

ISSN 1756-8749

mountain rescue

OCTOBER 2008

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ISSUE 26

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WELCOME TO ISSUE 26

Mountain Rescue is the membership magazine for Mountain Rescue (England & Wales).

Contributions should be sent to the editor at the address below.

Every care will be taken of materials sent for publication however these are submitted at the sender's risk.

EDITORIAL

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NEXT ISSUE ISSUE 27

Copy Deadline: 5 December

Editorial copy must be supplied as Word document.
Images must be supplied as high resolution (300 dpi)
JPEG/EPS/TIFF/PDF

Advertising artwork must be supplied, ready prepared on CD or via email as font embedded PDF/EPS/TIFF (300 dpi) or Quark document with all relevant fonts and images.

FRONT PAGE

Who rescues the rescuers?
Broken RAF Sea King rescued by Chinook in July
Photo: Ian Henderson

EDITOR'S NOTE

Articles carried in Mountain Rescue do not necessarily reflect the opinions of Mountain Rescue (England & Wales). We do not accept responsibility for information supplied in adverts/advertorial.

**mountain
rescue**



Several months have elapsed since we began the process of looking at the structure and constitution of Mountain Rescue (England & Wales). This was initiated partly by changes required by the Charity Commission but also by the need to update the arrangements for attendance at meetings and the responsibilities of various attendees. At the outset I asked for suggestions from all comers but there has to date been a paucity of contributions. I continue to have an underlying concern that there exists, in some quarters, a gap of understanding between the MRC and individual team members. If we can use the intended changes to improve this then we would make a big forward step.

Simultaneously we have been looking at the future. As in the past, financial constraints play a large part of these deliberations but thanks to the great efforts of those on the fund raising group we are now in a better position. Three years previously we were discussing whether we could continue to fund the magazine! Hopefully we will not return to that precarious position. I believe it is important we do not get so involved in our internal arrangements that we obscure our view forwards and do not arrive at the position of Bishop Berkeley many years ago.

'We have first raised a dust and then complain we cannot see.'

It was interesting at the conference to hear Peter Dymond, recently retired chief of the MCA, express views from the outside which reflect many of the concerns we have been trying to address ourselves. Perhaps it is appropriate that it was at a Scottish venue that the words of Robbie Burns came to pass.

*'O wad some Pow'r the giftie gie us
To see oursels as others see us!
It would frae many a blunder free us
And foolish notion.'*

Some of the issues facing mountain rescue, in respect of its position in the bigger world of search and rescue, will have to be addressed sooner rather than later, and it will be a challenge to marry together the different ambitions and aspirations within the service. One of the points which Peter stressed was the need for us to speak with a single voice across the country and some will see this as the highest hurdle to surmount. There will need to be some changes and a degree of honesty about this will be necessary. As Hilaire Belloc observed:-
*'I am a sundial and I make a botch
Of what is done far better by a watch.'*

Once again I appeal for views and opinions but more than this I would also ask for people who are prepared to work at national level to address the challenges of the future.

David Allan Chairman

The wires were buzzing following July's mag and the apparent decision from a lofty height to change all the 'tees' to 'esses'. Who the?! What the?! How could they do this?! Now I love a conspiracy theory as much as anyone - aliens live and breed amongst us, moon landing shot in a film studio, Elvis alive and well and selling chips in Eccles - but, on this one, I have to disappoint you. No conspiracy theory. No decision from the 'top' to impose reform by stealth. Just a rather embarrassing senior moment on my part when required to type the three letters 'MRT' after a team's name, mysteriously typing 'MRS' instead (and not just once but several times, on different pages, for goodness sake!) So apologies to all those who noticed. I'd like to think it won't happen again but... er... who did you say you were?

Judy Whiteside Editor

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TRAINING NEWS

Mike Margeson reports...

- Having an eye on the grapevine this supposed summer, it seems to have been full of training opportunities. I read with interest in the Oldham team web newsletter a very positive account of the Party Leader course. This encouraged me, as last year there was not enough time up to run the course.

The plan next year is to add a session on water hazards run by our National Water Officer, Euan Thomas.

- The equipment checking courses seem to be running now on a regular basis, with the next national course based at Oldham team base on 12 October. Contact John Edwards on 01457 870734

- The annual round of search management courses at Bangor had just finished prior to the Stirling conference.

- Two two-day search management course are being planned by LDSMRA based at Calton Hall, Cumbria police HQ. Pete Roberts and Dave Perkins will run them with assistance from Ged Fenny, MRC Statistics Officer. I attended one of these programmes myself in the past and was very impressed by the content and presentation of the

course. I particularly felt it was beneficial working in small groups alongside members of a variety of MRTs and police officers. It would be excellent to see these courses rolled out and made more accessible to other regions although it is not easy or possible for many team members to get weekdays off work.

Technical Rescue

Kirk Mauthner has continued to support and contribute to a number of teams. Keswick MRT have again run Rigging for Rescue courses and have offered extra places out to their region, so thanks to them.

- Ogwen had Kirk over as well, for a complete audit and report of their technical rescue provision.

- Richard Terrell has also been down in the south west running an introduction to Rigging for Rescue techniques and principals for the Dartmoor teams.

- Ogwen team are in the final proof read of their pocket size technical rigging guide. They have agreed in principle to us funding an extra print run to provide a few copies to each MR(E&W) teams as a training resource.

