OCTOBER 2004

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FROM THE MRC AND AROUND THE REGIONS

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...A WORD FROM THE TOP TABLE...

It might seem a bit old hat to say but it’s been almost a year since I was elected to the chair of PISC – and what a year it’s been!

First of all we had the stop-start negotiations over the new name and logo, finally accepted by the teams and regions in May and the Charity Commission in September. Then we had the approach to central government for funding, causing much debate within MR and, eventually, a few searching questions in parliament itself (more on that later). That Magazine finally came on side after several false starts and a few bickering, resulting in a regular auction on e-bay on our behalf. As a result of Stewart Hulse’s fifteen years of alternately muttering under his breath and shouting at full throttle, the discrepancies between the various teams ‘insurance cover has come to the top of the pile. It’s still in a mess but now we all know it’s in a mess and moves are about to straighten things out. And, most recently, there was the conference in Bangor.

Having been involved to some degree or another in all of the above, whether beneficially or not, I sometimes wonder if it’s me people mean when they joke about not understanding the meaning of the word volunteer. Nonetheless, it’s difficult not to get involved when everything seems to require an element of PR.

Fortunately, surrounded and supported, as I am, by the PISC team, we seem to get through most things with a degree of professionalism, reasonably on time and to most people’s satisfaction. As with most things, there’s always room to improve and we’ll always strive to do so.

One of the things produced by PISC was a powerpoint presentation which was aired at the May meeting. The presentation points out the relevances of our work to everyone, not just those with mountains in their constitution, and should now be in the hands of every MP and Member of the House of Lords. If you haven’t already done so, we now need teams to contact their local MP to ask if they’ve watched it and get them to sign up to the All Party Working Group on Mountain Rescue, chaired by Tim Collins MP.

One of the next things on the agenda for PISC is the collation of a generic mountain rescue presentation aimed at the general public and available for teams to use along with their own publicity material. For this we’re going to need as much video footage as possible as from as many teams as possible so we can present a balanced view of what goes on around the country. If teams have anything they think might be useful, either shot by the teams themselves or from coverage by local TV stations, please send it to Richard Terrell at Central Beacons MR and we can start putting it together sooner rather than later.

Looking forward, I’m hoping that the coming twelve months will see, apart from anything else, a new Handbook, a PR aide memoir for team press officers, updates and improvements to the web site and, of course, four more issues of the ever bigger, even more successful Mountain Rescue Magazine.

In the meantime you’ll keep asking, we’ll keep answering and, with any luck, something useful will come out!!

Andy Simpson Chair
Publications & Information Sub Committee

AND FROM THE EDITOR...

This issue comes to you thanks whatsoever to the relentless march of technology. Oh to be more precise, a wayward apple mac, two months of telephone diagnoses, the constant hotline of mac engineers up my garden path, a new combo DVD drive, several system restores, one or two sleepless nights, zero social life, a vocabulary of expletives I didn’t even know I knew and (this is the best bit) three weeks’ worth of work deleted from my hard drive without a trace by one of said engineers (including all the stuff just waiting to be artworked into this quarterly jigsaw). Followed by even more engineers, still more expletives and a lot more time spent staring at a screen. Oh how I longed for the days when all I had to worry about was whether my Magic Markers had dried up or which pencil to sharpen next.

And, before you ask, I do back up. Probably more regularly than many I know. But Sid’s law was apparently in force on that particular Black Wednesday. So, first and foremost, thanks to all of you – contributors and advertisers alike – who resubmitted stories, photos, ads and editorial. Thanks also for the sympathetic responses – very heartening to know I’m not the first this has happened, and probably not the last!

In the middle of all this angst came the conference where I hit the ground running on Friday evening (and didn’t actually stop for a good twenty four hours) selling raffle tickets and, in the process, chatting to just about everyone. It got me thinking about the value of actually speaking to people. Computers are brilliant (when they work). Email is a tool I couldn’t do without now, either on a business or a personal level. Then there’s the mobile phones (with or without digital camera), palm pilots, text messaging, pagers, voicemails, web sites, blue tooth, infra red... on and on goes the list. Seems like we’re all communicating so much more, networking so efficiently. But are we?

My own feeling is there’s still an element of the Emperor’s clothes about all this technology. We’re in such awe of it we expect it never to go wrong, never let us down. But Internet connections stall, emails fail to arrive, attachments get corrupted, sentiments are misconstrued.

Fine, let’s use the technology as a key tool in our communications workbook. But let’s not forget the value of standing in front of someone or hearing a voice on the end of a phone line, putting a face to an email address, sharing a laugh, a bit of banter, building relationships. Because, in the end, that’s the best way to make things happen.

Judy Whiteside Editor

FROM THE EDITOR...

Issue 11 – January 2005

Editorial copy must be supplied as Word or Quark document. Images must be supplied as separate JPEG/Photoshop EPS/TIFF (300 dpi). Advertising artwork must be supplied, ready prepared on CD or via e-mail as font embedded PDF/PS/TIFF (300 dpi) or quark document with all relevant fonts and images.

Every care will be taken of materials sent for publication, though these are submitted at the sender’s risk.

Front page pic
Mountain Rescue magazine style
Photograph courtesy Cornwall Rescue Group

Editor’s Note
Articles carried in Mountain Rescue Magazine do not necessarily reflect the opinions of the MRC.

Thank you to everyone who has submitted news, articles and photographs for inclusion in the Mountain Rescue Magazine. If your contribution isn’t here, don’t worry. Everything is kept on file for future consideration, so please keep up the good work.

In the meantime you’ll keep asking, we’ll keep answering and, with any luck, something useful will come out!!

Andy Simpson Chair
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In the meantime you’ll keep asking, we’ll keep answering and, with any luck, something useful will come out!!
Glorious weather prevailed as fifty members from various mountain rescue teams gathered at their allocated campsites in the Welsh hills. The aim of the day was to exchange ideas about the mountain rescue activities of different teams, and to discuss the challenges and strategies involved.

The morning session was led by Ewan Thomas, who focused on the use of technology in mountain rescue, particularly GPS technology. He demonstrated how recent developments in GPS mapping can be used to improve search and rescue operations. The route taken by a search party can be logged into a GPS device, which allows for more accurate navigation and searching.

In the afternoon, Richard Terrell led a session on the use of solid stakes versus hollow poles in mountain rescue. He compared the benefits and drawbacks of each, emphasizing the importance of choosing the right tool for the job. He also discussed the use of boulder belays, which can be used as an alternative to stakes in certain conditions.

