

## EMERGENCY PROCEDURES

Understanding emergency procedures should help your group understand what to do without panicking if things don't go to plan. This information sheet is not comprehensive but covers the basics of preventing events going wrong and what to do when they do.

### **Planning & Preparation = Prevention** **If you don't have a plan, your activities can't go according to it**

Your planning should involve telling a responsible person where you are going, using a route card (tell the responsible person when you have returned safely). Plan well within the limits of the group; limiting ascent, start early in the day and choose accessibly campsites. Don't be afraid to use escape routes should the need arise and always keep the group together. Your survival is down to your attitude and approach; don't shiver if you don't have to.

Unfortunately accidents do happen and it is important to know how to summon help. The following points cover what to do from the moment a person injures themselves.

- Keep calm
- Carry out immediate First Aid to make casualties comfortable
- Record all details about the incident on an "Incident Report Card"
- Do the group need Mountain Rescue or can your supervisor reach you ?
- Two persons go for help (injuries permitting)
- Raise the alarm at the nearest place of habitation/phone box
- Dial 999 and ask for the police (who will call Mountain Rescue for you) and/or contact your supervisor
- Follow any instructions given to you. If non are given, stay where you are and wait for help to arrive

To be able to call Mountain Rescue you will need to know the following information. Your supervisor will also want to know these details. Write down as much of the information as possible before you go. This way it will have been a group decision and there will be no chance of forgetting it on route.

- Location and contact of the caller
- Time of the incident/accident
- Location of the incident /accident (Sheet no. & grid ref.)
- Name of nearest village
- Who is involved & what is their condition (s)
- Any other action taken

The group members left behind will have to wait for help to now arrive which may be up to several hours therefore they should make themselves as visible as possible and display International Distress Signals. Some can be found over the page.