- The Stirling conference had a tremendous range and depth of content. It was often very hard to decide which speaker to attend, as you wanted to

DATES 2008

EQUIPMENT INSPECTION DAY

Places: 24
Date: Sunday 12 October
Location: Oldham MRT HQ
Contact: John Edwards 01457 870734

MR(E&W) SUBCOMMITTEES AND BUSINESS MEETING

Places: 50
Date: Saturday 15 November
Location: Lancs Police HQ, Hutton
Contact: Peter Smith 01706 852335
secretary@mountain.rescue.org.uk

TEAM LEADERS MEETING

Places: 50
Date: Saturday 6 December
Location: Bowland Pennine MRT Base, Garstang
Contact: Peter Smith. As above

MRT and MLTE Training & Development Officer) and Roger Wild (Mountain Safety Adviser MCofS)

for four days of filming in the Lakes, Wales and Scotland. Watch this space for news of its release.

EQUIPMENT NEWS

Mike Margeson reports...

- The new lightweight casbag project is now underway with the first half of the production run cut out and on the table as we go to press. Once you have received your casbag, it is really important that teams feed back on the trial, so the equipment sub committee can review the new materials and design.

MR(E&W) Stretcher Questionnaire

Our thanks to Richard Terrell and Gavin Hole for putting the large amount of data collected over the last year into a useable format and its presentation at the Stirling Conference. The full report, including findings, teams' suggestions and likes/dislikes can be found on the equipment section of the website.

UK MR Conference

Continuing the important stretcher theme, we had a number of excellent presentations. The Katie 2 Scottish Stretcher Project was presented, Jamie Kean having now teamed up with Roger Daynes of Snowsled Rescue to move towards production models for further and final trials.

Dr Sue Hignett from Loughborough reported on the ergonomics research carried out by her students working with Keswick and Cockermouth teams using four different stretchers.



Prize draw winners...

Trix Tick Remover...

The answer to the question, 'What disease that affects humans do ticks carry?' is, of course, Lyme Disease. First twelve readers in the mailbox were Andrea Roberts, Jamie Reading, Pete Sherman, Carrie Hughes, Chris Scott-Lakey, Anthony Rowe, Barry Robinson, Ken Owens, Richard Tolley, Steve Rose, Tony Taylor and Ian Fleming. A handy Trix Tick Remover should be winging its way to each of them as we speak!

INTERESTING FEEDBACK

It would appear our prize draw entrants had good reason to try their luck...

'Nasty little things – last week I spent nearly an hour in my local hospital digging one out of my leg because when they (the hospital) pulled it out, the head was left behind.' Pete Sherman.

'Just returned from a trip to the Lake District where my four legged friend managed to pick up half a dozen of these nasty creatures so the article was perfect timing and very informative. Thanks.' Chris Scott-Lakey.



Demand DVD...

Well, we had nine DVDs to give away but, amazingly only five entries – so I guess that saves on the postage! And all you had to do was email the editor! So, the lucky winners are Ken Owens, Graham Dalley, Barry Robinson, Mike Stapleton and Carrie Hughes.



But, what to do with the remaining DVDs? How about sending a few words – the most amusing tales will appear in the next issue – explaining why you didn't get round to entering the first time round and why you really do deserve to receive a free DVD about Everest, courtesy of DemandDVD. Send your stories to editor@mountain.rescue.org.uk. I await the deluge.

Waterproof solutions

When you're out, facing the elements, you need to know the gear you're wearing and carrying is going to stand up to the worst and most trying conditions you might come across.

Nikwax® Waterproofing provides solutions that perform effectively in a multitude of situations, while offering you head-to-toe people friendly protection. Whether it's clothing, footwear, outdoor gear or skin, there's a Nikwax product to meet your needs. High performing, environmentally

and ethically responsible, Nikwax works for you. So whether you're at work or at leisure, Nikwax provides the reliability you demand, allowing your kit to perform in whatever situation you find yourself.

Nikwax uses water to 'carry' the waterproofing ingredient – anywhere water can get, so can the waterproofing. Using water is more effective, and means Nikwax doesn't use harmful chemical solvents or propellant gases which cause ozone depletion and global warming. Nikwax products are safe for home users and the environment. They're effective in a cool 30° C wash and don't need a high temperature treatment to activate the waterproofing.

Nikwax improves the performance and extends the life of outdoor clothing, footwear and equipment, reducing the consumption of materials and energy needed to replace these items. Fewer things in landfills too!



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I must also make the point that in purchasing Páramo, the after sales service is unparalleled. You can anticipate, during the lifetime of your purchase, a free and helpful advice service. You really feel a part of the Páramo community."

Paul Cobby

Did you know?

The key to our success is in providing our customers with a faster reaction to climate and activity changes than any other brand we know. If you need convincing, ask a Páramo wearer if they would ever go back to conventional outdoor clothing.

As seen at this year's Mountain Rescue Conference in Stirling sponsored by Páramo and Nikwax

For more information – telephone Páramo's contract sales team on 01892 786446 or email contract.sales@paramo.co.uk www.paramo.co.uk

The full report can be found on the equipment area of the website.
I would like to conclude by thanking the 25 trade exhibitors who not only put on an excellent display and range of equipment but also contributed to some of the speaker tracks. It was great to have the Austrian rescue equipment company Tyromont and the French rescue equipment company TSL rescue for the first time at the conference. Special thanks go to Mountain Equipment for the supply of the conference T-shirt and to our official sponsors Paramo/Nikwax. All the exhibitors that donated a fantastic set of prizes for the raffle are to be thanked for their generosity.