The day concluded with a session on the use of rope rescue systems. The participants were taught how to use a variety of rope rescue techniques, including how to efficiently lower and retrieve people from difficult terrain. The session was led by Xi Training Ltd, and participants were given the opportunity to practice these skills under the guidance of experienced trainers.

The package means that the above products are offered at Trade – 10% + VAT. All orders over £200 will be delivered carriage free. Carriage will be charged on smaller orders, so it would be beneficial to order all required items at once.

Kit crit: Bags of string!

We’ve all been there, top of the crag on a rope rescue job. Loads of kit ready to deploy; you grab the end of the rope and ‘Hey presto!’ a bird’s nest of tangles! The concept of loose tangles of ropes into bags dates back years. We have been testing this new rope bag over the last few months and found it to be very useful and worth a closer look.

The bag was designed originally for technical industrial rescue by Xi Training Ltd in Lancashire. The team were asked to have a play with it and give feedback. The bag itself is a contoured rucksack style with two padded straps, a drawstring top and bottom tie in point. It comes in various colours and has a cordura fabric base as standard. The bag can easily hold up to 200m+ of 11mm Low Stretch Kernmantle (LSK) rope.

2x100m+ LSK ropes or 1x200m LSK rope with one end dropped in to each bag. In practice, this simple addition to the standard rope bag allows for smooth deployment of two ropes without the twisting mess of two ropes in one bag. With a bit of a squash the bag can take the following kit and still be carried.

1 x 100m 11mm LSK rope
2 x rigging slings and karabiners
1 x harness, descender, slings and karabiners
1 x xMBS stretcher rolled up
1 x bolster suit

Lightweight waterproof top and bottoms

The bag is currently only available through www.xitraining.co.uk A discounted price is available for official mountain rescue team orders. Current price is around £35.

A personal view with feedback from the team by Alan Woodhead

Bowland Pennine MRT

...
Peter Howells, UK Conference Chairman

Hersham is a rare common nowadays. Perhaps it’s somewhat considered with a world of risk assessments, liability insurance, a duty of care and our compensation. This may also explain why the label hero has become so over-used in our risk-adverse society. Today we have ‘reporting heroes’ or describe one who has overcome a disaster as a hero. As we might be inspired by, or admire such people, they are not true heroes, any more so than would be the clown. Or a horse trying to help others, as such a difficult and often risky task.

Almost every soldier reported in the media is described as ‘a hero’. I assure anyone who makes this common description of a hero should be aware that the definition of hero has been changed.

I believe that the media often refers to a fallen climber as a ‘hero’. I assure anyone who makes this common description of a hero should be aware that the definition of hero has been changed. It is important to be aware of this change and to use the correct term when referring to people who have overcome a disability as a ‘hero’. Much as we might be inspired by, or admire such people, they are not true heroes, any more so than would be the clown. Or a horse trying to help others, as such a difficult and often risky task.

Munro maps at your fingertips

It’s interesting to talk to people who have their own maps of the world. They use these maps to help them plan their routes and to track their progress. It’s important to be aware of the different types of maps available and to use the correct term when referring to people who have overcome a disability as a ‘hero’.

Páramo gear still hits high note

Páramo Andy Kiripkash in High Mountain Rescue Team, July 2004 – ‘Perhaps the best recommendation for (Páramo) is the number of clammers I know who, although they’ve always had it in the big time and normally been the first to buy big companies, still pine for these at an extreme height, right breathing Páramo...’ Routine used the Páramo, stay by some 30 teams within the UK mountain rescue community. Páramo is trusted by some teams within the UK mountain rescue community. Páramo is trusted by some teams within the UK mountain rescue community. Páramo is trusted by some teams within the UK mountain rescue community.
Richard Warren (Secretary, LDSAMRA) was one of the people present at the event. He explained that the exercise had been designed to test the effectiveness of the close relationship between the various Mountain Rescue teams in the region. The exercise had been a success, with the teams working well together and communication between them being excellent. The exercise had also highlighted areas where improvements could be made, and these would be addressed in future training exercises.

Airwave Communications

Dave King of Airwave Communications explained that the exercise had been a great opportunity to test the new radio system that had been introduced to the teams. The system had been installed at the request of the teams, who had expressed a need for better communication between them. The exercise had been a good test of the system, and it had worked well. The teams had been able to communicate effectively with each other, and this had helped to improve their response to incidents.

North East

John Farnie (Secretary NESSRA) was also present at the event. He explained that the exercise had been a great opportunity to test the new radio system that had been introduced to the teams. The system had been installed at the request of the teams, who had expressed a need for better communication between them. The exercise had been a good test of the system, and it had worked well. The teams had been able to communicate effectively with each other, and this had helped to improve their response to incidents.

The effectiveness of the close relationship between the various Mountain Rescue teams in the region was clear in an incident involving both Rosendale & Pendle and Bolton teams in August. The incident had been a good test of the new radio system and had shown that the teams worked well together.

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Many more developments and opportunities remain. With new upgrades and our expanding knowledge, the Airwave function will continue to enhance our work. The benefits of integrated communication and geographical spread are huge. The team has not abandoned high band – the capability already exists on our vehicles and hill sets will soon be acquired to ensure operational compatibility with NISPA and south Cumbria teams – but the district and numerous advantages borne out by Airwave in our own patch mean that for TWSRT this will be our primary comms mode, and we are grateful of the support and interest Durham Constabulary show in this.

For more information please contact David on catmandave@bartles-smith.fsnet.co.uk

NORTH WALES

Tony Jones (NWMRA) writes...

Problems arose in June with the personal accident insurance, particularly with regard to working with MoD helicopters. Urgent discussions with North Wales police resulted in an agreement to change to Zurich Medical, with a policy the same as that in force in the Lake District. The work of Stuart Hulse was of great importance. Whilst the policy is in the name of the Association, it is fully funded by the North Wales police. It came into effect in July.

Following an extended planning period, North Wales police instituted a programme to replace Low Band equipment with High Band equipment on a one for one basis and with a small increase in holdings supplied by the police. In addition, teams were able to purchase extra equipment through the police system. The new equipment, together with the replacement of antennae, was carried out in August. It was planned that the North Wales teams would become operational on the High Band channels at the end of the month. The Low Band SRC would cease to be used to any great extent. The default channel plans for the teams follow those agreed by the NIRC Comms sub-committee and fits in with the National Band Plan published in the Implementation and Control Document. In future, teams will have access to thirteen channels rather than one or two. A settling down period is anticipated as teams learn to manage a new communications system.

