



Expedition Handbook

DISCOVER MOTORSPORT

Version 1

Event Management Centre: 08 6240 7777

Email: onecamp@scoutswa.com.au

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2 Document management

Version	Date	Editor	Changes
1	12 December 2025	Event Director	Document creation
2	20 February 2026	Expedition Lead	Document Rev 1



OneCamp 2026 Code of Conduct

Behaviour we would like to see:

- Being respectful, kind, helpful and caring
- Encouraging and supporting others
- Being prepared and organised
- Being inclusive of others

Behaviour that needs permission:

- Touching anyone, including hugs
- Take or share photos or personal information
- Touching equipment that isn't yours
- Wearing another person's clothing or accessories

Behaviour that is inappropriate:

- Not fulfilling your duties
- Swearing or yelling
- Excluding others
- Being impatient
- Name calling
- Being somewhere you shouldn't be

Behaviour that is harmful or unsafe:

- Not asking permission before touching someone or something
- Persisting with inappropriate behaviour
- Bullying, harassment or discriminating behaviour
- Partaking in drugs, alcohol, cigarettes or vape
- Any sexual interactions
- Any violent or threatening behaviour
- Any illegal behaviour



4 Communication

4.1 Expedition Lead contact

Your Expedition Lead is Dannielle Turton.

Who can be contacted at dannielle.turton@scoutswa.com.au

4.2 Expedition briefing

A compulsory Expedition briefing will be held to ensure all participants are aware of the key arrangements and can be well prepared for their experience. The briefing will be held online.

Date: Sunday 15 March 2026

Time: 5:00pm AWST (Perth time)

Join: <https://teams.microsoft.com/meet/41603709574293?p=hmCcQwv35GnwoBQJmK>

Meeting ID: 416 037 095 742 93

Passcode: Md23mw2W

4.3 Mobile device guidelines

The Event Team acknowledges that technology has become an important tool in our society. However, the event also recognises the wellbeing, child safety, security, and logistical risks around mobile technology. The Event Team has released these guidelines to assist Line Leaders, youth participants, and their parents/guardians in deciding whether to take mobile devices to OneCamp:

- The Event will accept no responsibility for lost, stolen or damaged mobile devices.
- There are no facilities available to youth participants at any time for direct charging of mobile devices. The onsite Shop is offering a swap 'n' go arrangement for rechargeable battery packs that have been pre-purchased from the Scout Shop. There is no power at the expedition site.
- Large portable electronic devices such as laptops, iPads and portable electronic gaming devices should not be brought to OneCamp.
- Expeditions cannot decide to ban youth members in their Expedition from bringing their mobile device. However, Expedition Unit Councils are responsible for determining specific rules for use of mobile devices in their Unit. The Expedition Lead should provide advice to the Unit Council. For example, the Unit Council may decide that mobile devices can be accessed after dinner and before bedtime each day. At all other times, mobile devices should be securely stored in the Unit safe.

Youth participants are not to use their personal electronic device in a sleeping tent, inside toilet/shower facilities or in other changing areas. Youth participants who choose to break this rule will find their device confiscated for the duration of the event, and, depending on the circumstances, may be asked to leave the event. Confiscated devices will be stored with the Expedition Lead and handed back to parents at the end of the event.



4.4 Expedition allocation notification

The message below was emailed to all Expedition participants upon allocation to this Expedition.

We're thrilled to write with an update on your OneCamp 2026 application. Your application has been approved and you have been allocated to an Expedition in line with the preferences listed in your online application.

Your allocated Expedition is: Discover Motorsport.

Please carefully read the information below regarding your Expedition allocation.

Expedition Lead

The Expedition Lead is responsible for overseeing and supporting your Expedition on the ground during OneCamp 2026. You will be notified of your Expedition Lead closer to the event.

Inherent requirements

Scouts WA is an inclusive youth organisation that provides a wide range of activities for youth members. However, not every activity is suitable for everyone due to the inherent requirements of the activity.

