

APPENDIX 2

Emergency Planning

Unfortunately accidents do happen and so need to be planned for.

Member Information

- All members will be asked to provide the Club with an emergency contact name and phone number.
- Members WILL carry their Membership Card with them on all walks. Members are requested to supplement the information given on their Membership Card by including:-
 - Date of Birth
 - Ailments and/or allergies
 - Disabilities
 - Any long term medical treatment(s)
 - Home phone number
 - Name and phone number of an emergency contact.

Possession of such a completed Membership Card will speed up any emergency treatment given by Members of the group or by a Fell Rescue Team in case your accident renders you unconscious, in addition to enabling speedy contact to be made with your emergency contact.

The Coaches

The coaches are always there at the end of the walk and so are the focal point when things go wrong

- Lists on each coach of the members and guests walking on the day WILL remain on each coach.
- A copy of the routes planned WILL remain on the coaches.

Emergency Procedures

An emergency is any event which prevents normal completion of a walk.

On the Fells:

Separation from the group

- If you become split from the main body of the group and are unable see which way the group has gone; STAY PUT
Use emergency whistle signals etc, to attract attention as quickly as possible, better to do it sooner than later. (six blasts with a minute's silence, repeated even when the acknowledgement is heard - three blasts during the minute's silence).
- If the group become aware that one or more of the group is missing then they should immediately attempt to contact that member(s) by mobile phone or if unsuccessful by use of a whistle.

- Determine where the missing person(s) was last seen and backtrack along the same route to that point whilst making frequent calls by whistle.

Accident

- If a member suffers an accident and assistance is needed, attempt to contact other Phoenix walking parties, to advise them of the situation BEFORE contacting emergency services (an extreme situation may over-ride the initial Club contact)
- The whole group will pool resources to help the casualty.
- At least two members the group WILL REMAIN with the casualty to give maximum comfort and help.
- Ideally at least two or more members of the group will GO FOR ASSISTANCE. (see the MINIMUM WRITTEN INFORMATION required by those going for assistance).
- The leader of the group will decide, if the situation allows, whether any balance of members of the party should continue their walk; always providing such a sub-group contains competent leadership.
- At ALL times, the leader's decision must prevail. This will dictate the action of the party.

Whole group unable to return to the bus on time.

- In the rare event of extreme weather conditions or some other event preventing progress along the planned route, the group should endeavour to contact other groups or the destination pub to advise of their predicament.
- If it is possible to reach a farm or other inhabited site, then this should be attempted and on arrival, contact made with another group or with the destination pub.
- If the group are able to reach a road then it may be possible for one of the club buses to pick them up from that spot.

Getting Assistance

The following MINIMUM WRITTEN information should be prepared *before* contacting emergency services.

- Accurate grid reference and time of the occurrence.
- Brief factual description of the accident and any problems
- Personal details of the casualty.
 - Name
 - Age (accurate or estimated)
 - Home address and telephone number
 - Prior medical history, if any, if known
 - Emergency contact and phone number

- What action is proposed by the party remaining with the casualty
- What action proposed by any other part of that walk group

Getting assistance may involve returning to high ground in order to receive mobile phone signal. Taking multiple phones on different networks will increase the probability of success.

The following is advice from Northumberland National Parks Rescue Team:

Essentially if any member or a group of walkers (or indeed any other outdoor enthusiast) become lost or injured in the mountains, hills, moors and/or on the crags of England (including Northumberland) the standard procedure to raise the alarm is as follows:

1) **Dial 999**

2) Ask for the **Police** (you will then be transferred to the local Police Force and call handler/operator; in Northumberland this will be Northumbria Police)

3) Once transferred to the Police, specifically **request Mountain Rescue** and provide the following information, the CHALET acronym is helpful.

C - casualties (number, nature of injuries, age, when did it happen etc.)

H - hazards (existing or potential including weather)

A - access (e.g. route followed)

L - location (description and minimum of a six figure grid reference)

E - emergency service required

T - type of incident

When Mountain Rescue is activated by Northumbria Police, other emergency services are automatically notified for situational awareness. The services include the North East Ambulance Service, Great North Air Ambulance Service and the Coastguard helicopter. This will be a very similar situation in other upland areas of England, Wales and Scotland. For medical emergencies, having received the activation from the Police, Mountain Rescue would request a helicopter attends whilst personnel and vehicles are mobilised.

If you ask for the Ambulance service this may lead to delays in Mountain Rescue being requested.

At the Coach

- A minimum period of one hour is to elapse after the stated return time has passed before EMERGENCY measures are implemented for a non-returning group about whom no information has been previously received (i.e. Fell Rescue, called out)
- When an emergency has been established, other walks will continue to completion and ONE senior club member will be selected from senior members present to be club accident coordinator, to coordinate base (coach) activities.
- All returned members will remain in the close vicinity of the coach or the designated pub, unless directed otherwise by the club accident coordinator or by emergency services.
- ALL action WILL be at the discretion of the Club accident coordinator/emergency services.
- Action taken, to be decided by the nominated person on the circumstances.