Regional training continues at a steady pace with ECMR course, meetings of search managers and a one-day exercise for active search managers and planners at the end of September at North Wales Police HQ. An annual Search Awareness Course (at the time of going to press) was scheduled for 23/24 September. In support of the Protocol concerning fatalities and difficult to reach crimes scene – which was agreed and signed off in March 2003 – the police put on two-day courses covering basic forensic awareness, practical aspects of both still and video photography, handling evidence and written records. The police have supplied each team with high quality photographic equipment, evidence bags and tags and other necessary items.

Fresh from the UK Conference in Bangor, Ian Henderson adds this report, 'The conference was a great opportunity to meet with MR people from around the UK and beyond our shores. Good to meet up with the Irish contingent – our close neighbours being only a 90 minute boat ride away – some of whom we worked with on first aid courses only a month or two ago.

On the subject of conferences, apologies for the absence of many local team members on the Saturday afternoon and evening. Mountain rescue incidents pay little heed to the fact there’s a conference going on. Llanberis – with the assistance of Aberglaslyn and RAF Stafford MRT – was called to deal with a fatality on the Watkin Path and a group cragfast on Crib Goch, while Ogwen were busy dealing with an incident on Tryfan.'
Twelve months in, and new kids on the block, Cornwall Rescue Group may have seen more changes in the space of twelve months than the average, reckon team leader Jim Gaddie. ‘It seems more like twelve years ago that the police approached the new Chair, Andy Brutford, and myself to complete the momentous, life-changing task of setting up Cornwall’s very own mountain rescue team. Leaving aside the age-old question of ‘where are the mountains in Cornwall?'... the county has a long established link to mountain rescue, dating back to 1965, when Climbers’ Club custodian Jim Smith set up a mountain rescue post at the Carngollet Court House at Bosigran with just a Thomas stretcher, Neil Robertson and ropes. Separate rescue kit posts were later established in the Mullion and Liskeard areas. By 1981, Jim had trained the Coastguard Auxiliary Service to take over cliff rescue in the Bosigran area, which lead to the MR post being withdrawn. By the early 90s, all of Cornwall’s posts had been closed and HM Coastguard cliff rescue teams replaced the Coastguard Auxiliary Service.

‘Almost forty years on, an increase in inland recreational activities and missing person incidents lead the local emergency services and regional panel to highlight a need for a team for the county. Myself – another Jim – lead CRG on its regional panel to highlight a need for a team for recreational activities and missing person incidents.

‘During these pilgrimages, three enlightening events stand out, and the most important (in my opinion) is the arrival in the north Cornish town of Boscastle. Whatever anyone might say about the national (and international) media for a few days. What I will reflect on is the lessons we will be learning as the country’s newest mountain rescue team, suddenly plunged into a scenario that no amount of training or exercise sessions can possibly prepare you for.

‘First and foremost was the importance of having blue lights on our vehicles. We currently have two Land Rovers (thanks to Edale MRT and Western Power Distribution), both fitted with blue lights and sirens. Without them, we would have struggled to reach the incidents. The roads in Cornwall are not brilliant at the best of times but on this day, the rainscaused a spate of accidents and hazards like piles of earth and gravel on the roads and flooded low lying areas forced the police to close many roads. This led to traffic chaos as hundreds of locals heading home from work, and thousands of tourists heading back to hotels and campsites ground to a halt. There are few stretches of road in Cornwall which have more than one lane in either direction and without the lights and sirens running, we would have been going nowhere. Getting team members to the scene in their own vehicles proved a little more challenging! It wasn’t just the vehicles that needed to be visible. The coats and buffaloes we issue to team members (thanks to Bolton MRT) enabled them to be easily distinguished from the bemused residents still wandering round wondering what had happened, or the other emergency services in attendance. We presented a professional, organised image from the moment we arrived on scene.

‘Our first task was to search for a missing elderly couple, reported washed away from their vehicle. It struck me how much better it would have been if we could have direct comms with the police. However, why stop there – it would be very helpful if all emergency services could talk to each other directly at times of need. It’s fair to say the police were stretched on that day, the sergeant we were working with was operating from the car park of a café in a village which was mostly under water. It was still raining and the police had one radio between three of them. That said, they did a fantastic job in co-ordinating a response to a situation which was on a scale unprecedented in Cornwall.

‘I know our force were already exploring the possibility of giving us access to TETRA but it is fraught with complications and may not happen.

‘Luckily, the missing couple turned up and we were then re tasked to Boscastle itself. We travelled in a convoy of Land Rovers, the police, St John Ambulance and the Coastguard. On arrival, it was straight into the action. The fire brigade immediately approached us for spare space blankets as they had run out. We obliged and were then assigned to assist them in evacuating people from houses. They lent us life jackets – not items that we carry in our own kit (though we are now reviewing that) – and we kept them our Bell stretchers and ourselves. We had to evacuate residents who weren’t able to get out under their own steam – an elderly lady who couldn’t walk far, a gentleman who was terminally ill and hadn’t left his home for some years and so on. What struck me was the way the police, fire, ambulance, coastguard and helicopter crews accepted us as part of the rescue effort and worked alongside us without question. Our relationship with our local constabulary is second to none. The relationship with the other services is still developing but, when it came to the crunch, there were no politics in evidence – we all just did our stuff. And afterwards, as we sat in that same café where we had started our first search some six hours earlier, I had time to catch my breath and reflect...’

‘MAJAX scene, seven helicopters in action at the same time, dozens of blue light vehicles, casually clearing stations flat out, the air buzzing with non-stop comms traffic. How did I feel? My first thoughts were sadness for the beautiful village of Boscastle which will never be the same again and for its residents who have lost everything they owned – from cars to clothing. But I couldn’t help feeling a certain amount of pride that in the midst of the destruction and devastation, a mountain rescue team was playing its small but important part in helping with the rescue effort. Whatever anyone might say about the need for a mountain rescue team in an area like Cornwall, we knew that on Monday 16 August 2004, we had done our bit to save lives in what was most definitely a wild and remote place!’

