

## STAY SAFE, BE PREPARED AND MAKE SURE YOU HAVE A GREAT TOUR!

While we want you to enjoy your battlefield trip, you may encounter difficulties which could affect your enjoyment of the tour. Here are some useful pointers to help you enjoy your tour and avoid some possible pitfalls. Please read the information carefully and share it with other members of your party.



HAVE A GREAT TRIP!

## BEFORE YOU TRAVEL

### Foreign, Commonwealth & Development Office (FCDO)

- Read the FCDO travel advice for the country that you are visiting. It provides essential information including entry requirements, advice on health, safety, security, local laws and customs, medication restrictions and much more.
- As the FCDO travel advice can change, check it regularly before you travel. You can sign up to receive FCDO email alerts for your destination: [www.gov.uk/foreign-travel-advice/email-signup](http://www.gov.uk/foreign-travel-advice/email-signup)

### Travel Insurance

- Never travel without insurance.
- Make sure you have valid travel insurance with sufficient cover for your holiday and check that your cover includes illness, repatriation and that you are covered for any activities before participating.
- Remember the free Health Insurance Card (EHIC & GHIC) only entitles you to basic state medical care in participating countries, it does not cover you for repatriation.
- Take a copy of your travel insurance policy and the emergency assistance contact number with you.
- Leave a copy of your travel details with your next of kin or an emergency contact.

### Health and vaccinations

- Read the health advice and check the health and vaccination requirements on [www.travelhealthpro.org.uk/countries](http://www.travelhealthpro.org.uk/countries) before you go. If vaccinations are required speak to your GP or travel health clinic.

### Passports

- Check the expiry date on your passport to ensure it will be valid when you plan to travel and make sure you give yourself plenty of time to renew it if necessary.
- For certain destinations, you will need at least six months validity on your passport when you enter the country.
- Apply for visas in sufficient time.
- Check the Entry Requirements section of the [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice) for the country you are travelling to for more information.

## YOUR JOURNEY

### Plan and pack for a safe journey

- Research your destination and tour to understand local customs, etiquette and dress codes and pack accordingly.
- Although the war has long since finished the weather and some of the ground visited on these tours has changed little. With this in mind; the following kit list will make your battlefield tour more enjoyable and comfortable.
  - Wear casual clothing to reflect that the ground covered may be wet and muddy.
  - Bring a spare pair of shoes to slip on when you get back on the coach. This will keep the mud on the coach down to the minimum and keep your driver happy.
  - A waterproof jacket is essential.
  - A hat in colder weather is recommended.

- Occasionally the sun does shine so a pair of sunglasses and sun cream is recommended for summer months or for visits to sunnier climates.
- Some sites are prone to mosquitos and insects so insect repellent is advised as part of your travel kit.
- Spare casual clothes and shoes are useful for the evenings, just in case you get wet during the day.
- Remember some of the accommodation we use does not supply towels and soap/shampoo, so check before you travel.
- Strong, comfortable walking footwear for the battlefield is important as the ground is often wet and uneven.
- You may wish to take a first aid kit for your group.
- Carry a supply of medication in your hand luggage, check if there are restrictions on non-prescription medication in the countries you are travelling to.
- Carry a copy of your booking confirmation which shows exactly what is included in your package and our contact details should you need them.
- Follow the luggage policy of your transport provider, including any weight or carriage restrictions.
- Keep a copy of the ID pages of your passport somewhere safe throughout your tour.
- Allow sufficient time to get to the airport/port/station/ departure point.
- Meat, milk or products containing them are not permitted to be taken into the EU from the UK.

## ACCOMMODATION

### When you arrive

- Check out the accommodation facilities and safety features.
- If you notice any defects or hazards at your accommodation, report them to reception and CGT Tours.
- Familiarise yourselves with escape routes and locate the fire exit nearest to your room.
- Walk at least one escape route if possible.
- If available ask for a fire safety briefing for your group.
- Read the fire instruction notice displayed in the bedrooms.
- Ensure all of your group are familiar with the fire safety information.

