

# travelbound

Inspiration made easy



## Health and Safety Travel Tips

All our hoteliers and Suppliers are requested to meet both local and national standards. However these do vary by country and don't always match UK standards.

### FIRE SAFETY

On arrival at your accommodation please ask the hotel staff if they can give the group a fire safety briefing.

Please always:

- Familiarise yourself with all escape routes and locate the nearest fire exit(s) to your rooms.
- Walk at least one escape route if possible.
- If available study the fire instruction notice displayed in the bedrooms.
- Identify the method of raising the alarm on discovering a fire.
- Ensure all members of the group are familiar with the fire safety information.

If a fire occurs in your room:

- Evacuate immediately – do not stop to collect personal belongings.
- Close the door behind you.
- Raise the alarm.
- Proceed to the designated assembly point or other meeting point outside and stand well clear of the building.
- When exiting the building use the nearest available staircase and not the lift.
- Do not re-enter the building until told it is safe to do so by a member of the fire service or other authorised person.

### COACH SAFETY

Safety is of the upmost importance throughout your coach journey. On all journeys, please ensure that:

- On UK Coaches the seatbelts provided must be worn by all members of the party at all times.
- Where available on overseas coaches seatbelts must be worn by all members of the party at all times.
- You and all the pupils are familiar with the locations of the coach's emergency exits. .
- That all adults in the group, with the assistance of your driver, are able to operate these exits.
- An adult is to be seated next to the emergency exit(s) of the coach.
- A head count is completed every time the group re-join the coach.
- Embarkation and disembarkation of the coach is supervised at all times due to possible traffic around the set down/pick up point.

### FERRIES

On all ferry journeys, please ensure that:

- The group are supervised at all times.
- Any safety announcements given during the crossing must be adhered to at all times.
- The group should also be aware of the deck layout and familiar with the emergency instruction notices around the ship.
- The group are aware that traffic movement is possible on car decks on embarkation and disembarkation.

## GENERAL SAFETY

### Balconies:

We will try to allocate groups into rooms with no balconies, however on some occasions this may not be possible. In such cases do not allow members of the group to:

- Climb or stand on balcony furniture.
- Lean over or climb on balcony walls/railings.

Keep all furniture away from the balcony wall/railings.

### Swimming pools:

Many swimming pools abroad aren't designed in the same way as pools in the UK. They often have unusual features and are unlikely to have a lifeguard, so please check out the pool layout and depth(s) before allowing the group to use the pool.

Please follow your local authority or governing body guidelines regarding all swimming activities.

Encourage children to go to the toilet before getting in to the pool. Do not allow any member of the group to swim until they're 48 hours free of any symptoms following a gastrointestinal illness.

### Hygiene:

Warmer temperatures and high altitude abroad combined with new foods can sometimes cause minor stomach upsets. Taking the simple precautions detailed below can help avoid such problems:

- Washing your hands after using the bathroom.
- Avoiding foods and buffets that have been left out for a long time.
- Ensure any packed lunches are kept in a cool area prior to eating.
- Only use the swimming pool when you are 48 hours free of any symptoms following a gastrointestinal illness.
- If visiting petting farms or zoos as part of your itinerary, please ensure that regular hand washing is maintained by the pupils.

If your party suffer from any sickness, please contact your representative or a member of the hotel staff so that the highest level of hygiene can be maintained.

We ask that any child that is un-well within 24-48 hours prior to departure to seek medical advice as to their suitability to join the trip in order to prevent the risk of infecting others.

### Gas Safety

You should ensure that any mains or portable gas appliances are disconnected in the rooms that the group occupy. If this is not possible then the appliance should not be used.

### Lift Safety

Please familiarise yourself with the type of lift available at the property. In some countries lifts are not required to have internal closing doors. Please ensure that members of the group are aware of the risk, and stand well back from any exposed 'moving wall'.

The pupils should be accompanied by adults in the lift to avoid misuse and over-crowding. In the event of a fire, please use the nearest available staircase. Do not use the lift.

### Window Safety

It's not a compulsory requirement for all hotels to have window restrictors fitted. On arrival at the property please familiarise yourself with your allocated rooms to see if restrictors have been fitted to the windows. If devices have not been fitted to the windows, please ensure that the group are aware of this risk.

Be aware that glass doors and windows are not always made with toughened glass. Please ensure that the group do not play inside the hotel, unless it's a designated play area.

### Money & Personal belongings:

- Take care of bags, wallets and cameras whilst out and about; avoid carrying too much money or carrying valuables.
- Where available, place all valuables in a safety deposit box.
- Ensure the rooms are left secure when going out, including patio/balcony doors.

### Safety in the Sun:

Always use a sunscreen that has a high sun protector factor and protects you against both UVA and UVB rays. Hats and loose fitting clothing to cover exposed skin are good ideas.

Sun glasses should be worn to protect the eyes, and water carried to avoid dehydration.

### Road Safety:

The rules of the road can be very different to those we're used to in the UK.

- Be vigilant at all times. Familiarise yourself with the direction of traffic and look both ways before crossing.
- If possible, always use a designated crossing point.
- Be aware of trams / trolley buses or trains that may share the road with vehicles.
- Be aware that in some countries traffic is not required to stop at pedestrian crossings.
- Always supervise embarkation and disembarkation of the coach.

For destination specific health and safety advice including information regarding immunisations, please refer to:

**Fitfortravel – [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)**

**The Foreign and Commonwealth Office – [www.fco.gov.uk/travel](http://www.fco.gov.uk/travel)**