Mountain rescue Cornish style...
Occasionally, silly things do happen. I’m sure we’ve all come across the stupid and downright dangerous situations where someone or a group of people, by their actions, can totally or partially leave themselves in a very difficult position. Such a situation occurred in the Christmas break. A school and a party of 39 schoolgirls became lost when near the summit of the 2500m mountain around 4.30 in the afternoon. They had very little equipment and only a single map which no one could use, no waterproofs, hats or plimsolls – and they were eventually found wearing what was basically their school clothes – skirts, tights and trainers – and laughing and joking when they saw the team and realised that this was one of the worst cases he had come across of a group being unprepared for going into the mountains and the first time he had ever seen so many people so ill-equipped. He suggested that a ratio of one teacher to 39 children was unbelievable. The teacher was totally out of her depth. John reminded the press that the team usually takes a non-judgemental view about people heading into the mountains. But in this instance it was necessary to get across the message that people travelling to climb in Scotland need to realise the risks involved.

The group walked off the mountain at around 8pm and returned to their hostel in Nethy Bridge. The teacher in charge refused to comment and the party returned to London the following day. The school Head said an inquiry would be carried out, admitting that, ‘On this occasion, normal procedures governing school trips were not in place. We apologise to parents and pupils. We are grateful to the Cairngorm mountain rescue team for their help. It was they who ensured that nothing was overlooked in terms of dealing with very ill-ill children. John Dampster points out that the Cumbria Constabulary has been provided by the Cumbria Constabulary since the 1970s, when the Force made the decision to integrate the search and rescue radio communications. John Dampster points out that the Cumbria Constabulary has consistently honoured this commitment, despite the fact that he has more resources available to the Constabulary than any other police force. Andy Dowling, Team Leader of Rossendale & Pendle MRT comments...
SEEMS LIKE ONLY YESTERDAY

STOP PRESS – CULTURE AND LANGUAGE BEING SEEN IN SAME ARTICLE

John Mottram considers a trip to the theatre

hey do say ‘more haste less speed’. Never a truer word was spoken, especially when it comes to getting ready to respond to a call out. When the pager goes off, there is that instant tingle of excitement in the air. Now, there are people who thrive about itself, but also for the thrill of preparation during which I can embark on the carefully-planned and well rehearsed routine that I know is guaranteed to have me smooth out in the house in ten minutes flat. The rucksack is by the door and I look forward to it continuing and developing.

Now why is there only one thick sock? Not to worry - I try by the airing cupboard later. Down back to the kitchen and I fill the flask, but what that peculiar smell? Tipping out the water, a substantial cup of tea (teabag black) is gone. A slow and menacing circuit of the bowl before sliding down the plug hole. Reflecting on the potential fortune to be made in the pharmaceutical industry from week-old tomato soup I move on to preparing the badly burnt, fibreglass, Kevlar and plastic pulks and wooden Nalpers with arrows and pyramid tents for use in the Alps. The Alps. For over ten years the company has been involved in the design and quality of its Ventile clothing and this continues to be produced, now by Snowsled Clothing Ltd. We are also really pleased now to be able to offer Paramo clothing and Nikwax products, on a contract basis to mountain rescue teams and other organisations who will be aware of this product’s own special properties and the technology involved. The association with the MRC has in the past month led to the production of a product which means you can fully utilise the potential of the Snowsled, a product which has been advertised in the MTRM.”

The phone rings – it’s the callout officer. No, not me! It’s the callout officer at the field station we have been passing his house? He’s home but apparently not to round to putting the laces back into the newly-

On the way, I must now call in at the team base and get round to putting the laces back into the newly-

#kitcrf

Glass mounted high band radio aerial - alternative to mag mounts or drilling!


With many teams now moving to high band, there’s a product that may be of interest! During my recent resolution to reform my eating habits by free food, I rapidly fill the box with an indulgent selection of Mars bars and Eccles Cakes. I have to eat the one that won’t fit in, there and then. Well, I catch sight of the clock, the hands turning at Countdown speed, and redouble my efforts. Back in the kitchen I note with dismay that, distracted by the earlier discovery of a new family of butterflies in my flask, I forget to do the coffee. The pager goes off again – now it’s to be a remote rendezvous for the incident, and I ring the callout officer back. Am I still eating Eccles Cakes? No, I explain between laughs, just trying to stop blood dripping on the carpet, and even an amber signal from the cat. On the way, I must now call in at the team base and collect some extra items of kit. Headng for the front door, I grab my rucksack and realise that I didn’t get round to putting the laces back into the newly-

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For any 20 years, Snowsled has been known both in the United States and in the United Kingdom by the trade name of Snowsled Snow sled, Survival & Protection Systems Ltd was established in 2003 in Scotland, where it is also responsible for the design and manufacture of a high quality of its Ventile clothing and this continues to be produced, now by Snowsled Clothing Ltd. We are also really pleased now to be able to offer Paramo clothing and Nikwax products, on a contract basis to mountain rescue teams and other organisations.
I love the outdoors and being active – the very reasons I joined Holme Valley MRT. And I like a challenge. They say it’s character building, but sometimes I’m not sure just how big my character has to get!

Anyway, I’d wanted to take some time off my day job to test my skills so I researched several expedition companies and came up with Raleigh.

The application was one of the hardest I’ve ever had to fill in – I was so desperate to get down everything I wanted to say. Then there was a selection weekend, more to deselect yourself if you don’t think it’s for you. Of course, it was all my cup of tea – navigation, working as a team to think around various multiple tasks, doing presentations, camping, casualty management – and when the offer came through of joining project staff in Malaysia, for January 2004, I could hardly contain myself. Then it was on with raising the £1,100 required to go and all the stuff to get – materials for a long trip, the flights, equipment and so on.

Most of the staff met at a team-building weekend in December. And then it was January – anxious moments and concerns left behind in the excitement of meeting the others and comparing luggage weight “He who would travel happily must travel light” is a very truthful quote!

After a less than reassuring inflight pre-departure prayer we were on our way to the “land below the wind”. Eighteen hours later we arrived at the relative bawdy of kota Kinabalu – a house in the Lintas suburb of Kota Kinabalu, Sabah’s capital, our home for the induction phase. We found beds or floor space and were soon sat with our expedition leader’s favourite phrase “There are no problems, only opportunities”!

