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Online Safety Guides

Download and view our most current Safety Guides.

Adobe Acrobat is required to view the following documents.

[Introduction to Wilderness Medicine](#) (1.10 MB) **NEW**

This guide provides an overview of wilderness medicine, defined as any situation in which transport to a hospital-level facility will take more than two hours. It describes the training required for wilderness medicine providers, choosing a wilderness medicine training course, working with a medical director, and applying wilderness medicine protocols.

[Soccer: Making Safety Your Goal](#) (1.43 MB)

This guide will help you provide a safe environment in which young athletes can compete. It covers procedures that coaches and parent volunteers can follow in the event of an emergency and steps you can take to keep players and spectators safe. It also includes a soccer safety checklist.

[Protecting Your Business from Water Damage](#) (PDF 1.15 MB)

Sooner or later, every business will suffer some sort of loss from water damage, whether from a broken pipe, a leaky roof, or heavy rains. This guide details ways to prevent, plan for, and handle water damage losses.

[A Guide to Crisis Management](#) (PDF, 220 Kb)

Presents ways to prepare for and respond to a crisis, including working with emergency services, establishing crisis headquarters and a crisis team, dealing with parents, and managing the media.

[Challenge Courses and Climbing Walls](#) (PDF, 1016Kb)

The evolution of risk management practices for challenge courses and climbing walls over the past 10 years has been remarkable. This Safety Guide describes ways to create a new program and make your existing program safer.

[Child Abuse: Identification, Reporting and Prevention](#) (PDF, 330Kb)

Provides information on how to identify and report suspected child abuse, prevent abuse, manage the media, and access other helpful Internet resources.

[Crime Prevention Through Environmental Design](#) (PDF, 1139Kb)

This safety guide provides information to help you prevent crime by implementing the principles of CPTED (Crime Prevention Through Environmental Design). CPTED is a way to design and build your physical environment so that it positively influences people's behavior and reduces crime.

[Internet Safety for Children](#) (PDF, 203Kb)

A guide for recognizing risks on the Internet, preventing misuse, establishing and writing an Internet Acceptable Use Policy (IAUP), training your staff and children, and preventing your organization from liability arising from Internet misuse.

[Managing Vehicle Risks](#) (PDF, 331Kb)

This guide will tell you how to choose vehicles for your business, select and train drivers, and develop procedures for normal daily and special field trip transportation.

[Risk Management for Your Aquatic Safety Program](#) (PDF, 1162Kb)

This safety guide discusses the major areas that aquatic managers must address, such as principal causes of drowning, staff certification and training, rescue equipment and emergency procedures, communications equipment, facility design and managing visiting groups.

[Safe Playgrounds - Reducing the Risk](#) (PDF, 680Kb)

A discussion of the issues involved in proper playground design and maintenance, as well as helpful hints on reducing risk and preventing injuries while children are at play.

- Applications
- Claims
- Conference Calendar
- Coverages
- Crisis Hotline
- Get A Quote
- Links
- Questions?
- Safety Resources
 - Background Checks
 - Van Driver Education
 - Risk Management News
 - ▶ **Online Safety Guides**
 - Nominate Your Camp!
 - Safety Quiz
 - E-mail Newsletter
 - Video Lending Form
 - Safety 1st Hall of Fame
 - Safety Information

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Video Library Lending Form

Does your staff need to brush up on their risk management and prevention skills? Need to train a new employee on proper safety procedures? Markel's Customer Video Lending Library is here to help!

Markel customers may borrow our videotapes for up to two weeks on a first-come, first-serve basis. Simply complete the form, check the titles you'd like to borrow, and click the submit button at the bottom of the page. We will send you an email confirming your request as soon as possible. Please make sure you fill out the form completely to ensure that you receive your video(s).

Please limit your selection to three videos, and please do not order videos more than one month in advance of when you need them.

- Applications
- Claims
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 - Safety 1st Hall of Fame
 - Safety Information

Your Name:

Policy Number:

Facility Name:

Address:

City:

State:

Zip:

Phone Number:

Fax Number:

When do you need the video(s)? (Please allow at least 5 business days for delivery.)

(MM/DD/YYYY)

Please send the videotapes checked below to my attention. I realize they are available only to Markel general liability or package policy clients and must be returned to Markel Insurance Company within two weeks of receipt. I understand that these videotapes may not be copied or lent to non-Markel clients.