The Discover Motorsport Expedition may include the following activities, and participants should be capable of active engagement in each activity:

- Learning to work with vehicles
- Working with a diverse group of different people
- Learning how to drive a car under controlled and supervised conditions

In addition to the advertised OneCamp 2026 eligibility criteria, we recommend that participants meet the following requirements for this Expedition:

- Enthusiasm to learn a new skill in an unfamiliar environment with new people

Please consider whether this Expedition is suitable for your personal circumstances based on the inherent requirements outline above. If you wish to move to another Expedition, please email onecamp@scoutswa.com.au to discuss available options.

Packing list

Be aware of the following special equipment that may be required for this Expedition:

- a small hike tent and sleeping matt

A detailed personal packing list will be distributed closer to our departure.

Travel information

The Expedition will depart from the Swan Valley Adventure Centre on 10 April 2026.

The Expedition will return to the Swan Valley Adventure Centre on 14 April 2026.

Interstate Travel

Interstate participants are encouraged to view the suggested arrival times into Perth Airport for this Expedition as advised on our website: <https://onecamp.com.au/plan/interstate-participants/>

Payments



The Expedition fee is \$720. The payment schedule for this Expedition is as follows:

- Deposit (\$300) – due upon application
- Final payment (\$420) – due 28 February 2026.

The cost for supporting adults is \$120.

Failure to make payments in line with the above payment schedule may lead to withdrawal from the Expedition so your place can be allocated to another Venturer Scout or Rover Scout.

Inclusions

The Expedition fee includes the following items:

- Travel to and from Beverley from the Swan Valley Adventure Centre
- Catering and accommodation for the duration of the Expedition
- Expedition activity program
- Expedition badges.

Questions

Should you have any further questions, please get in touch with the OneCamp Team by emailing onecamp@scoutswa.com.au.

Best regards,

OneCamp Event Team



5 Travel

Expedition participants in metropolitan Perth (Joondalup to Mandurah) will need to make their own way to the Expedition meeting point.

Expedition participants in regional Western Australia (Newman, Karratha, Geraldton, Mount Barker, Bunbury, Kalgoorlie) who are participating in an Expedition and the Core Camp will have transport organised to the Expedition meeting point by the OneCamp Event Team. Please note, no transport is provided for regional participants who are doing the Expedition Only option.

Interstate Expedition participants will be collected from Perth Airport and transferred to their Expedition meeting point. Interstate participants for this Expedition are encouraged to arrive on 9th April 2026 so that they can be transferred to the meeting point on the following day in time for their Expedition departure. The OneCamp Event Team will organise overnight accommodation and catering for these interstate participants.

There may be some specific travel arrangements that have been planned for you – if you are unsure, please contact the Event Team by emailing onecamp@scoutswa.com.au.

5.1 Meeting point on 10 April 2026

The meeting point is Swan Valley Adventure Centre, 58 Yule Avenue Middle Swan.

Please ensure you are at the meeting point by 08:00am.

5.2 Collection point on 14 April 2026

If you are attending the OneCamp Core Camp, you will be transferred directly from your Expedition to the OneCamp event site in the Swan Valley Adventure Centre.

If you are not attending the Core Camp, you will need to be collected as per the details below.

Collection point: front gate at the Traffic & Security Point, Swan Valley Adventure Centre, 58 Yule Avenue Middle Swan.

Collection time: 12:00pm.