Shell shocked, jelloagged and affected by the heat, induction felt like being back at school. So much to do in such a small time. We learnt how to do reviews of the day, setting a group contract, one-to-one with the venturers, how to administer a first aid, health around camp, environmental considerations (“Take nothing but photos, leave only footprints”)

The first few weeks were spent with the flight, equipment and so on. And then it was meat on the bone. We had to help plan the future ecological management of the area, map, determine the best location of field centre, trails and emergency helicopter landing site working alongside the land owners, Ywan Sabah, who had just sent a group of rangers into the area.

I was lucky. Usually staff stay on one project for continuity, but I was to swap with another project member for the third phase. I’d gain community project experience whilst he would use his skills as an architect to draw up plans for the Limbak centre. So, third phase, I was off to the remote Kampung Bayaan to help complete a kindergarten and teach English.

So now we had all something to get our teeth into – visits to allies to arrange, orders for equipment to sort out, routine and fall evacuation plans to draw up.

But the main thing with such a huge group is tight organisation, timing being imperative – particularly with three loo and two showers for each six – and so much information to pass on. Each smaller group (ours was thirteen) organised and led themselves with us facilitating rather than directing them. The information we gathered over the first two weeks was passed on, then off they went for their first taste of camping in the jungle.

We had one day in that first fortnight, soaking up the sun on the tropical, idyllic beaches of Mamuk Island, just across the bay from the capital. The venturers were all coming here to learn to dive and carry out coral research, as part of their trekking phase, so of course we felt it our duty to check it out for them! Then there was the Philippina night market – lots of food cooking, just along from the stalls selling the raw ingredients – and the ‘teach socks’. They may never be catswalk material but they do the job!

Once the host country venturers arrived, three of the staff from the Limbak groups went off on a recce. We couldn’t all go – perhaps as well, as two of them contracted amebic dysentery on the trip!

The Malaysian venturers were from two distinct backgrounds – Sabah and mainland Malaysia. On the whole they were quicker than their European counterparts, but a friendly, mid-manned people. Literally thrown in the deep end with their swim test, they were so keen to learn more about their own country, very practical and got stuck into any chores, usually showing us how it was done – very reassuring.

In total there were 30 staff, and 120 venturers (about 20 Malay). The main thing with such a huge group is tight organisation, timing being imperative – particularly with three loo and two showers for each six – and so much information to pass on. Each smaller group (ours was thirteen) organised and led themselves with us facilitating rather than directing them. The information we gathered over the first two weeks was passed on, then off they went for their first taste of camping in the jungle. All went amazingly well. The key learning point is prioritisation – you need shelter, a long drop to be dug, a source of food and everyone needs to know where everything is before it gets dark. And it gets dark early and quickly in the jungle. Soon you see the frsties over the water and then the jungle orchestra starts. It is never quiet!

Our last taste of civilisation with the opening ceremony, our provisions allocated and checked and, early on the 12 February, D-day arrived. We loaded the coach with all the provisions, equipment and personal effects of both groups and set off, passing the peeping silhouette of mount Kinabalu on our journey.

At Telupid, we unloaded and sorted everything into the back of the 4x4s driven by local Rangers. Two hours later, we reached the river and saw the bridge swept up on the bank, looking across at what was to
be our first night’s camp – the other side of the bridge at the logging camp. Everything had to cross the river in a small two-man boat, as we made our way up river at each side to pass all the gear. Then we had to recce our camp – wading across to find a cleared area of forest. We made a shelter for our food, got the provisions required and walked 13km to our camp. Doesn’t sound far, but carrying heavy loads, in the heat and on jungle trails it’s hard work! Then we washed a huge tarpaulin in the river and, with Begawan guidance of the local rangers, built our shelter. As the two groups would be staying here on the way in and out, it had to be big enough for thirty. Helping to erect huge log supports, cross beams for all the hammerwork, took some effort and quite a lot of wood. There’s something about getting back to nature that is very rewarding. We were all depending on ourselves and each other, needing to be practical and work hard. Learning to look after each other, live together and cope with the unexpected.

We used the river for everything – collect our drinking water, wash our clothes, feed ourselves and our clothes, and swim. Sometimes after a recce through the jungle we were so hot and smelly (an odd combination of sweat, Deet and a musty odour) that I just got in clothed – you could just smell the ungraduated layers as I washed!

Both groups had managed the first part of the journey and got the next part of the journey underway. At the end of the first phase, we were all hot and sweaty, and the jungle was so hot that night and a river of mud ran straight through the shelter. The loggers took us in and we were all pleased to be going back to our comfortable changeover location to get washed and cleaned up! It was very interesting to see the different personalities in each group and how the dynamics made it a totally different team – different ages, backgrounds, interests, skills, experiences. You often saw the unexpected – the one you thought would be into outdoor living getting right into campcraft with his own little fire going.

The beginning of Phase 2 saw more unseasonal weather. As we hadn’t had the induction period for the group to bond, and the two groups were still having to live together in one camp, stress levels began to rise. You learn to communicate and try various strategies to get the desired outcome, also thinking of the group as a whole and monitoring individuals.

Eventually, we did get out of camp and decided to take food to all the other groups but a sudden rise in river levels meant we had to evacuate at the crossing point. As my friends in the team will agree, I am not the one they would anticipate in a delay stance, helping everyone up the steep bank to safety but all went well and I proved my skills to myself once again! Wild woman of Borneo, here I come!

Our later trip to the waterfall camp was totally different, the power of the water knocked the wind out of your sails, but it was a lovely place for the group to swim, particularly after a hard hot day marking out routes and parameters of sites in the forest. We got close to the end of the second phase was communication – check what’s been heard as well as what has been said. We had to make sure we covered all the sides of the story.

The local people are very proud, quiet but amazingly helpful. It’s easy to misinterpret gestures and behaviours due to cultural norms. They don’t like to say no, they find it easier to talk to one than in groups. Live in family groups with larger networks, and have different timescales with a much more traditional hierarchical structure.

We worked with the locals, carrying rocks from the river for the foundations, sawing the wood, hammering in the partitions and painting the building. The venturers showed their great creative abilities designing and painting murals. We also taught English to adults, school and kindergarten children, had some cultural exchanges and played football. It was quite a social spot. All the treks came through the village. There were quite a bit of visiting and people from the village and a group from Hobsons kindergarten children, had some cultural exchange sessions and played football. It was quite a social spot. All the treks came through the village.

It was also our time to reflect and think about the work, expectations on both sides of the story. It was really interesting to see the work went on a little longer than expected.