GOOD DEAL FROM GOODYEAR

Mountain Rescue (England & Wales) has entered into a partnership agreement with Goodyear which brings financial support of £10K per year for three years for the GPS tracking project, which should provide a major benefit to all teams operationally.

Goodyear will also provide, free of charge, four tyres per year to every team as replacements for worn or damaged tyres on team vehicles, with teams only paying for ancillary items such as fitting, valves etc. If a team requires more than four tyres in any year they can be purchased at 5% below the web price from Goodyear's online site.

In order to qualify for the free tyres, teams must provide full details to Penny Brockman (some already have) of the tyres currently in use on all team vehicles. This will enable Goodyear to keep track of who's had what and ensure that stocks of the relevant tyres are always available.

In addition to the benefits to teams, team members can also purchase tyres for their own use at 5% below the web price, a valuable addition to the agreement which all team members should be made aware of.

Contact Penny for full details of the process for claiming free or discounted tyres on treasurer@mountain.rescue.org.uk

Team Leaders Day Bowland Pennine MRT HQ Start time: 10.30am

The target audience is team leaders, deputy and assistant leaders, incident controllers, training and equipment officers – but all are welcome. And it costs nothing to join in.

Topics selected from:-

- Team profile: Bowland Pennine MRT
- Accident on Pike o' Blisco – implications by Andy Dell, Kendal MRT
- PLBs – presentation by Tom Taylor, ARCKC
- Alzheimers – discussion led by Phil O'Brien, Bowland Pennine MRT
- Results of stretcher survey
- Team profile – Borders MRT
- Governance issues
- Helicopter accident – Swaledale MRT
- Driver training – current position
- SARDA – national identity and the sum of its parts
- Trailing dogs – presentation by Iain Nicholson
- 'Is it worth searching at night?' – Mark Hodgson, Keswick MRT
- Involvement of personnel in gold or silver command – Lindsay Duncan, Emergency Planning Officer
- Getting the best from the Met Office – Dr Alan Goodman

* Booking forms will be distributed to teams via regional secretaries

75TH ANNIVERSARY GRAND FINALE DINNER SATURDAY 8 NOVEMBER 7.30PM

Hosted by the MRC of Scotland at Dunblane Hydro Hotel, this event is set to end the anniversary celebrations with a bang.

Tickets, at £30 each, are available from Alfie Ingram, 12 Hazel Avenue, Dundee DD2 1QD. Requests for tickets should include the name/s for whom the reservations are being placed, together with a postal address (a stamped addressed envelope would be appreciated) and telephone number. The correct remittance must also be enclosed with the reservation. Cheques should be made payable to 'Mountain Rescue Committee of Scotland'.

Dress code is Lounge Suits for gentlemen, please. The Dunblane Hydro is offering a special rate of £55 per person for bed and breakfast for those wishing to stay over after the dinner. There is a limited number of rooms available at this special rate and these will be bookable on a first come basis. Booking arrangements for this accommodation will be available on receipt of ticket reservations.

Woven Supporter badge added to merchandise list



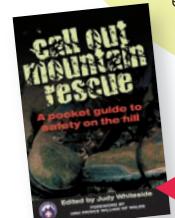
Latest addition to the Mountain Rescue range of merchandise is the embroidered Supporter badge. As with other stock, teams can buy at a discounted rate to sell on locally at any fundraising opportunity. The badges are priced at £2 each, for sale to the public at the recommended price of £4 (or more!). Teams should order through Penny Brockman via email treasurer@mountain.rescue.org.uk

Other merchandise you might try...

- Metal Supporter badge £1 ● Mugs £2.50
- Metal 75th Anniversary badges £1
- 75th Anniversary T-shirts M, L & XL £9
- Christmas cards £2.50 for pack of eight (2007 design – two off each) or £2 for pack of six (mixed).*

* RRP to public: Metal Badges £2, Mugs £4, 75th T-shirts £12, Christmas cards (8 pack) £4, (6 pack) £3.50

Plus the new Mountain Rescue Handbook, available to teams at a discounted rate of £7.99 (minimum order 10 copies) to sell on at £9.99. Email Judy Whiteside at editor@mountain.rescue.org.uk for details.



DOGS

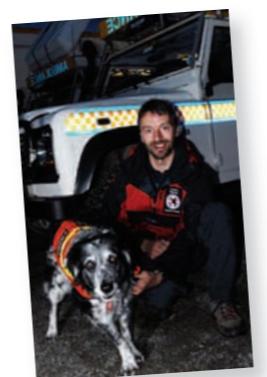


UPDATE ON SARDA WALES

Gwen Patmore reports... January brought SARDA Wales two finds on the same day! Richard Beech and Celyn were called to search for a missing person separated from their walking party on Y-Garn in Snowdonia. Shortly after being deployed by helicopter, Celyn located the person who was suffering from mild hypothermia. The casualty was air lifted to hospital by RAF helicopter. Iain and Mij were called to search for a missing 66 year old in Garstang, Lancashire. Mij located the trail near to the person's house, where they had last been seen, and followed it to the edge of a nearby canal where Mij showed more interest in the water. They checked for any other trails leading away from the house and nothing was found, so the search was centred on the nearby area and canal. Andy Colau and Taz (SARDA England) had an indication further down stream in the canal later that morning. The missing person was found in the canal the next day by the police underwater search unit.

