

## **CRAVEN U3A WALKING GROUP - EMERGENCY PROCEDURES**

### **BACKGROUND**

Emergencies and incidents on U3a walks are thankfully rare. However, it is useful to have information about what to do if an emergency arises.

Many of the Group will know what to do already, but for anyone who is less experienced it is hoped that these notes and the accompanying "Emergency procedures reminder card", including basic first aid notes will be useful to keep and take on walks.

The thought of an emergency may seem daunting, but there are normally experienced people on a walk who can offer assistance and advice and organise things if necessary.

### **AN EMERGENCY ON THE WALK.....**

If one of the group is taken ill or injured follow the first aid notes if necessary. Keep the casualty warm and dry. Ensure the rest of the Group is not in any danger.

Can some of the group get the casualty off the hill/home under their "own steam" without risking further injury/harm?

But if outside help is required call the emergency services as soon as possible .....

**If at a roadside/near** properties with an address/postcode call 999 and ask for Ambulance. Give a detailed description of your location, as the Ambulance service do not use grid references

**If away from a road** (even a small distance) or on the hills **call 999, ask for Police** (check it's the police control room for the local County/area ) **and ask for Mountain Rescue.**  
( **Do not ask for an ambulance** in this situation as it could delay the response/mean they cannot access the location with an ordinary ambulance).

Mountain Rescue will liaise with Police/Ambulance and request whatever other services are needed.

The Rescue controller will ask for a **CHALET** report.....

**C - Casualty**...name, type of injury/illness.

**H - Hazards**..to the group/rescuers eg strong winds, mist, cliffs etc.

**A - Access**..location name, terrain, approach, any location markers? Eg orange survival bag.

**L - Location**..Grid Reference. (Give map sheet number/ description eg OL2 Yorkshire Dales south and sheet letters eg SD/SE followed by six figure grid reference)

Say if grid ref is from a GPS or map

**E - Equipment** at scene. Eg shelters/first aid kit/mobiles etc

**T - Type of incident**..in our case..injured/ill walker so need fell/mountain rescue.

Stay by the phone or in a place where a mobile signal can be received. The rescue controller will normally call back. If there is no signal, even from higher ground nearby, it may be

necessary for at least 2 experienced people to walk out and raise the alarm, with the above CHALET information.

The power of the group can be used effectively -there may be doctors/ nurses/first aiders on the walk. For inexperienced leaders, the management of the group could be taken over by an experienced person who could lead the group back or onwards and arrange who should stay with the casualty. In any event it is best if one person takes charge.

AFTER THE INCIDENT- report back to the Walking Group Coordinator. He/she may need to complete an Accident Report Form for forwarding to U3a insurers

### **GOOD PRACTICE FOR THE LEADER /BACK UP BEFORE THE WALK ...**

- Check the weather
- Plan escape routes (if the walk is in remote/hilly terrain)
- Take..first aid kit, survival bag, "Emergency procedures reminder card"
- Make sure mobiles are charged and registered with [www.emergencysms.org.uk](http://www.emergencysms.org.uk) This often allows a text to be sent to 999 when the signal may be too poor to make a call. (keep texting until acknowledgement is received).

### **GOOD PRACTICE FOR GROUP MEMBERS...**

Each programme reminds us all that individual comfort and safety are our own responsibility. So...

- Take sufficient food and drinks on walks
- Take suitable clothing. Waterproofs and the right footwear are essential
- Carry your own basic first aid kit, with any personal medications you may need. Make a note of any allergies, medications you are on and of any medical conditions.
- Your own survival bag is also a very good idea.
- Register your own mobile with [www.emergencysms.org.uk](http://www.emergencysms.org.uk) and also enter ICE (in case of emergency) contact number in your phone/ or carry emergency contact number.

### **FURTHER READING**

Upper Wharfedale Fell Rescue Team-Safety advice - [www.uwfra.org.uk/SafetyAdvice](http://www.uwfra.org.uk/SafetyAdvice)

## **Craven U3A Walking Group Emergency Procedures Reminder Card**

**ROADSIDE** Call 999 (or text 999 if reception is poor) and ask for Ambulance. Give detailed description of your location.

**AWAY FROM ROAD** Call 999 and ask for Police (say which County you are in) and then request mountain rescue.

**Be prepared to give a CHALET report**

**C - Casualty**...name, type of injury/illness and if on any medications.

**H - Hazards**..to the group/rescuers eg strong winds, mist, cliffs etc.

**A - Access**..location name, terrain, approach, any location markers? Eg orange survival bag.

**L - Location**..Grid Reference. (Give map sheet number/ description eg OL2 Yorkshire Dales south and sheet letters eg SD/SE followed by six figure grid reference. Say if grid ref is from a GPS or map

**E - Equipment** at scene. Eg shelters/first aid kit/mobiles etc

**T - Type of incident**..in our case..injured/ill walker so need mountain rescue.

**STAY** by the phone or where there is a mobile signal. The Rescue controller will normally call you back and will arrange other emergency services as required.

**USE** experienced group members for first aid/group management/taking charge/going for help.