The wholen experience was fantastic. I’ve got something out of my system, learnt a lot about myself, about teamwork and leadership and the use of outdoor skills in a totally new environment and stepped off the trek we all live on. I took the opportunity to travel for three months around south east Asia, particularly Thailand, Cambodia, Myanmar and Laos.

Now I’m back home. I’d like to say I came back to enjoy the English summer but it’s been a washout! All in all, I can thoroughly advocate the benefits of a career break, particularly to undertake something new and different. I was very, very glad of my time in the Malaysian mountain rescue team skills and helping others.

Well I didn’t it, there’s no reason why you can’t!!
The rewards and challenges of the winter mountains are both unrevealed and unique. For many it’s to see them at their finest but, of course, there are pitfalls. Andrew Bateman from Mountain Innovations guides us around some of them.

The Gear

- Invest in a pair of ski goggles – without them winter navigation can be purgatory. A 40mph wind can transport very large quantities of snow yet, every winter, winds well exceed this speed in the British mountains. Adequate eye protection (sunglasses aren’t) is an absolute must.
- Avoid head torch bulbs that produce a ‘yellowish’ light, as orange contour lines tend to ‘disappear’.
- A pair of trekking poles can be useful in strong winds or soft snow but don’t allow their use to prevent you from employing appropriate navigational techniques or for that matter, your ice axe. If the compass is in use and you’re frequently referring to the map etc, then your poles are best stowed away.
- Compass features to go for are:
  - An adequately sized transparent base plate (10cm plus in length)
  - A magnifying glass for examining contour detail
  - 3. Romer scales to help minimise mental arithmetic.

The Navigation

- In flat light of white-out conditions visibility is frequently not as bad as it appears. You and your party are often the only things to stand out and get them involved in establishing the lie of the land. Send them out to four of the points of the compass (all within visibility of course). On a number of occasions I’ve been unable to make out whether the ground is rising or falling in front of me but as soon as a party member walks away they start to ‘revolve’! If you lack bodies use rucksacks.

A structured approach. As mountain navigators we ultimately want to determine, distance and direction. We will get these two right then we’ll get to our objective. You can go a long way to determining them both through relating the map contours to the lie-of-the-land or – determining gradient, slope aspect and contour features like saddles, ridges, re-entrants etc. On top of this you have your compass bearings to confirm direction and timing and pacing to confirm distance. These latter three techniques are easily affected by weather conditions though, as they shouldn’t be solely relied upon. In white-out conditions it’s of vital importance that you avoid the temptation to just stick with these three techniques and give up on trying to monitor the lie-of-the-land.

The Route Planning

- You may well have to opt for less ambitious objectives –
  - 1. The available daylight is less
  - 2. The condition, the wearing of crampons and the carrying of a heavier pack makes the pace slower
  - 3. You will invariably have to make more stops to check the route, put crampons on and off etc.
  - 4. The route you take may have to be less direct to take in more and better defined way-points.

- Body Conditioning – your brain is your most important navigational ‘tool’ so plan regular short breaks to keep it well nourished with food and drink. I find 40 mins of walking followed by a 10 minute break generally works well. A stop of this length is quickly used up adjusting clothing, eating, drinking, etc, but more than this and folks are starting to quickly chill. If you’re cold, stop and do something about it. Don’t wait for the next ascent to warm you up. A resultant lack of resolve to make sure things are right may lead to a navigational error that leads to a much greater delay.

- Water features

Be wary about navigating to or from a route with water channels and rills on the winter. Stream channels are often completely filled in with snow leaving no surface indication of their presence. Shallow lochans, lakes and ponds readily freeze solid and won’t sink when loaded by further snowdrifts leaving us without even the luxury of a flat surface. The shallow margins of deep bodies of water can behave similarly thereby reducing their apparent size. Some takes freeze over and the remaining water drains out. The unsuspected ice, which may be buried by snow, then warps and takes on the form of the undulating lake bed.

Be tactical – play safe – minimise the effect of error. A 10% error in distance or direction over 500m is a quarter of that over 2km in winter air to keep your legs to below 1km.

- Learn to recognise and identify as many localised contour features as possible. The more of these you can identify, the more waypoints you have and hence the shorter your legs can be.
- Make sure you catch features to their full advantage.
- Play safe by making use of attack points, collection features and the technique of aiming off where appropriate.

And finally…

Check your bearings etc, before you walk on them – even the best sometimes make mistakes.

If you want to discover more, check out Mountain Innovations 2 day Advanced Winter Navigation Course by requesting a full brochure from or going to our website:

www.scotmountain.co.uk

The art of navigation from first stages to GPS. A useful guide for everyone. Written in an engaging style by a leading navigation expert.
It's 3am. You can barely see the torchlight in front of you. The day's events have left you dozing, yet you dig your boots in, scramble and slide to get a grip in the frozen snow. To your left is a blurred figure, beyond him the rest of the team fight to keep up momentum. Spinthrift fills your pockets. Finds its way into your teeth, look for a cranny as you fiddle with the radio, to regain conscious control with the task in hand. You're exhausted, your body aches. For every step forward, you slip back. You stumble, fall, roll from side to side, keep in powder. It clings to your boots, your trousers, weighs you down. David's fallen and bashed his knee! The figure shouts, the words barely audible above the howling gale. 'Don't carry on like this – we are going to die.'

You look back, need to make a decision, exhausts consuming your brain. Come on then! The others are relying on you. The threat of hypothermia is real. You're fighting for your life. Your mind is wandering. Maybe it's a hoax, maybe you're up there on a wild goose chase, another dangerous prank? It's probably your wedding anniversary, the kids' birthday, the romantic night out you've been promising for months ...

You screw your eyes up, try to focus. That's another, elsewhere - it's nothing to do with you. It's heavy, dirty. The north gully in your search area has not even been touched. It's snow everywhere, just one word hits you – Why?

And that's the point. If you can't answer that about the people you are with, about your team, or about your work, you are not doing your job properly. You are not thinking. You are not leading. You are not fighting. You are not winning. You are not surviving.

Six Steps to Motivating Small Teams

1. Understand your team's objective

As the party leader this is essential. The rest of the team will be looking to you for direction. Make sure you give them a thorough brief and explain the importance of the team's efforts. If you don't fully understand what is expected of you, how can you expect the rest of the team to?

2. Match the objective to the abilities of the group

What abilities do your team members have? What abilities will they need to achieve the objective. You need to make sure the team has a balance of skills, experiences, and personalities to get it to work at its full potential. You can't be spending all your time developing a team to believe it will be unsuccessful before it has even started.