March saw Gareth Williams and Max, along with Richard and Celyn, pass their mountain regrade, earning them another three years on the call out list. In **April** Phil Benbow and Flash had another find, an old gentleman in the Wrexham area. In **July**, SARDA Wales held a lowland assessment in which all the teams passed with flying colours. Rob Booth with Teal, Antony Griffith with Moss, Phil Benbow with Flash, and Geraint Strello with Fly. Normally assessments are run in November/December and March, so we had a few problems to contend with – the heat and tourists in the areas proved challenging! Antony and Moss had their first find less than a week after gaining full search dog status. On Thursday morning, SARDA Wales were called to assist in the search for a despondent male missing for four days. His vehicle had been located near Llanrwst. Antony was first on scene and Moss located the body soon afterwards.

August saw a flurry of finds. Gaynor and Pero were tasked to do a hasty search of the Pyg track during the early hours of Monday, 4 August, for an overdue Three Peaker. Pero soon located the missing man, who was a little cold, behind a rock just off the track, about 700 metres above Pen y Pass car park. The gentleman was exhausted and had lost the path on his way down. Well done both of you. Kevin and Roly were tasked to search a wood for a despondent male on Tuesday 5 August, and located the missing person's body – also their first find. Iain and Mij trailed a missing person later in the month with Mij picking up the trail from the front of the house, through some woodland and open fields with sheep,



RESCUE DOG TOGGLE LEAVES THE HILLS

Search dog Toggle is on the scent of an easier life since handler Tim of Cleveland SRT made the decision to retire. Partners for eleven years, Tim felt it was time to hang up Toggle's harness. 'We were working with SARDA on a search in the Lakes and there was a younger dog involved as well. Despite Toggle's experience it was clear she wasn't working with the speed and enthusiasm of the younger dog. The decision was made on her physical ability to run on a protracted search which could be a matter of life or death.' It's a poignant moment for Tim, who lost his first search dog Zip, a border collie Labrador cross, when she became ill after a grass seed penetrated her chest wall. He may be back with another dog in future – but for now family life takes priority.

Keep warm with Thermoflash



Thermoflash heated emergency blankets, jackets and one piece suits are designed for use with all liquid cooled vehicles including ATVs, quads, motorcycles, snowmobiles, open cars and light airplanes. Garments are heated using the spare energy from the engine cooling system, with only minimal use of the often overloaded electrical system (just 12V-0.6A for display and heatpumps). Thermoflash generates 3800 Watts of heating power (max heating power at 90°C cooling liquid temperature), whilst using only 6 Watts of electrical power.

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Thermoflash is distributed in the UK by ConAir Sports Ltd. For more information go to conairsports.co.uk or thermoflash.co.uk



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BECAUSE NOT ALL TYRES
ARE THE SAME

Goodyear fields partnership with Mountain Rescue

Safety and innovation expert Goodyear is taking its tyres to new heights after announcing a unique partnership with Mountain Rescue (England & Wales).

As part of the tyre giant's ongoing commitment to safety, Goodyear has pledged to help fund and support the roll out of GPS navigational mapping equipment to all mountain rescue teams.

In addition, Mountain Rescue (England & Wales) will also see its rescue vehicles supplied with Goodyear's, market leading 4x4 tyres. Anna Stanley, Goodyear's communications specialist said, 'Recent media interest in walking legends such as Alfred Wainwright has led to more people exploring the great outdoors. And whilst we don't want to discourage this, some inexperienced people are walking off the beaten track in search of 'hidden gems' – ultimately putting themselves at risk.'

'Goodyear is renowned for providing the latest innovations to make motoring ever safer and we firmly believe we can support this life saving service and find new ways to protect people across the country.'

'Our partnership is a fantastic fit and, through cash donations, we are really excited to be involved in supporting the service to take such a revolutionary, technologically advanced step.'

And with Goodyear being the official tyre of choice by drivers competing in the extreme Land Rover G4 Challenge, mountain rescue vehicles will be well prepared for off road action. For more information please visit mygoodyear.co.uk

Burton McCall brings iconic brands to the mountain rescue rucksack

Burton McCall were the first company to set up a sponsorship arrangement with Mountain Rescue (England & Wales) through their Victorinox brand and, since joining forces with us, they have supported us in a variety of ways. Besides a £10,000 per year cash injection, they've supported us at the conference and at outside events such as the NEC Outdoors Show – notably offering a Victorinox Swiss Army Knife to everyone who signed up to Basecamp during the show (91 did!) – and for the next four issues of Mountain Rescue they have pledged a Maglite2D Cell for the 'Star Letter'. As part of the first year's deal, we were given five Victorinox knives per team which we distributed. They also held a fundraising event which raised over £3,300. As MRC treasurer Penny Brockman sums up, 'Michelle Dickinson and her team at Burton McCall have been incredibly supportive of the work we do, helping to maintain the integrity of our mountain rescue brand and always ready with a guiding hand when required.'

You'll already be familiar with the premium brand products they distribute but we take a look at three of them here.

Victorinox

Originally designed by Karl Elsener in 1897, the iconic Victorinox 'Swiss Army Knife' has become a universally recognised symbol of high quality Swiss craftsmanship and multi-functionality – trusted by generations of outdoor enthusiasts for over 100 years. The company's flagship model, the 'SwissChamp' (pictured), is a real heavyweight among multi-tools – with 33 functions (including a surprisingly handy magnifying glass) it features everything you could ever want or need from a Swiss Army Knife. Adored by adventurers and gadget fans the world over, TV wildlife expert Simon King described the SwissChamp as 'the one essential piece of kit I have with me on all my trips. A classic piece of kit and a complete must have.'