Available titles are as follows:

Aquatics

- Disappearing Dummies: Why Lifeguards Can't See**
(10 minutes, Aquatic Safety Research Group) Aquatic safety expert Dr. Tom Griffiths explains how and why lifeguards have such great difficulty detecting bodies on the bottom of a crystal clear swimming pool. The video also introduces and prioritizes bottom sweeps while scanning.
- Heads Up—River Rescue for River Runners**
(28 minutes, American Canoe Association) This video explores

and the significance of not implementing them.

- Don't Laugh at Me**
(17 minutes, American Camp Association) This video shows staff how to create a ridicule-free zone at camp where kids can feel welcome and secure. Also included is a workbook with activities and ideas to help camp directors provide a caring environment for children.
- Kids are Talking**
(44 minutes, Bob Ditter, M.Ed.) This video shows counselors how to make campers feel welcome and secure in their new setting. A great video for staff orientation.
- So You Want to be a Supervisor**
(7 hour training program, divided into 7 units, American Camp Association) This educational package, including a workbook, is designed to train people who have supervisory roles. Although many of the principles will also apply to camper supervision, the focus is on employee supervision.
- To Tell the Truth**
(95 minutes, Bob Ditter, M.Ed.) This video can strengthen your interviewing skills. It gives detailed information to help assess child abuse potential, performance under stress, and burnout potential. Includes techniques on how to read body language, move to more stressful interview questions, and set up and assess hypothetical and personal questions.

Vehicle Safety

- Camp Vehicle Safety**
(12 minutes, Market Insurance Company) With its accompanying safety guide, "Managing Vehicle Risks," this video is an excellent supplement to any camp's vehicle training program. Designed for counselors who transport children during the course of camping activities.

river hazards and what to do about them. It covers foot and body entrapment, panicked victims, and how to get yourself or your buddy out of river-related tight spots.

- The Reasons People Drown**
(24 minutes) This video teaches lifeguards and camp counselors the difference between distress and drowning and how to recognize the Instinctive Drowning Response. Rules are given for the ways to reduce drowning fatalities, and nonswimming rescue techniques are discussed.
- Touched by a Drowning**
(19 minutes, Ellis & Associates) This video shows that drowning is preventable when proper training, constant in-service and monitoring, and accountability are integrated components. It depicts the intensity of the event (an actual drowning), the shame and personal tragedy that the lifeguards and the city encountered, and the position of Ellis & Associates relative to lifeguard training.

Child Abuse Prevention

- Hysteria Management—Child Abuse and Camp**
(100 minutes, Bob Ditter, M.Ed.) Based on first-hand experience treating victims and offenders, and on crisis intervention with over 40 camps, Bob covers myths about child abuse and molesters, and gives insight into how an offender "courts" victims. The video provides information for use in staff training, reporting, working with parents, and surviving an incident.
- Maintaining an Envelope of Safety**
(15 minutes, Bob Ditter, M.Ed.) This video provides clear guidelines for camper/counselor contact and can be used during camp orientation to reduce the risk of child abuse and reduce your camp's liability.

Horseback Riding

- Every Time, Every Ride**
(20 minutes, Washington State 4-H Foundation) Most riders are unaware of the genuine risk that riding presents. William Shatner narrates this excellent video promoting the use of Safety Equipment Institute (SEI) certified helmets. This video is useful for both staff and campers.

Outdoor Safety

- Bear Aware**
(29 minutes, Pan Productions) A comprehensive safety video for anyone who works or plays outdoors. It will teach your counselors and campers to be "bear aware."
- Hurricane: Prepare to Survive**
(20 minutes, FEMA) If your camp's location is hurricane-prone, this video, although not fully specific to camp, will help you prepare for a hurricane and assist you with the protection of lives and property.
- Flooded Again—Time to Fight Back!**
(20 minutes, FEMA) For camps in flood-prone areas, this video shows you how to shore up your facility to protect lives and property.
- Make the Right Call**
(17 minutes, NHTSA, U.S. Department of Health) This video and workbook training program enables children to respond appropriately in emergencies and helps decrease the likelihood of misusing emergency medical services. The children's version is animated.

Staff Training

- Camp Whitecloud Goes to Court**
(75 minutes, American Camp Association and Market Insurance Company) This video and workbook training program uses excerpts from a mock trial to: 1) build an awareness of the responsibility of risk management in each staff member, 2) train staff to recognize the ripple effect of their decisions on future events, and 3) identify the rationale for policies and procedures