

## Travel Guidelines for Clinical Placements

The following overview provides essential information regarding travel by students in the Rankin School of Nursing.

### Traveling by car:

- Assess your vehicle insurance plan and verify your coverage for student travel
- Make sure your vehicle is in good repair
- Make sure that the fuel gauge is accurate
- Ensure that you have sufficient fuel to get you to and from your destination
- Make sure that your windshield washer container is full
- Plan the route you will take in advance. Use main roads as much as possible
- Have clear directions prior to leaving so as to avoid having to stop and ask for directions
- Have your keys in your hand before you get into your car
- Once you are in the car, lock all doors
- If you suspect you are being followed, do not drive to your home. Rather, drive to a police station or to a service station/public place where you can call the police
- Carry a cell phone
- Have a telephone list of pertinent School of Nursing numbers (i.e., your Nurse Educator, Clinical Placement Coordinator, Academic Administrative Assistant)

### Parking your car:

- Carefully consider where you park if you are not returning to your car until after dark
- If possible, park in a well-lit area
- Avoid parking near walls, high fences, or vegetation that may provide cover for an intruder
- Back your car into the parking space so you can drive ahead in the event that you need to make a quick exit
- Before you get out of your car, check for any loiterers. If any are identified, seek another location to park your car
- Always lock your car
- Cover any valuables that you must leave in the car
- Do not leave house keys, credit cards, personal information, or cash in your car

### If your car breaks down:

- If your car breaks down, summon help (e.g., raise the hood of the car, turn on four way flashers).
- Remain in your car
- Sit on the passenger side of the front seat while waiting for help; this will give the impression that you are waiting for the driver to return

### Winter traveling:

- Before leaving for your destination, check the weather conditions, RCMP travel advisory reports, and the road reports
- Use your discretion when deciding to travel on the roads in winter. Students make their own decisions on whether or not to travel based on their local weather conditions
- In some circumstances, the Nurse Educator (NE) may cancel clinical due to weather- travel conditions in the local area and will notify students
- Students are expected to check their emails and Moodle messages to ensure they receive notification in the event that a clinical practice placement is cancelled by the NE (as above) or has a delayed start due to unforeseen weather changes

- If the student's arrival at the clinical placement site is delayed or cancelled, students must notify their Nurse Educator or Preceptor; if the preceptor is not responding, students must contact the clinical placement site (Unit Manager) as soon as possible before the shift begins
- If StFX University is closed due to winter storm conditions, clinical practice experience may still occur in other parts of the province if weather permits
- Please note, all missed clinical practice time is to be made up
- Dress in clothing that is appropriate for the weather in the event of car problems
- If your car malfunctions or you incur problems related to weather conditions, stay with your car for better protection and easy location

**General guidelines:**

- Avoid walking at night
- Avoid taking shortcuts through poorly lit areas
- Have a cell phone available to make emergency phone calls if needed

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