Victorinox have been proud supporters of Mountain Rescue (England & Wales) since 2007. Victorinox products are priced between £9.99 and £259.99 – for more information visit victorinox.com or call 0116 234 4644 for details of your nearest stockist.



ESSENTIAL KIT MOUNTAIN RESCUE

 VICTORINOX

Adventure Medical Kits

The team at Adventure Medical Kits fully appreciate the importance of safety when planning outdoor activities – which is why they've developed a range of top quality, lightweight and waterproof emergency gear designed to help non-medically trained expedition team members to treat serious injuries in extreme outdoor conditions. Created by Professor Eric A Weis MD, Director of Trauma at Stamford University Medical Centre in the USA, each medical kit has been carefully designed and packed with essential medical products, labeled in a logical order (by injury) to help speed up reaction time in an emergency. Available in a variety of sizes, kits are based around the number of people in a group and the amount of days they plan to be outdoors. Emergency blankets, bivy bags and other survival accessories are also available. Adventure Medical kits are priced from £9.99 to £49.99 – for more information visit adventuremedicalkits.com or call 0116 234 4644 for details of your nearest stockist.



 Adventure Medical Kits



Mag-Lite LED

Precision machined in the USA using high strength aircraft grade aluminium alloy, Mag-Lite have long held a reputation for building solid, robust and dependable torches. Completely waterproof and corrosion resistant, Mag-Lite's simple design makes them easy to use – providing a high intensity beam that can be switched from a concentrated spot to a wide reaching flood. Now also available using the latest LED technology, Mag-Lite LED produces a powerful projecting beam from a 3-watt LED while using Intelligent Energy Source Management – resulting in incredible brightness and significantly increased battery life. Mag-Lite LED torches are available in a variety of sizes (and colours), from the compact 2AA Cell Mini Mag-Lite LED, to the extra-large 4D Cell LED. The Mag-Lite LED range is priced from £26.99 to £39.99 – for more information visit maglite.com or call 0116 234 4644 for details of your nearest stockist.



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Unit 18, King Street Industrial Estate, Langtoft, Peterborough PE6 9NF



David Allan reports from Stirling

This was an outstandingly good event. The location in the university campus was convivial, the food was good, the programme ran smoothly, the trade stands were interesting and above all else the presentations were excellent. New topics were covered and a wide range of subjects addressed and it is difficult to understand why so many teams were not represented. The opportunity to send more people was however quickly grasped by other teams and the conference was 'full'.

The organising team had clearly worked hard and long to bring the event to fruition and our thanks are especially due to our Scottish hosts led by Alfie Ingram. This conference will be a hard act to follow but I am sure our Irish colleagues will rise to the challenge in 2010. The content of the various presentations will be reported and discussed in detail over the coming months and at this stage I can only briefly highlight some of those that I was able to attend.

Peter Dymond, who until very recently headed the MCA and chaired UKSAR meetings, had been asked to take a hard look at mountain rescue as seen from outside both now and in the future. He did exactly this and made astute and pertinent assessments of the position of MR in the SAR world. Having paid tribute to our strengths he addressed our weakness and the threats to our position in the future. Parochialism, and fragmentation of the service were raised along with different aspirations of those within MR. He acknowledged the difficulties with funding which most areas of mountain rescue face and felt that our profile should be raised further to counter this. He did however recognise the progress we have made in recent years in this area. Our dependence on other services was seen as a potential problem for the future. He clearly saw advancing technology having an increasing impact in diminishing the search element of search and rescue. Speed of response will become increasingly important especially from a public perspective and perhaps direct access to MR will be needed to address this. He was very optimistic about our ability to respond to the challenges ahead but has without doubt left us with issues to discuss and resolve across the whole face of mountain and cave rescue.

The effectiveness of searching at night has often been questioned. Mark Hodgson, Keswick TL, gave an excellent appraisal of the situation and posed questions which other team leaders will need to address. Fatalities and the issues they provoke was the theme of the medical input. Steve Teale gave a comprehensive account of the difficulties which may face those responsible for establishing that death has occurred. A highly entertaining lecture from forensic pathologist James Grieve demonstrated that the 'black humour' of his specialty is alive and well but also gave insight into the forces and mechanisms involved in producing fatal injury.

Craig Dewar talked about scene of crime investigation and made very clear the meticulous processes involved and the importance of search and rescue services being fully aware of the ease with which they can impair this.

Water featured prominently this year. On Sunday morning those leading the water rescue programmes could not resist the presence of a lake in the university campus and spent three hours both in and on the water. Stuart Johnston and Ewan Thomas had put in hours of hard work to enable this to go ahead. On Saturday, Professor Mike Tipton gave a very erudite account of cold water drowning. He presented a vast amount of information about survival in cold water and the factors involved. He made some interesting observations concerning casualties who collapse and die immediately after rescue when all seems well. Anyone who has interest in or responsibility for water safety and rescue should read his excellent book 'Essentials of Sea Survival'.

This talk was followed by a presentation from Anna Bågenholm and Torvind Naeshelm from Norway. Anna fell whilst skiing and became trapped beneath the ice immersed in water for in excess of one hour. Her core temperature fell to 14.4°C. She survived after a prolonged period of ventilation and intensive. This presentation provided a very personal flavour to the facts on cold water immersion which Mike Tipton had previously described.