3. Get everybody involved

Everybody needs to feel that they are part of the team. It is important to include all the team members in the decision-making process. The success of the team relies on each and every one of you – medic, communications, navigator, climber – it doesn't matter, you're there, relied upon, relying on others.

Do you believe you can make the difference?

The ingredients of a successful team are no great mystery: if you take the time to get to know your team mates, if you listen to their concerns, if you build trust and respect amongst your colleagues, if you share the experience, then you will build a team that can achieve anything.

You know that, its old news – but now you're tired and under pressure. You're trying to cope with the situation around you, pushing yourself physically, mentally, in the worst of all, emotionally. You need to be strong, a team player. Without it, your team is nothing more than a group of individuals, clinging desperately in the face of danger to the north escarpment of the mountain.

It's not a sense of purpose, you lack direction.

Without direction, the chances of achieving your objectives are remote.

That's your job, your specialty, and somebody's life may just be depending on it! So despite popular myths, leadership is real, born not. They learn their skills, practice them, hone them with experience. They make a point of understanding others, what motivates them, drives them on. They look for qualities, strengths, things that develop the natural abilities of every individual.

You don't need a PhD in abseiling to be a good hill leader – you need respect, the trust and support of the group. You can always try to improve, build on your strengths, but you need to be able to work with the team, and make decisions with the team.

A successful team shares responsibility, involvement, and individual development. It is the importance of one person's position and power in favour of the collective. It works smoothly, and motivates, understands the region for its existence. Tasks are shared by the group. The leader's function is to ensure that communication and direction is maintained at all times.

The leader is mediator, counselor, parent. These are not unique qualities. Every one of us has them. It's whether we choose to use them that makes the difference.

Emergency service workers

Members of the emergency services, including associated voluntary organisations such as the UK mountain rescue service are expected to provide practical and moral support to members of the public when traumatic events have occurred. To this end, they are responsible to recognize the possible personal effects of those events on individuals and teams, as a direct result of their involvement in dealing with trauma.

What do we mean by trauma?

A traumatic incident may range in size from a major incident affecting a large number of people to a very small event involving just a few individuals. However, the relative size of the incident is not necessarily the most crucial factor. What matters more is the severity of that incident and the degree of distress that it may cause to the individual and others nearby.

• Increased need for alcohol or nicotine. This is common in the very short term but if a person continues to smoke much more heavily than usual, or feels they must have alcohol to be able to cope with life, this may indicate that help is needed.

• Experiencing flashbacks. An intra-visional re-experiencing of the event in part or full. This can involve one or more of the senses including sights, smells and sounds. These can be frightening experiences that differ from ordinary memories or daydreams, in that they are outside the person's control and can be triggered at any time.

Looking after yourself

Drawing on the support and understanding of family, friends and team colleagues can be extremely helpful in the process of coming to terms with the negative personal effects of trauma. Continuing with recreational activities and maintaining normal day-to-day routines can contribute to well being and enjoyment of life.

Where intrusive and painful thoughts and feelings continue, or worsen over the weeks that follow a trauma event, it is important to seek help. This is because a person affected in this way runs a greater risk of developing Post-Traumatic Stress Disorder. This is a recognised medical condition that can have a number of adverse effects on a person's well being and on his or her family and work relationships and will need specialist support.

Post-incident support meetings

If your team has access to trauma management support from any of the emergency services, then this is available for example post-incident support meetings (otherwise known as called critical incident debriefing), please contact your main base or local ERS facilities. Such meetings involve a timely, facilitated, confidential discussion focussed on the traumatic event that has taken place.

They can be particularly valuable for teams to help their members: - fully understand what has happened because each participant is able to tell their part of the story - normalise' their feelings about what they have experienced, through the process of sharing and listening that takes place.

Where there is reassurance about normal post-trauma reactions and coping mechanisms - receive information about support that they can draw on, both within and outside of the work place.

Dr Christine MacFie has been employed by Sussex police since 1991 and is currently Head of its Health, Welfare and Safety Unit. She achieved her PhD in 2003, following five years part funded research into trauma management within the police service. Christine was one of the UK Mountain Rescue Conference 2004 in Bangor.
After less than fifteen minutes at work, my team pager starts up its merry tune. I look down at the display. ‘Call to assist Fire Service/National Trust – fire on Barrow’. I take a deep breath and sigh an ‘okay’ to myself! I seek permission from my manager to leave work and then set off to jog the short distance down to the mountain rescue base.

Already, team members are loading up one of the Land Rovers with radios and drinking water. A National Trust van arrives and delivers a merry tune. I look down at the display. ‘Call to assist Fire Service/National Trust – fire on Barrow’. I take a deep breath and sigh an ‘okay’ to myself! I seek permission from my manager to leave work and then set off to jog the short distance down to the mountain rescue base.

Already, team members are loading up one of the Land Rovers with radios and drinking water. A National Trust van arrives and delivers a load of fire beaters and shovels. We set to work stripping these to the roof. Six team members are here now and we head off towards the plume of smoke.

As we arrive at the foot of the eastern side of Barrow, it is all very eerie. Fire engines are parked either side of the narrow county road and all along the verges sit the fire-fighters, stripped down to their T-shirts with steam rising from their bodies. They have obviously been hard at it. We park up, and find the senior fire officer. He informs us that everyone is being withdrawn from the fell. The wind is too strong and it is pushing the flames higher and higher.

We are soon joined by National Trust and National Park workers who, alongside the Fire Service, have been doing the best they can. But they, too, have retreated. A liaison panel is soon set up comprising the senior fire officer, several National Trust staff and our team leaders. We are soon giving fire-fighters and their equipment rides around the fell in our Land Rovers in order to save their energies and allow them to gauge the extent of the fire.

We had called our friends in Cockermouth MRT to assist. As they arrive, we are given the go-ahead to go on to the fell to begin fighting the fire. We climb up the Stonycroft Gill track in Land Rovers. I feel very nervous as we get a close view, on the way, of what will be up against us. We soon begin our charge towards the fire, armed with our beaters. The fire officer looks on nervously.

Heather and gorse fires tend to burn in lines around five to six feet in depth. Our line is running all the way around the fell, almost like a crown. Our first task is to concentrate all efforts into one section to break that line. Once the line is opened up and we have two ends, we can split ourselves into two teams and chase the fire line farther, beating out the fire as we proceed. We form ourselves into a single file facing the fire, each person attacking the fire immediately in front of us, with the drop and dragging action of our beaters. Then, when each section is out, we move behind everyone else at the front to face a fresh piece of fire. This happens all day long as we inch our way along the hillside.