6 Itinerary

6.1 Day 1 – 10 April 2026

Timing	Activity	Location
08:00	Assembly	Swan Valley
09:00	Travel to Beverley	Beverley
11:00	Arrive BORMSA (Welcome Orientation)	
12:30	Lunch @ Set up	
15:30	Car allocation and Preparation	
18:00	Dinner	
19:30	Movies	

6.2 Day 2 – 11 April 2026

Timing	Activity	Location
07:30	Breakfast	
09:00	Car Preparation	
12:30	Lunch	
13:30	Rally School	
18:00	Dinner	
19:30	Games Night	

6.3 Day 3 – 12 April 2026

Timing	Activity	Location
07:30	Breakfast	
09:00	Motokhana	
12:30	Lunch	
13:30	Khanacross	
18:00	Dinner	
19:30	Disc Golf	



6.4 Day 4 – 13 April 2026

Timing	Activity	Location
07:30	Breakfast	
09:00	Khanacross	
12:30	Lunch	
13:30	Khanacross	
18:30	Presentations Formal Dinner	
20:30	Disco	

6.5 Day 5 – 14 April 2026

Timing	Activity	Location
07:30	Breakfast	
09:00	Assembly	Beverley
11:00	Return to One Camp	Swan Valley



7 Personal gear list

- Clothing (cotton fire resistant long sleeve shirts and long leg pants)
- Closed in shoes
- Tents – Waterproof, windproof, sunproof
- Sleeping equipment (swag etc)
- Hats and sunscreen
- Personal toiletries
- Towel
- Dilly Bag
- Water Bottle
- Personal items (medications, cards)
- Helmets Australian Standards only (optional)
- Lollies and snacks (optional)

8 Motorsport Licence Information

Motorsport Licence Information

**** you must apply for your own Motorsport Australian Speed Licence prior to this event****

[Motorsport-Australia_Licence-ApplicationRenewal_Speed.pdf](#) for all 18+

[Motorsport-Australia_Licence-Application_Autotest_SpeedJunior.pdf](#) for all under 18

**** if you already have a current Motorsport Australia Speed Licence or higher we require the licence number and expiry date ****

9 Motorsport Disclaimer

All attendees must sign this Disclaimer

**** [motorsport-australia_disclaimerda7f29e3b7644294955b4d4be047dbe0.pdf](#) ****

10 Accommodation

The accommodation for this Expedition will be self-supplied in hike tents. Make sure your tent can fit inside your luggage bag as you can only have one bag on the coach to and from Beverley.



11 Catering

An indicative menu is outline below. Please contact the Expedition Lead if you have any concerns regarding the menu or would like to discuss modified dietary requirements.

11.1 Menu

11.1.1 Day 1

Meal	Menu
Lunch	Salad Rolls
Afternoon tea	Fruit / Cake
Dinner	Bolognaise
Supper	Milo / Biscuits

11.1.2 Day 2

Meal	Menu
Breakfast	Continental
Morning tea	Fruit / Cake
Lunch	Burgers
Afternoon tea	Fruit / Biscuits
Dinner	BBQ
Supper	Milo / Biscuits

11.1.3 Day 3

Meal	Menu
Breakfast	Pancakes
Morning tea	Fruit / Cake
Lunch	Salad Rolls
Afternoon tea	Fruit / Biscuits
Dinner	Curry & Rice
Supper	Milo / Biscuits



11.1.4 Day 4

Meal	Menu
Breakfast	Continental
Morning tea	Fruit / Cake
Lunch	Sausage sizzle
Afternoon tea	Fruit / Biscuits
Dinner	Pulled Meat
Supper	Milo / Biscuits

11.1.5 Day 5

Meal	Menu
Breakfast	Continental



12 Health & Wellbeing

It is imperative that participant's personal, medical, and dietary information is recorded and updated as necessary in the online event application system. Should the applicant's medical conditions change from the information provided on their initial application, it is the obligation of the applicant (or parent/guardian) to update the online event application system.

12.1 Medication

Medication without packaging and correct instructions cannot be given. If sending paracetamol, it must be in the box with the prescribed dose written on it. Paracetamol should be listed under the medications section in the online application system.

Asthma puffers and EpiPen's should be carried by the youth member who requires it.

12.2 Medication dispensing chart

Venturer Scouts may self-administer medication depending on their personal circumstances – Expedition Leads should discuss this with the Venturer Scout and their family. Rover Scouts should self-administer medication.

