



SIGNALLING FOR HELP



▶▶ GETTING INTO THE ACTIVITY

Learn some internationally recognised signals for help. Signals you hopefully will never need, but which could be an incredibly useful survival skill one day.

These days people rely on mobiles to communicate with each other. Calling for help has never been easier. But what if you were lost in the wilderness, stranded on a mountain or injured in the countryside and your phone was out of battery or signal? How would you call for help then? These situations can quickly become life threatening, particularly in bad weather.

Large ground to air signals can be a great way of attracting attention to where you are and sending messages to planes, helicopters and search and rescue teams. Use the ground to air signals sheet and in small teams have a go at creating a signal using items found around you (household items, games equipment, clothing etc). Once created, let the other teams try to work out what the signals say. Take it further by challenging the teams to create a new signal. What shape would it be and what would it mean?

Virtual: Children should create their signals on the floor. Take turns showing the signal and letting others work out what it means.

✓✓ WHAT YOU'LL NEED

- Ground to Air Signals Sheet
- Household items / Games Equipment etc

! KEEPING EVERYONE SAFE

Maintain social distancing as required. Where shared equipment is used, please ensure a hand hygiene break before and after.

GROUND TO AIR SIGNALS



Require Assistance



Require Medical Assistance



Yes / Positive



Medical Supplies Needed



No / Negative



This Way



I Don't Understand



I Need a Compass & Map



I Need Food or Water



Safe to Land Here



All is Well



Aircraft Badly Damaged

Top Tips For Creating Signals

- Make them as big and thick as possible - this gives them more chance to be seen. The recommended size is 3m wide by 10m long. If displaying more than one symbol, leave a gap of 3m between each one.
- Try to use a large open area, as close to your location as you can.
- If you can't leave the signal near to where you are, use the arrow to help show where you can be found.
- Chose materials which contrast to your terrain colour. e.g. dark branches on snow, non green items on grass etc.
- Try not to use small objects (twigs, little stones etc). If a helicopter comes to land, these could be thrown all over the place causing hazards.