**In Case of Emergency**

**Exercise outline**

**Priority Contact Details**

This exercise is designed to encourage people to put **In Case of Emergency (ICE)** contacts into their mobile phones. This exercise should be completed individually.

Suggested format:

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| Preparation | Arrange to supply suitable materials for Part 2, if undertaken. |
| Part 1 | Ask everyone to choose the person(s) (up to a maximum of 3) who they would want the Emergency Services to contact if they were involved in some form of accident and unable to make the call for themselves. Typically, these should be next of kin, family or close friends.  Once they have decided who they should be, make separate mobile phone entries for those contacts preceded by the word ICE, e.g.  ICE 1 – Sam Smith [phone number]  ICE 2 – Janet & John Jones [ phone number] |
| Part 2 | As an additional activity consider creating credit card sized **ICE Cards** to carry in purses and wallets.  These should state:  **ICE: In case of emergency please contact:**  **[details]**  This can be done on computer or handwritten, ideally on card and laminated. |



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