A digital version of the medication chart is available by emailing onecamp@scoutswa.com.au.

MEDICATION CHART													
NAME				UNIT									
DOB				GROUP									
MEDICINE PRESCRIBED	DOSE			FREQUENCY									
DATE	TIME	MEDICINE	DOSE	LEADER 1 SIGN	LEADER 2 SIGN	YOUTH SIGN	DATE	TIME	MEDICINE	DOSE	LEADER 1 SIGN	LEADER 2 SIGN	YOUTH SIGN
COMMENTS													



12.3 First aid kits

Each Expedition will have a first aid kit readily available.

Kits should be thoroughly checked prior to OneCamp and replenished as needed. This will be a Unit responsibility, as the OneCamp organisers will not replace items from a first aid kit. Leaders should supervise the use of first aid kits, and a Unit register should be kept listing the date, time, name, complaint, and treatment given. This will help medical staff to better administer care should the need arise.

Leaders must not administer any medications without the specific written permission and instructions from parents/guardians.

Recommended contents for OneCamp Unit first aid kits:

- Gloves
- Band-aids (good quality fabric band-aids in a range of sizes)
- Antibacterial cream
- Cold packs
- Stingose/Stop Itch
- Splinter probes
- Decent tweezers (slant point)
- Small magnifying glass
- Aloe vera/after sun gel
- Tissues
- Salbutamol/Ventolin (spare – available over the counter from chemist) and small spacer
- Oral rehydration solution (eg Hydralyte)
- Sterile eye irrigation solution (normal saline) and eye bath
- Fixamol
- Burn gel
- Bandages
- Micropore tape or similar
- Sanitary supplies (pads and tampons)

Note that this is not an exhaustive list.



12.4 Possible injuries and illnesses

Please find a list of illnesses and injuries which may be expected to occur during OneCamp. This is not an exhaustive list but is provided based on information available about illnesses and injuries experienced at similar camps. Some advice about how to manage these within your units is also provided, with a list of recommended first aid supplies.

Please use the ISOBAR format to record information. We have provided a form to help you gather useful information and facilitate completion of an incident report.

Also note:

- Ensure your own safety when providing care to others.
- Provide care within the limits of your own training, experience, and skills.
- St John First Responder App provides good basic first aid advice.
- Ask for help and/or refer on if you are unsure or overwhelmed.
- If your management of the health/wellbeing situation is not working, refer on.
- If you are at all concerned, call the Event Management Centre.

Type of illness	Expected management within Units	To be referred beyond the Unit
Dermatological	<ul style="list-style-type: none"> • Mild localised reaction to bites/stings – ‘Stingose’/‘Soov’, ice pack, antihistamines if provided • Long term rashes/eczema – management provided • Blisters – keep intact, appropriate dressing/coverage • Splinter removal – clean, splinter probe to remove, appropriate dressing • Sunburn – aloe vera or after-sun lotion/gel • Chafing/friction – chafing cream 	<ul style="list-style-type: none"> • New rashes, especially if any other features of illness (eg lethargy, fever) • Infected wounds/cellulitis • Abscess • Infected ingrown toenail • Tick removal – REFER EVERYONE FOR TICK REMOVAL
Ear, Nose & Throat	<ul style="list-style-type: none"> • Nosebleed – tip head forward, pinch soft part of nostril 	<ul style="list-style-type: none"> • Nosebleed lasting more than 10 minutes • Unwell with fever • Ear infection/pain • Sore throat, runny nose (viral)
Respiratory	<ul style="list-style-type: none"> • Mild asthma in known asthmatic - reliever medication provided • Chronic cough – usual management 	<ul style="list-style-type: none"> • New, ongoing shortness of breath • Severe shortness of breath • Asthma not responding to reliever medication
Cardiovascular	<ul style="list-style-type: none"> • Simple chest discomfort (a young person and with no associated symptoms or history of trauma) – rest, paracetamol/ibuprofen if provided 	<ul style="list-style-type: none"> • Complex chest pain (with shortness of breath, racing heart, sweats, pallor) • Persistent palpitations/racing heart • Any allergic reaction with known anaphylaxis • Anaphylaxis
Gastrointestinal	<ul style="list-style-type: none"> • Mild abdominal pain without other symptoms – reassurance, distraction • Constipation without abdominal pain – plenty of water and high fibre foods 	<ul style="list-style-type: none"> • Abdominal pain with nausea or vomiting • Severe abdominal pain • Vomiting and/or diarrhoea • Prolonged constipation with or without abdominal pain
Genito-urinary	<ul style="list-style-type: none"> • Bed-wetting – normalise, reassure, no-fuss, hygiene measures 	<ul style="list-style-type: none"> • Any new urinary symptoms (pain, increased frequency) • Brand new bed-wetting