This represents a small flavour of some of the topics from the conference. It is intended that detailed accounts of all the presentations will appear in coming months as all the material presented was of importance to mountain and cave rescue.

Call Out Mountain Rescue

AN OUTSIDE VIEW FROM PAUL LEWIS

I first started taking to the hills 27 years ago and at the time there were very few places to find good quality information on mountain skills and safety. How times change! If you Google mountain skills now you'll find several hundred thousand pages of advice and opinions. Well I don't know about you, but while that seems like progress, sometimes I feel overwhelmed by all this information and just want someone to give me the key points without all the padding. Enter the Call Out Mountain Rescue pocket guide...

The modern styling will hit you even before you open the book. Spiral bound, compact sized and a striking front cover – full marks to the design team. 'Call out' has a high quality feel and the paper and print standard is top drawer. Add to that some great photographs and inspiring quotes and its looking like a winner.

But the proof of the pudding must be the content. Is the information useful? Does it suit a range of audiences? Is it well written? Does it stay true to its mountain rescue roots? Well the answer to that is yes, yes, yes and yes! I've road tested it on some of my clients, fellow instructors, friends, and even a total stranger on a flight, and they unequivocally praised the quality of the information, accessible writing style and interesting content.

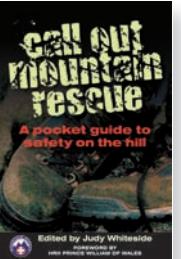
Each topic is presented in easy to digest chunks, inset 'top tips' boxes give extra ideas (have you ever considered using your mobile phone or ipod backlight to signal a helicopter?) and all the information has clearly been carefully chosen for its importance for everyone from novice right through to the Chris Bonington's amongst us. I was also delighted to see a clear emphasis on conservation throughout the book – sets the right tone for new 'outdoorsies' and, of course, it's also essential revision for us 'long in the teeths' too. Oh yes, and at the back there's an extensive resource section linked to all the topics covered – you might still need that internet after all!

I have no direct involvement in mountain rescue but I know this book is a flagship publication for the organisation. Therefore, how appropriate that the second half of the book is devoted to information on the mountain rescue teams, call out system and finally a fascinating history of mountain rescue development from its earliest roots to the efficient organisation that now benefits us all.

Modern mountain rescue is efficient, professional, progressive and extremely well respected. For that reason it's essential that publications representing it are of the highest quality in every respect. With Call Out Mountain Rescue all I can say is... job done!

'Call Out Mountain Rescue. A Pocket Guide to Safety on the Hill' edited by Judy Whiteside is published by Mountain Rescue (England & Wales). Price £9.99. ISBN 978 0 9501765 8 1. Wirobound paperback. 150 pages. From all good bookshops, or contact Judy Whiteside at editor@mountain.rescue.org.uk.

Paul Lewis is a mountaineering instructor and owner of mountain adventure and training specialists Peak Mountaineering, based in the north west of England. Find out more at peakmountaineering.com or contact Paul and his team on 0161 440 7065.



REGIONAL NEWS



LAKE DISTRICT

IT'S A WET LAKES KNOCKOUT AT 75TH ANNIVERSARY CELEBRATIONS

5 July 2008 will be remembered by many as the day that Ambleside became the new Wettest Place in England. **Patterdale MRT** became It's a Knockout Champions amongst the Lake District MRTs, and we struggled to drink our way through donated barrels of beer – Great Gable brewery's Trail Ale, Keswick Brewery's Thirst Rescue Bitter, Hawkshead and Ulverston breweris best ales.

This major attraction was organised by the region to celebrate 75 years of mountain and cave rescue, bringing the Lake District teams together at one event. It was an ideal opportunity for grass root team members to meet others who they might only catch sight of during a long all night search on some wet and windy summit or pass, and to invite the general public to learn more about mountain rescue. Entry was free (to encourage donations!) A number of Cumbrian businesses contributed to cover the cost of the event (significant) and donating nearly £1,000 worth of raffle prizes. Public donations on the day exceeded £1,500 and were kept separate.

Held on the Ambleside rugby ground, the venue was centrally located within the LDSAMRA patch and close to **Langdale Ambleside MRT** base, which remained open to the public and was the venue for communication demonstrations, medical and equipment displays. There were river rescue demonstrations by **Kendal MRT**, simulated crag rescues down a scaffolding tower by **Duddon & Furness MRT** and search dog displays by SARDA Lakes. In addition, we had a navigation clinic on the field and a children's treasure hunt around the Ambleside shops. The RAF Sea King unfortunately could not get across but Great North Air Ambulance managed to base



PATTERDALE TEAM TAKES THE CUP

and were delighted, RAF Leeming MRT took the best agency coming very close to beating third place **Penrith MRT**, with Duddon & Furness in second and Patterdale on top.

And did the weather stay fine? No it did not – see YouTube for the evidence. Did we have any callouts? Yes. **Wasdale MRT** got called away to an injured walker on Scafell Pike and missed the competition completely, Duddon & Furness went off to rescue an injured lady on a trials bike, but fortunately the call came after they had finished the competition. Will we do it again? Yes. But only if someone else organises it!

