose different risks. Swimming in open waters such as oceans, lakes or rivers poses a completely different challenge than the guarded and heated pool at home.

The **lower water temperatures in open waters rob the body of energy.**

Often one's own strengths are then misjudged.

In addition to the general bathing rules, some further safety regulations should therefore be observed to ensure that bathing in open waters remains safe.





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Be sure to follow the **signage** on site.

It provides detailed information on the possible risks to be expected at the beach. Experts on site (e.g. lifeguards) also provide information about special dangers and emergency call options.

Be sure to observe bathing prohibitions.

If you are heated by the sun, then a short rest before going into the water.

If possible, shower off before bathing.

Enter the water slowly to acclimatise **the body to the colder water temperature.**

Even if it has been very hot for several days in a row, often only the surface of the water has a pleasantly warm temperature. Deep waters such as quarry ponds are still cold. This can lead to **hypothermia** and result in dangerous cramps.





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Assess your own **performance** and don't give yourself too much credit.
Never jump into unknown waters. Head dives in shore and shallow water areas can be life-threatening.
Only jump into the water at the **marked jumping areas**.

Never swim where **boats and ships** are sailing.
Do **not** go into the water **directly after eating**. Also, do not drink alcohol if you are going to swim.

Leave the water and the beach **immediately during a thunderstorm**.





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Special risks when bathing in rivers

Especially in rivers, you have to reckon with the often **unpredictable force of the current.**

In addition to the water level, it is above all **shoals, navigation channels and bridge piers** that influence the currents. Thus, a **suction effect** can develop. Flotsam and invisible obstacles under water pose an additional risk. In addition, rivers usually have significantly lower temperatures than lakes because they warm up more slowly. Therefore, hypothermia can occur more quickly.

Only swim in the river if you are an experienced swimmer. Novice swimmers, on the other hand, should avoid swimming in rivers at all costs. Navigation channels, bridge piers, weirs, groynes and locks are not bathing zones.





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Special challenges when bathing in standing water

Swimming in a stagnant body of water such as a pond or lake can be a lot of fun, but sometimes it also involves risks. Potential dangers arise from **steeply sloping banks, swampy substrates or water plants**. In the case of gravel pits and quarry lakes, it is also possible for the shore to slip.

In stagnant waters, long, ribbon-like plants often grow to just above the water surface. If you are surprised by them, the shock can often lead to panic. Keep calm if you become entangled in such plants and **alert other bathers by shouting loudly**. If possible, avoid bathing in water with plants growing through it.





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First aid - sunstroke

Identifying features:

- cool body skin
- hot, red head
- Loss of awareness
- Neck stiffness
- Nausea, vomiting
- Headache
- Unrest





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First aid - sunstroke

Measures:

- Move the affected person to a cool, shady place.
- Store body elevated
- Cool body with wet cloths
- Regularly check consciousness, breathing and circulation
- See a doctor



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First aid- Heat stroke

- Identifying features:
 - equal to sunstroke, but
 - hot dry skin
- Danger: under certain circumstances sudden collapse/ unconsciousness
- Measures:
 - as in sunstroke
 - Be sure to call a doctor



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General traffic rules

Those walking must use the pavements.

Walking on the roadway is only allowed if the road has neither a pavement nor a shoulder. If the roadway is used, you must walk on the right or left-hand side of the roadway within built-up areas; outside built-up areas, you must walk on the left-hand side of the roadway if this is reasonable.

In the dark, in poor visibility or if the traffic situation requires it, you must walk one behind the other.





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General traffic rules

Those walking must cross roadways quickly by the shortest route at right angles to the direction of travel, while observing vehicle traffic.

People on foot are not allowed to cross barriers such as bar or chain railings. Barriers prohibit people from entering the barricaded road area. Track facilities that do not also serve other public road traffic may only be entered at the points provided for this purpose.