Often we have to leave somebody behind to guard a section that has been extinguished to prevent it from flaring up again. Soon our advance party is down to six people. For a while, we fight the fire hard in a corner on the west side. Each time we put the fire out, the wind drives the flames back up. We draw imaginary lines that we will defend the fire from crossing and each time we get buoyed back by smoke and heat. We call for reinforcements over the radio but none are forthcoming. The same situation is being repeated all over the fell with Fire Service personnel, National Trust Wardens, National Park Rangers and two MR teams, all working hard together.

As news comes over the radio that food and drink is on its way to us, we eventually win our corner. At this point we all sit down and our beaters to the ground. We say nothing – all too exhausted to talk. I don’t think I have ever been as exhausted as at that moment. It was 7.30am. We’d originally been paged to the fire at around 10am.

Everybody’s thoughts started turning to going home, having warm baths, hot food and rest. We weakly cracked our way down to the Land Rover, discussing who had enough energy left to drive us home safely. Once in the Land Rover we heard, over the radio, that some of our team members needed help over on the Stonycroft Gill side. Their fight had not gone as we and they were attempting to use an old mining track as a fire break to prevent further spread. They needed help to push this line and to set up some back burning. All thoughts of tiredness and sleep disappeared as we went to the aid of our friends. I think I got to sleep around six o’clock the next morning and it took four wishes to get the smell of smoke out of my clothes.

Keswick MRT’s presence remained at the Barrow fire for around three days after the initial outbreak assisting the National Trust and Fire Service in damping down hotspots and dealing with any further flare-ups. Many acres of National Trust land were scorched, with the loss of animal life and large areas of rare heather.

As one of the busiest rescue teams in the country, Keswick MRT responds to around seventy callouts each year, covering over four hundred square kilometres of wild and mountainous country including three of the highest mountains in England, and one third of the tops mentioned in Wainwright’s Guides. The team’s work is extremely varied. Increasingly, it is called upon for help by other agencies such as the Fire Service and Ambulance Service, on top of all the usual mountain activities such as searching for missing persons, rescuing fallen climbers and recovering walkers with lower leg injuries. Find out more about the team, including an up to date incident report, by visiting www.keswickmrt.org.uk.
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Lifet ime of personal equipm ent - a diffi cult question?

Paul Withergood takes a look at personal fall protection equipment

With rescue teams becoming increasingly aware of issues regarding the quality, operation and safe use of equipment, we are finding more and more teams questioning how long equipment is expected to last.

In the past comments such as ‘use it until even you wouldn’t want it for free’ were common. If not entirely accurate, nowadays users are far more aware that even the most expensive and exotic equipment does not survive forever.

The question of ‘how long to use a piece of gear’ is difficult to answer definitely because of the different types of wear and tear to which each type of equipment is subjected.

Legally, as unpaid volunteers, teams are not obliged to follow health and safety legislation as it applies to industry. However, teams can be loosely divided into textile and metal products (harnesses, lanyards, ropes, slings etc) and metal products (usually steel or aluminium alloy). The metal products can be further split into those with or without component parts, which may be subjected to wear. So, what is the life of textile products and suchlike?

The goods in question are normally manufactured from manmade materials such as polyamide (nylon) or polyethylene. Manufacturers of these materials are reluctant to give an obsolescence date for their products. A minimum life is just the new material for processing and making up into finished products. This processing could extend to five years.

In practice the real life of the product is a finite period, but this will inevitably be arbitrary and has to err on the side of caution.

This lifetime depends on the intensity, the frequency of use and the environment where the product is used. It is important to note the following:

1. In exceptional circumstances, wear or damage could occur on the first use that reduces the lifetime of the product to that of a single use.

2. Certain environmental elements will considerably accelerate wear – salt, sand, snow, ice, moisture, chemicals, etc (list not exhaustive).

However, for seven slings, lanyards and energy absorbers, because of their vulnerability to wear and frequent contact with abrasive and/or cutting surfaces (eg anchors), Petzl qualify their statement with a certain environment and say for these products their average lifetime is six months intensive, twelve months normal use, ten years maximum for occasional use.

Beal

Average lifetime

- Intensive use: 3 months to 1 year
- Weekly use: 2 to 3 years
- Occasional use: 4 to 5 years
- Very occasional use: 10 years maximum

The cumulative storage and use periods should add no case exceed ten years.

Lyon Equipment

It is very difficult to be precise but a conservative estimate for the lifetime of personal fall protection equipment would be five years. However, please note that factors such as visible damage to component parts, exposure to chemical reagents, elevated temperature, prolonged exposure to UV radiation including sunlight, abrasion, cuts, high impact load, failure to maintain as recommended.

It is intended to store the equipment unused for an extended period (say five years or more) it is recommended that it should be sealed in a non-oxidising inert gas environment, eg nitrogen.

So, what about metallic products etc? Unlike textile products, metal products do not significantly change their chemical composition over time. With careful use and correct storage and maintenance the strength of non-moving parts will not greatly decrease with time. Certain mechanisms will eventually fail, but we will eventually reach a point that will well reach or affect the performance of the device.

- Any fall onto a hard surface
- Excessive sideways
- Abrasion
- Excessive play at cam hinges, more than 0.5mm wear on rope bearing surface i.e. surface of groove onto which cam presses rope
- Pulleys – obvious play at spindle bearings

We certainly have more information to hand than ever before. What teams must learn is that a thorough regime using experienced and competent team members, including training, dates and use of items are the basis of any effective maintenance system. Products can be ruined in a split second and the consequences of not acting can be dire!

The Petzl inspection CD is a useful tool for both training and record keeping and a number of equipment suppliers also provide training in the inspection and management of PPE. Courses such as these are to be recommended.

Furth er reading

- Competent Person’s Safety Executive’s (HSE) documents
- Full fall arrest equipment made from welding or rope INDG567 (published 2010) states surrounding the lifetimes of an energy absorbing lanyard SRMS HSE Books 2001 ISBN 0 85295 017 5
- There are no standards for the strength of safety harness and lanyard webbing
- These can be obtained from the HSE’s website www.hse.gov.uk
- Petzl PPE inspection CD. Available from Petzl or Lyon Equipment.
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