Type of illness	Expected management within Units	To be referred beyond the Unit
Neurological	<ul style="list-style-type: none"> · Mild headache – plenty of water, rest, paracetamol/ibuprofen if provided · Simple light headedness (a young person with no associated symptoms) – plenty of water, rest 	<ul style="list-style-type: none"> · Headaches lasting beyond one hour despite rehydration, rest, analgesia (if prescribed) · Faints · Seizures
Endocrine	<ul style="list-style-type: none"> · Diabetes within provided management plan – as per management plan 	<ul style="list-style-type: none"> · Unwell person with diabetes or other endocrine disorder · Low or high blood sugar not responding to treatment plan
Musculoskeletal (no trauma)	<ul style="list-style-type: none"> · Mild aches and pains – rest, paracetamol/ibuprofen if provided 	<ul style="list-style-type: none"> · Persistent pain · Swollen and/or red joints · Painful joints with fever
Psychological	<ul style="list-style-type: none"> · Feeling anxious · Feeling down · Feeling lonely · Feeling overwhelmed · Homesickness <p>Treatment: normalise feelings, distraction, calm activities, focus on the positive, food and drink, down-time</p>	<ul style="list-style-type: none"> · Psychosis (hallucinations, delusions, paranoid ideas, bizarre/agitated behaviour) · Suicidal or self-harm ideation or action
General	<ul style="list-style-type: none"> · Mild dehydration (still passing urine) – plenty of fluid including oral rehydration solution/icy poles (eg. Hydralyte), rest · Physical or mental exhaustion or overwhelm – down-time, eat and drink, support of others 	<ul style="list-style-type: none"> · Heat exhaustion · Anyone struggling to cope with what they are supposed to be doing
Lacerations/cuts	<ul style="list-style-type: none"> · Small, superficial lacerations/cuts – clean wounds, bandaids 	<ul style="list-style-type: none"> · Lacerations on the face · Deep lacerations · Large lacerations · Ongoing bleeding
Abrasions/scrapes	<ul style="list-style-type: none"> · Most abrasions/scrapes – clean wounds, bandaids 	<ul style="list-style-type: none"> · Ongoing bleeding · Signs infection
Snake bite	<ul style="list-style-type: none"> · Compression bandaging, remain in place and keep still, call for help 	<ul style="list-style-type: none"> · Snake bite
Sprain/strain	<ul style="list-style-type: none"> · Simple sprain/strain – rest, ice, compression, elevation, paracetamol/ibuprofen if provided 	<ul style="list-style-type: none"> · Any concerns regarding possible fracture · Significant bruising or swelling
Fracture	<ul style="list-style-type: none"> · Simple sprain/strain – rest, ice, compression, elevation 	<ul style="list-style-type: none"> · Any obvious fracture (we will go to them)
Dislocation /subluxation	<ul style="list-style-type: none"> · Keep still, paracetamol/ibuprofen if provided 	<ul style="list-style-type: none"> · Any dislocation/subluxation
Head injury	<ul style="list-style-type: none"> · Simple knock when moving eg. on tree branch, without any repercussions – rest, plenty of water, paracetamol/ibuprofen if provided 	<ul style="list-style-type: none"> · Any loss of consciousness, nausea, vomiting, severe headache, confusion, weakness, seizure, severe mechanism (fall > 1.5m, high speed, high impact)
Eye foreign body / corneal abrasion	<ul style="list-style-type: none"> · Dust in eye – wash out with normal saline/eye bath 	<ul style="list-style-type: none"> · Any eye pain, especially with impaired vision
Burns – heat and chemical	<ul style="list-style-type: none"> · Simple, small superficial burns – burn gel 	<ul style="list-style-type: none"> · Burns on face or hand · Burns elsewhere on body, larger than palm of hand of injured person
Medication overdose		<ul style="list-style-type: none"> · Refer all medication overdoses to Health and Wellbeing Team



