

# In Case of Emergency Cards

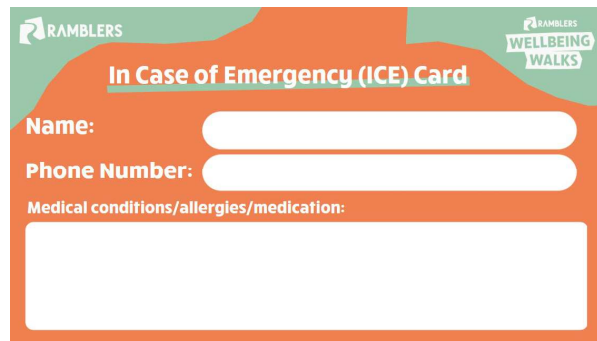
Knowing who is attending an activity and having access to their contact details is important in case of an emergency. One way that activity leaders (i.e. Walk Leaders or Path Maintenance Leaders) can do this, is by asking participants to carry In Case of Emergency (ICE) cards.

Ramblers ICE cards are lightweight, waterproof and credit-card sized so you can easily slip them into your wallet or purse.

On the front of the card you can write (with ballpoint pen) your own contact details and any essential medical information such as medical conditions or allergies you have.

On the reverse of the card, you can provide the name, number and relationship of the person whom you designate to be contacted should there be an accident or you become unwell during a Ramblers' activity.

The emergency contact should be someone you trust such as a family member or close friend, to whom the activity leader can relay information to as needed.



The front of the ICE card features the Ramblers logo and 'WELLBEING WALKS' in the top right corner. The title 'In Case of Emergency (ICE) Card' is centered. Below it are three input fields: 'Name:', 'Phone Number:', and 'Medical conditions/allergies/medication:'. The medical field is a larger rectangular box.



The back of the card is titled 'Emergency Contact' and contains three input fields: 'Name:', 'Phone Number:', and 'Relationship:'. At the bottom, a disclaimer states: 'This card is for emergency information purposes only. By attending the activity, the participant declares themselves fit to participate and agrees they will act responsibly during the activity.'

## When would you call an emergency contact?

Examples of incidents in which your emergency contact could be called could be:

- Slipping over a tree root during a group walk and needing to attend A&E for a possible broken bone.
- Feeling faint and unwell during a path maintenance activity and needing support to travel home safely.

Before an activity leader calls an emergency contact, they will first deal with the incident and make sure the injured individual receives the treatment they need.

## Where to store the ICE cards

Activity leaders who request their participants to carry ICE cards should make clear during the activity briefing how and where they wish the participants to make their cards available. This could involve:

- Requesting to collect the cards at the start of the activity and then handing them back out at the end. This will only be useful if you know the group well and who is who! This approach would also not be practical for walks or other activities in which the group spreads out.
- Asking participants to carry their card in a specific, easily accessible place such as in the outside pocket of their rucksack, raincoat, or tucked into their mobile phone case.

It's always a good idea for the activity leader to carry a supply of spare cards as well, to provide to any new participants at the start of the activity, such as new walkers joining a group walk. Activity leaders or other Ramblers volunteers can order ICE cards in batches of 25, free of charge, by completing the following form: [ICE card order form](#)

## Alternatives to Ramblers ICE cards

Participants or groups may prefer to use alternatives to the ICE card provided by Ramblers, such as their own ICE key fobs or using the ICE function on their smartphone. To find out how to set this up on your phone, search online for 'Set up ICE on [model of phone]'.

If you ever need to access someone else's ICE details, swipe up on their phone's lock screen. ICE contact information can be accessed in this way without the need to enter the individual's security pin or passcode, so it can still be accessed if the individual is unresponsive.



### Useful links

Online guidance for setting up an emergency contact on [iPhone](#) and [Android](#)