OLYMPIC FLAG HANDOVER 24 AUGUST – SCAFELL PIKE

Cumbria flagged up high hopes for 2012 Olympics when Cumbria County Council, supported by LDSAMRA, arranged for three local sporting figureheads to set the sights high when Britain took on the Olympic mantle from China on Sunday 24 August. During the closing ceremony, one of the traditions is that the host of the games hands over the Olympic flag to the next city to stage the event. As London will host the 2012 Olympics, communities across the UK were encouraged to celebrate the handover moment by flying the London 2012 flag in prominent locations. Cumbria wanted to ensure that the middle part of the Olympic motto – 'faster, higher, stronger' – lived up to its name by planting a flag at the highest point in England, the 978m-summit of Scafell Pike.



CHRIS BONINGTON HOISTS THE OLYMPIC FLAG

THE JOHN SCOTT TAKES TO ULLSWATER

Patterdale MRT named and launched their new rescue boat The John Scott in June at a moving ceremony attended by Lindsay Scott, widow of past chairman, bosun and supporters club founder, John Scott (Scotty). Supporters, team members and members of John's family gathered at Glenridding to see the boat named, blessed and launched.

'The ceremony marked the end of several months work and an awful lot of fundraising,' explained Dave Watkinson, the current team bosun. 'The John Scott (call sign Patrick Scotty) is bigger and much better than our previous boat and similar to an inshore life boat. We've been asked why a mountain rescue team needs a boat but we've already used it three times in recent weeks to get team members over to injured people on the far side of the lake and bring them back to the road as quickly as possible.'

Just before the boat was launched, Bishop Ian Griggs, who lives in Patterdale and is a member of the team, blessed The John Scott and dedicated it to the work of rescue. Dave then took team chairman, Tim Jones, Lindsay, Alastair and Claire Scott out on to Ullswater to experience The John Scott in action.

'I took over from John as chairman,' said Tim in his brief speech, 'and I was always in awe of him. He was a great man and I was proud to know him and work with him on the team. The new rescue boat is, we hope, a suitable tribute to a great man.'

The team would like to thank everyone who has helped and contributed to the fundraising for The John Scott and also local residents around Ullswater for their patience during the running in of the new boat in recent weeks.

The John Scott takes to Ullswater as supporters, visitors and Team members watch from Raven, one of the Ullswater Steamers.

THE JOHN SCOTT TAKES TO ULLSWATER AS SUPPORTERS, VISITORS AND TEAM MEMBERS WATCH FROM RAVEN, ONE OF THE ULLSWATER STEAMERS



dear editor

MIKE NIXON MBE BIRTHDAY CLIMB CELEBRATION

May I point out an error in the above article (July issue). The year was 1952, and there were three on the climb of Tower Ridge – not as stated – Gunter Franx, Mike Nixon and myself. Also I think we were already members of the KMRT?

I have informed Mike of the mistake for which he thanked me (with a wry smile). At our age we can be excused the slight 'blip' in our memory!
Yours sincerely
Des Oliver



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REGIONAL NEWS

Mountaineer Sir Chris Bonington was joined by Wasdale's 72 year old fell running supremo Joss Naylor and 16 year old budding Cumbrian distance runner Laura Park, in an ascent to the summit. The three of them unfurled the London 2012 flag at 2.30pm which coincided with the closing ceremony in Beijing. **Wasdale MRT** had a planned helicopter training day with RAF Boulmer and the intention was to film the flag hoisting event from the air, using the Sea King's on board video camera. However, as can be seen from the photograph, the cloud was down so they could not make the 2.30pm deadline.

Along with the three celebrities, twenty other representatives including officials from the County Council, the Lake District National Park Authority and a few friends made the trek to the summit. In addition to keeping a watchful eye on the group and making a flagpole out of three walking poles and some baler twine, in true Blue Peter fashion, Lakes mountain rescue unexpectedly received a cheque for £500 from the County Council after the event. Importantly for mountain rescue, the day was an opportunity to lobby senior officials about problems challenge events (specifically Three Peaks) are creating for the area with damage to the footpaths, rubbish left on the summit and general noise/congestion and community disturbance. Also that 1 in 5 of all rescues for Wasdale MRT are directly attributable to these events, in what continues to be an increasing trend of the ill prepared and ill equipped compromising those less avoidable incidents in the central lakes.

If you have any questions or comments on this article or indeed any of the Lake District articles or statements made then please contact me and I will ensure you receive a response

TWO NEW VEHICLES FOR COCKERMOUTH

Following a successful fundraising appeal and donation from npower **Cockermouth MRT** have taken delivery of two new front line rescue vehicles. The fundraising appeal was launched in April 2007 to raise the £28,000 required to purchase and equip one vehicle. As part of the appeal, a raffle was held between April and September which raised over £6,000. A local



Sainsbury's provided the opportunity to sell tickets outside their store and raise funds by packing bags on Christmas Eve – one notable raffle ticket customer being John Prescott. The first new vehicle replaced an ageing seventeen year old Land Rover, and was purchased in early 2008. Named Jack's Pride in memory of Jack Jackson, ex-president and founder member of the Cockermouth team, it was unveiled at a special ceremony by Jack's wife Dorothy.

Following the successful appeal, npower generously offered to fund the purchase of a second Land Rover to replace a fifteen year old vehicle (pictured) which was delivered in the summer of 2008. Both the new vehicles are Land Rover Defender 110 XS Station Wagon diesels, and were fitted out by local supplier Fultons of Crossgates, Lamplugh. One of the old vehicles has been donated to Maryport Inshore Lifeboat. As team chairman Steve Brailey notes, 'It is gratifying to know that, following a refit, the vehicle will continue to play a major role with a local rescue service.'