12.5 ISOBAR record sheet

Please use the ISOBAR format to record information. We have provided a form to help you gather useful information and facilitate completion of an incident report.

I-Identify yourself, the patient and the unit and location (home unit or activity) and best contact details	S-Situation – Why are you calling? Briefly state the problem	O-Observations (what you can see)	B-Background – any information relevant to the problem (e.g. injuries, medical conditions)	A-Action taken so far and agreed plan going forward	R-Read-back – ensure everyone understands the plan
Time AM/PM Date / /					
Time AM/PM Date / /					
Time AM/PM Date / /					



FIX YOUR FATIGUE

Fatigue is the physical and psychological condition that accumulates when an individual's physical and mental capabilities are exceeded. It exhibits as a decrease in both physical and mental performance.



REGULAR SLEEP

Don't be tempted by the peace and quiet of a campsite to enjoy social time. You need sleep too.



HYDRATE OFTEN

Don't sip a water bottle, that's just topping up. Drink a whole cup every time you have a meal or snack



HEALTHY MEALS

Sit down and relax at each meal. Eat until you are full and get a balanced diet throughout the day. Proteins and veggies rule!



FREQUENT BREAKS

Share the load, support each other, take a power nap, snooze on the bus, take a time out.



BALANCE MOVE & REST

Sitting too long is as bad as working too long. Be mindful of your own needs both physically and mentally

FATIGUE WILL AFFECT YOUR ALERTNESS,
YOUR ABILITY TO COPE AND LAST THE DISTANCE,
YOUR PERFORMANCE,
YOUR HEALTH, YOUR MOOD,
AND MOST IMPORTANTLY

**YOUR
SAFETY**



WARNING SIGNS OF FATIGUE

- ⇒ Always feeling sleepy
- ⇒ Slowed reaction times
- ⇒ Poor coordination
- ⇒ Unable to concentrate
- ⇒ Making lots of mistakes
- ⇒ Impaired decision making
- ⇒ Bad mood
- ⇒ Poor communication

13 Child safety

All adults attending OneCamp 2026 must have completed the SP-Child Safe on-demand training module prior to arriving at the event.

Everyone in Scouts, youth and adults alike, have the right to feel safe and be protected from harm. No-one is allowed to threaten you, hurt you or make you feel uncomfortable, unsafe, or afraid. A Scout is respectful, and this applies to all interactions between all participants, youth and adult, at OneCamp.

Youth Members have been advised that they can raise issues with Adults at OneCamp, and that any concerns will be taken seriously and treated appropriately. Youth Members are also invited to escalate their concerns if they feel it is needed and you should not discourage this.

If you have a concern, or a concern is raised with you, please raise it with the Event Management Centre by calling the number on your ID tag.

All concerns will be taken seriously and dealt with appropriately.

Not more than 3 weeks before OneCamp 2026, Group Leaders must ensure that Youth are reminded of their right to feel safe and that they should report any unacceptable behaviour to an Adult, which will be received without recrimination.

If a youth member or adult member discloses abuse to you or you become aware of abuse, YOU MUST report it immediately to the Event Management Centre by calling the number on your ID tag.

