

Emergency Procedure

Guidelines for walk leader to assist persons that are taken ill or are injured during a walk.

Please note that a list of common conditions with appropriate first aid treatment as well as a rescue request form can be found in the first aid bag.

Administering first aid does not invalidate Ramblers insurance. Rather, it is better to do something than nothing. Several members of the group have had some simple first aid training.

Do not forget the rest of the group as they need looking after too.

Think about the arrival of the emergency services and plan according.

Walking wounded

Administer appropriate first aid treatment.

When safe to do so the casualty should move at their own pace supported by a small group, ideally one of them will be a First Aider. If the casualty can complete the walk the leader should moderate the pace accordingly to maintain the integrity of the group.

If the casualty is not able to complete the walk the leader will determine a suitable pick up point. If possible a copy of the map should be left with the casualty's group with the point marked.

Mobile phone numbers should be exchanged between the 2 groups so any changes to the situation can then be monitored.

Immobile Casualty

Administer appropriate first aid treatment.

Make the casualty comfortable, they need to be protected from the environment and insulated from the ground.

If there is a mobile phone signal dial 999 or 112 and have following information available, written down if possible :-

- Time Location, including a 6 figure grid reference and if possible the postcode
- Name, sex and age of the casualty
- Time of incident
- Nature of the injuries/ illness
- Number in the party
- Central contact - name and number of the mobile phone

Ask for the Ambulance service if you are close to a vehicle access point, say a few fields away. If you are in a remote area of the country you should ask for Police – Mountain Rescue.

Where there is no mobile phone signal you should locate the nearest telephone from the map, this could be a farm, group of buildings, phone box etc. It may be necessary to flag down a passing car to assist. Send 2-3 people with the written rescue request information to summon the emergency services. Others left with the casualty should if possible include a First Aider who should monitor the casualty and help maintain spirits until help arrives.