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General traffic rules

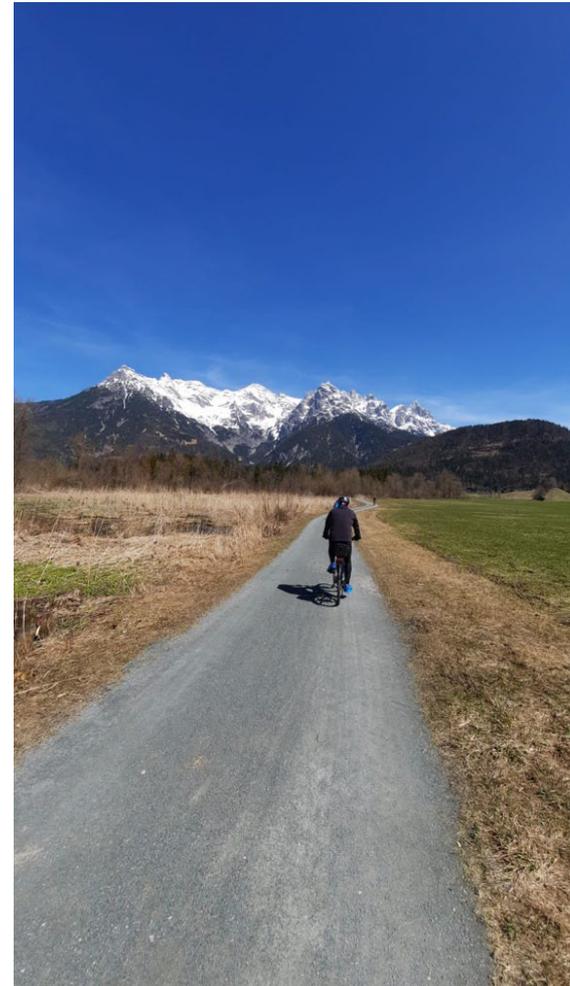
Those who cycle,
must not drink alcohol.

Those who cycle,
must use cycle lanes and cycle tracks marked
with a solid wide line and the round blue signs
with a stylised bicycle.

Those who cycle,
may ride side by side.

However, they must not obstruct other road
users in the process.

This means that there must be enough space
for cars to overtake.



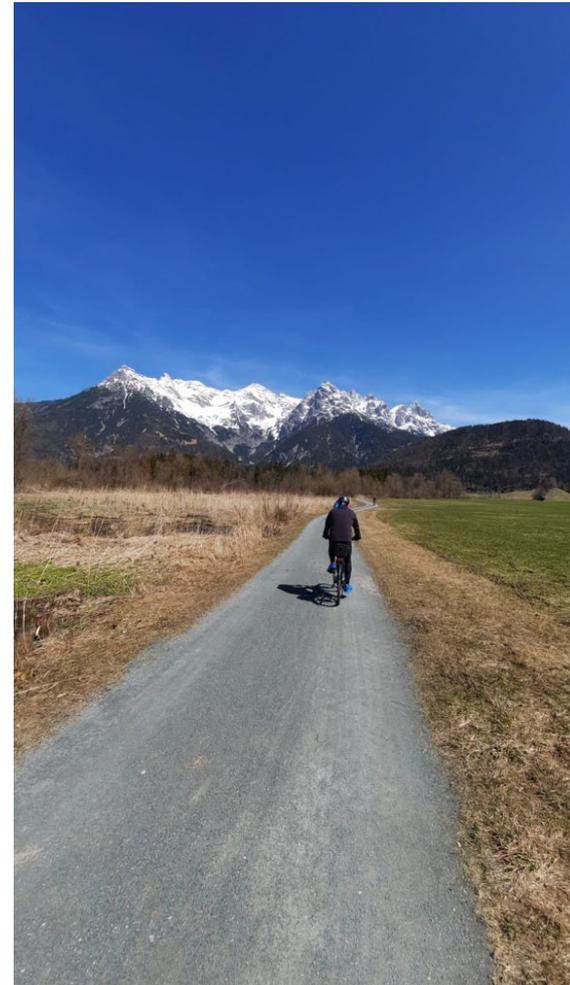
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General traffic rules

Those who cycle,
may only use cycle paths in the opposite
direction if they are opened for both directions
with the additional sign "Radverkehr frei"
("Cycle traffic free") or a cycle path sign.



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*Thank you for your attention,
Your Occupational Safety
Department
of the Merseburg University of
Applied Sciences.
Please do not forget to confirm
this instruction in writing by the
participants before the
excursion.*