13.1 Types of abuse

Without fail, Adults must report immediately any disclosure, allegation, or suspicion of abuse of children. Abuse may include: physical abuse, emotional abuse, sexual abuse, grooming, neglect, exposure to domestic violence.

13.2 Two adults present policy

When Adults are supervising and conducting Scouting activities involving Youth Members, at least two Adults must be present, except in unexpected, unusual, and unforeseen (emergency) circumstances.

While the minimum ratio of Adults to Youth will vary from activity to activity, a minimum of two Adults is always required. This requirement is to protect Youth as well as Adults and is often referred to as "Two-Deep" leadership.

In the context of a major Scouting event, the following considerations are applied to the two deep policy:

- there will be many adults attending the OneCamp 2026 activity. Across the event site there will be many adults in attendance. It is not necessary for adults to walk in pairs around the event site, for example to and from the bathroom facilities.
- it is suggested that one adult member is always at your campsite to ensure the security of your site. You may work with your neighbouring campsite so that in the vicinity of your campsite there are two or more adult members present.



13.3 Feeling safe in scouting

All Units should display this poster in their campsite – consider posting it on your gateway, or in your dining area.

Feeling safe in Scouting

All members have the right!



Tell an adult if you experience **ANYTHING that makes you feel unsafe or unsure**



I know five adults that are my safe place and I can tell them anything



Secrets that make me feel bad or uncomfortable are not safe... I can tell my safe people straight away



How you feel is important and we will always listen



Everyone here will do their best to make you feel safe and cared for



My body is my body and it belongs to me... I can say NO to any type of touch – all of my body is my private business



If you are scared... if someone hurt your body... if someone makes you feel very sad – talk to your safe place people