### Beware and be safe

- Take extra care in bright sunlight as it may not be obvious whether the windows or patio doors are open or closed.
- It is not compulsory for windows to have restrictors fitted. Familiarise yourselves with your allocated rooms to see if restrictors are fitted to the windows and if they are not fitted, please make the group aware of the risk.
- Glass doors and windows are not always made of toughened glass. Ensure that your group is aware of the additional risk.
- Surfaces such as tiles and marble floors can be very slippery.
- If you're self-catering, check how the cooking appliances work and ensure they are switched off when you leave the accommodation or go to bed.
- If smoking is permitted always ensure that all smoking materials are safely extinguished and never smoke in bed.
- Keep your key by your bed when sleeping or leave the key in the inside of the door whilst locked.

- If you smell gas, report it. Black sooty marks or stains, lazy orange flames and excessive condensation in the room could indicate a faulty gas appliance.

### If a fire occurs

- Evacuate the room/area immediately – don't stop to collect personal belongings. Use the nearest escape route.
- Close any doors behind you.
- Raise the alarm.
- Go to the assembly point.
- If you can't leave your room, close all doors, put wet towels or clothes around the door seals, telephone reception and shout for help from the window.

### Balconies, corridors and walkways

- Never leave children unsupervised on balconies.
- Don't climb or stand on balcony furniture. Keep all furniture away from the balcony wall/railings.
- Never lean over, sit or climb on the walls or railings of any balcony, corridor or walkway.
- Don't leave potential trip hazards on the balcony.
- Do not try to pass items to someone on another balcony or climb from one balcony to another.
- Never jump into the pool from your balcony.
- Before closing the door whilst on the balcony check that there is a handle on the outside.

### Security

- If available, use the safety deposit box for money, travel documents, passports, jewellery and other valuables.
- Lock your door even when you're inside the room.
- Don't leave windows or patio doors open.
- Exercise caution when opening the door to a visitor and ask them to identify themselves.
- If you see someone or something that looks suspicious, report it to reception or a member of staff immediately.
- Follow the advice and instruction of the staff or local authorities.

### IF A SECURITY INCIDENT OCCURS

If you are caught up in an incident and are not sure what action to take, follow the guidance to 'Run, Hide, Tell' which can be applied to many places and situations both at home and overseas.

## RUN HIDE TELL



Run to a place of safety. If there's nowhere to go, then...



it's better to hide. Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can...



then finally and only when it is safe to do so... call the police.

## OUT AND ABOUT

### Coaches

- Drivers are responsible for the safety of all passengers on board the coach and safety instructions given by our drivers should be adhered to.
- Please ensure that your party are at the designated pick up point at least 15 minutes prior to the departure of the coach.
- The coach will make regular comfort stops for the group; however, you should remember that there are charges at European motorway services, towns and cities for the use of their facilities. Therefore, you should ensure that your group are aware and carry change.
- If your coach has a toilet it is for emergency use only. The driver has the right to lock the toilet at any point during the tour if he/she believes that the toilet is being used for anything other than the purpose for which it is designed.

### Coach safety

Is of the utmost importance throughout your coach journey:

- The driver is responsible for the safety of the coach, so please do listen any announcements they make.
- On UK coaches that 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 at all times.
- Ideally remain seated when the coach is travelling and do not move around.
- The group should familiarise themselves with the locations of the coach's emergency exits and escape windows.
- That selected adults within the group, with the assistance of the coach driver, are able to operate these exits.
- An adult is to be seated next to the emergency exit(s) on 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.
- When fitted and safe to do so, the continental door should be used.

### Road Safety

The rule of roads abroad is not always the same as here in the UK:

- Be watchful at all times. Be aware of the direction of the traffic, taking time to look both ways before crossing.
- Where you can always use a designated crossing point.
- Be aware of buses, cyclists and trams that share the road.
- In some countries traffic may not be required to stop at pedestrian crossings.
- In particular in busy areas a high viz jacket is recommended.

## ACCIDENTS AND ILLNESS

- If you or one of your group fall ill or has an accident during your tour, seek medical advice and report it to reception and CGT Tours.



## BATTLEFIELD SAFETY

Visiting the battlefields is an amazing experience, but please remember that even though the war is over, the battlefields can pose significant risks to you and your group and you must remain vigilant and aware of your surroundings at all times.