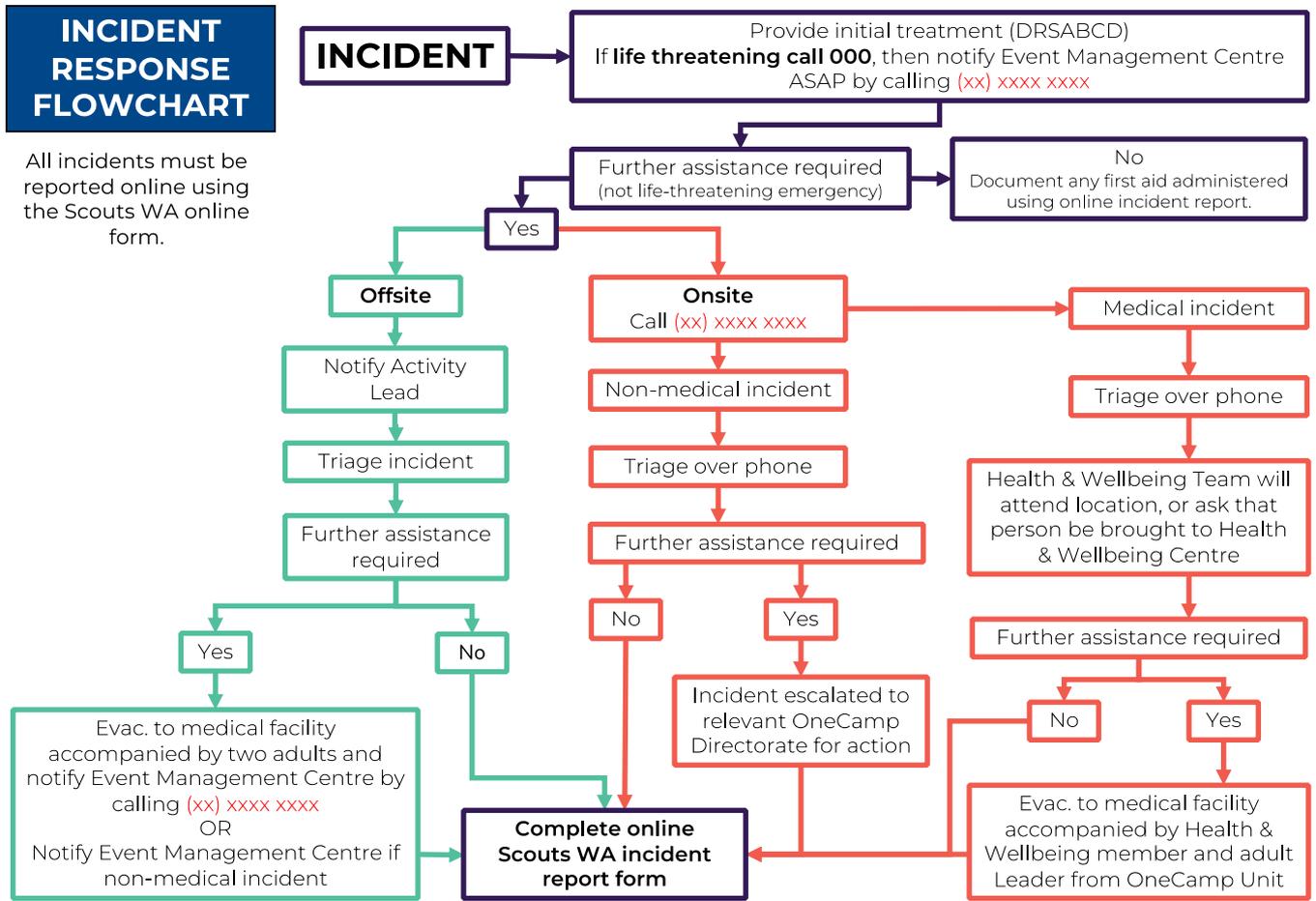


If I see something that makes me or someone else feel unsafe, I can tell my safe place people



14 Incident management and emergency response

14.1 Incident response flowchart



Note: Event Management Centre phone number to be provided.

14.2 Incident reporting

An online incident report must be completed for all matters as per Scouts WA policy and procedure. This includes minor first aid administered in Unit campsites or on activities.

The online incident report can be found [here](#).

Incidents should be made in a timely manner once the initial response has been actioned. Assistance with completing the incident report can be sought from the Event Management Centre.

14.3 Responding to suicidal ideation

The following prompts can be used to support members who disclose suicidal ideation to you.

The **Health & Wellbeing Team** is available to support you in responding to these matters. You can contact them on **08 xxxx xxxx [number TBC]**.

Option 1: Ask directly if they are having suicidal thoughts

1. If yes, ask if they have made a plan?
2. If yes, ask if they have the means or materials to act out their plan? Have they decided when?
3. If yes, phone 000 and ask for suicide support from police & ambulance. Even if the individual refuses, act anyway.
4. DO NOT LEAVE THEM - stay calm and supportive. Remove harmful elements.
5. GO WITH THEM TO THE HOSPITAL and assist in contacting their family.

Option 2: Ask directly if they are having suicidal thoughts

1. If yes, ask if they have made a plan?
2. If no, listen seriously, accept what they are saying.
3. Their perspectives are distorted, you need to be their anchor or link to reality. Remember, you don't have to fix them, just help them.
4. Don't interrupt, don't talk about yourself, and let them know you care and are concerned. Ask open questions and give them time to think and answer. Encourage focusing on positive things in their lives, any unfinished business that they need to get done, that these feelings will pass and encourage them to making a support plan.
5. Do not agree to keep it secret, instead keep it confidential and let them know that you will need to work together to make a safety plan including their nominated family member. Don't diagnose, argue or give advice, and you'd don't need to distract them. Be in the moment with them.
6. Ask them who you can call so they can talk to a trusted family member or friend now, and in the morning.
 - a. Make a safety plan together - how to support them until they get somewhere safe.
 - b. Endeavour to avoid them being alone and try to include/ keep them busy.
7. Get private support for everyone involved – this will be traumatic for all.