- Please listen to all announcements made by your guide, especially any Health and Safety briefs on the coach.
- There may be unexploded ordnance – do not touch (IT MAY EXPLODE AND KILL YOU) and make your guide or a member of staff aware.
- Rusting artefacts and barbed wire may cause injury, do not run around and keep away from any battlefield relics.
- Electric fences are normally clearly marked (although not always), take care whenever you see livestock in fields.
- Be careful when handling equipment, especially any weapons or other artefacts.
- Be aware of the ground, surfaces can become slippery when wet, the ground may be undulating and there may be trip hazards which are not immediately visible.
- Tunnels may be low, take care to avoid injuries.
- Be aware of canals, rivers and craters - keep away from water.
- Do not climb on memorials, walls, other buildings or battlefield debris.
- Do not be tempted to jump or stretch across gaps (especially trenches).



## FOOD AND DRINK

- Where appropriate, drink bottled water and avoid ice in drinks.
- Be aware that alcohol measures abroad may be larger than in the UK – drink in moderation.
- Make sure your food has been thoroughly cooked and is still hot when served.
- Avoid any uncooked food apart from fruits and vegetables or food that can be peeled or shelled.
- Please advise us in advance of any dietary requirements or food allergies that your group may have and ask for information on meal ingredients.

## GENERAL SAFETY

### Sun

- Always use sunscreen with a high sun protection factor, if needed.
- Sun glasses should be worn to protect your eyes and water carried to avoid dehydration.

### Personal Safety

- Avoid carrying too much money or wearing excess jewellery when you're out and about.
- Keep all valuables, wallets, bags etc. close to you at all times.
- Avoid poorly lit areas and make sure that no one walks back alone.
- When part of a group look out for one another.
- Do not invite strangers back to your accommodation.
- If you feel uncomfortable or in danger, don't be afraid to draw attention to yourself. Shout, make a fuss and make people aware that you feel threatened.
- If you are the victim of a crime, report the matter to the local police and CGT Battlefields Ltd immediately.

### Alcohol and drugs

- Be alert to personal safety issues and remember that alcohol or drug use may increase the risk of accidents and can invalidate travel insurance claims.
- Never accept drinks from strangers or from anyone you don't completely trust.
- Do not share or exchange drinks.
- Be aware of how much you've had to drink and remember alcohol will dehydrate you.
- Avoid using recreational drugs – they're likely to be illegal in your tour destination.
- The quality of local imported spirits varies greatly, buy well-known brands where possible.

### Using a taxi or mini cab

- Never accept a lift from an unlicensed taxi, a stranger or someone you don't completely trust.
- Try to share a taxi with a friend.
- Always sit in the back of the taxi, and if you chat to the driver don't give them any personal details.

## SWIMMING AND POOL SAFETY

**Only swim in pools where it is permitted to do so and you know the pool is suited to your swimming ability**

- Read the pool rules before you swim and remember that most hostels/hotels do not employ lifeguards.
- Always obey the facilities rules and signage.
- Check the pool layout to know where the deep and shallow ends are, especially before jumping or diving in. Never dive into water less than 1.5m deep.
- Shower before entering the pool.
- Don't swim if you are suffering from an upset stomach. Leave 48 hours before entering the pool following a stomach-related illness.
- Don't jump or dive from any raised features or from poolside furniture.
- Don't swim immediately after a meal and never swim when you've been drinking alcohol.
- Check the hours of pool operation and never use the pool when it is closed.
- In the event of an emergency, know how and where to get help.
- Children in and around the pool area should be supervised by an adult at all times and never left unattended even if a lifeguard is present.

## SWIMMING AND BEACH SAFETY

**Only swim in the sea, tidal waters, rivers, lakes and other waters where it is permitted to do so and you know it's suited to your swimming ability.**

*The beach*

- Check warning flags, signage and whether a lifeguard is on duty and follow safety information on the beach.
- Find out what to do in an emergency e.g. call the local coastguard.
- Beware of dangerous currents and underwater hazards, such as reefs, rocks, sudden changes in depth and marine life.
- Don't swim near or dive from rocks, piers, breakwaters and coral.
- Never swim where a sign says not to e.g. in zoned areas for jet boats or jet skis.
- Only use jet skis and other water-based crafts where appropriate safety equipment and supervised by an instructor.
- Where possible never swim alone.
- Always supervise children.
- Never swim at night, after drinking alcohol or with a full stomach.
- If you see someone in difficulty raise the alarm.
- If swimming as a group, designate one person as an observer to spot potential problems or individuals in difficulty.

**PLEASE READ THIS LEAFLET IN  
CONJUNCTION WITH  
"GET READY FOR TRAVEL"**