NORTH EAST

NORTH YORKSHIRE POLICE SEARCH AND RESCUE AWARDS 2008

2 September saw what may be the first such event in the country, with North Yorkshire police hosting an awards ceremony in recognition of the work of the five mountain rescue teams operating in the area. MRC chairman David Allan went along as a guest... 'I was delighted to be a guest at this event in Newby Whiske, Northallerton. This was the first

occasion of its kind not only in North Yorkshire but also, I believe, throughout the country. The underlying purpose is best explained by quoting the words of Grahame Maxwell QPM who is the Chief Constable of North Yorkshire.

'The people who live and visit the North Yorkshire moors and dales have benefited from the outstanding work undertaken by the search and rescue teams for over 60 years.'

'North Yorkshire police was formed in 1974 and has, over the years, relied more heavily on the support and partnership working from the five teams within the North Yorkshire area.'

'They have assisted the emergency services, amongst other major incidents, at the Great Heck train crash, the recent military helicopter crash at Richmond, the soldier swept away in the flood water on Catterick Garrison and the successful murder enquiry in the Richmond and Catterick area.'

'North Yorkshire Police are very grateful for the valued contribution to saving life and supporting emergency services at times of hazardous circumstances and in difficult and treacherous terrain.'

'I hope the 2008 North Yorkshire Police Search and Rescue Awards will prove to be an enjoyable and memorable evening and wish you all continued success in your life saving work, locating and recovering persons lost or stranded on our dales, moors and caves.'

'Awards were presented to the following teams Cave Rescue Organisation, Cleveland SRT, Scarborough & Ryedale SRT, Swaledale MRT, Upper Wharfedale FRT. In addition to this individual awards marking exceptional personal commitment were made to Brian Boardman, Gari Finch, Christopher John Baker, Andrew Priestley and Roger Swainston.'

'The awards were presented by Lord Crayston, the Lord Lieutenant of North Yorkshire, who is also the patron of Cleveland team.'

'Graham Maxwell can rest assured that this was indeed a most enjoyable evening. Although mountain rescue team members turn out without any thought of reward or public recognition it is nevertheless pleasing to know that their contribution is in fact appreciated and an event like this is a significant boost to morale. Mountain rescue as a whole appreciates the time and effort North Yorkshire police have put in to bring the event to fruition. Perhaps this will be the vanguard of future similar occasions.'

Leah has a (Le)go!

(WITH APOLOGIES TO TRAIL FOR NICKING THEIR HEADLINE!)

As any team fundraiser already suspects, it's the specifics, (and, more specifically, the big stuff!) that inspire. Give them a new Land Rover or team HQ to aspire to and team members and donators alike seem to spring into enthusiastic action. Must be the prospect of all those twiddly new knobs and switches.

So when Trail threw down the gauntlet to toy companies in their September issue – make us some action packed mountain toys and make them now! – Leah Dalley picked up that gauntlet and ran with it (if you'll pardon the mixing of metaphors), creating a brand new mountain rescue Land Rover complete with blue and yellow chequers, blues and twos and even the obligatory hairy mountain rescuer.

September's Trail Talk featured Leah's letter alongside a photo of her efforts (which, incidentally gave Trail the perfect opportunity to plug our website and Basecamp membership – thanks Matt!). Not to be outdone, Mountain Rescue mag brings you exclusive photos of this special issue vehicle out on exercise in some very rough terrain, plus an update on the story... which, I think you'll agree, could run and run.

Following publication, Leah received a very nice letter from Matt Swaine, Trail editor, along with a great Buff neck warmer, thanking her for her 'brilliant model'. The great thing was, Leah hadn't actually sent her address but had mentioned that her Dad was a member of Rossendale & Pendle MRT, so Matt had a bit of detective work to do. And so it was that, pitching up for the regular Wednesday evening training session, Dad Graham found a big brown envelope in his team pigeonhole, mysteriously addressed to his daughter! Anyway, letter duly delivered to its rightful owner, Leah wrote back, this time thanking Matt for his gift and enclosing a homemade beaded place mat, the perfect resting place for his office coffee mug. So then Matt wrote back again to thank Leah...

And the story doesn't end there... watch this space for the new team HQ (still at the planning stage) set to house the new vehicle, and no doubt sporting plenty of twiddly new knobs and switches. Not to mention the odd hairy mountain rescuer. Like I said, it's the big stuff that inspires.

Report by **Judy Whiteside**



to fruition. Perhaps this will be the vanguard of future similar occasions.'

AMBULANCE SERVICE FIRST RESPONDERS

Richard Holmes of **Northumberland NPRT** writes... 'Eight members have so far successfully completed a course provided by North East Ambulance Service (NEAS) to become ambulance service first responders. Whilst members are already trained in pre-hospital casualty care skills for mountain rescue environments, the training provided by Stephen Thompson (Lifelink Coordinator, NEAS) will benefit communities in rural Northumberland when the rescue team is out and about on training exercises in rural locations. The community first responder course took place over four full days at Ponteland police headquarters and culminated in practical and written assessments. The rescue team now carries defibrillators provided by NEAS in both its 4x4 Land Rovers and the ambulance service training strengthens the existing casualty care skills held by team members. A programme of observation placements with NEAS 'rapid response' cars has so far proved interesting and beneficial for those who completed the training course.'



▲ GOING APE WITH MOUNTAIN RESCUE

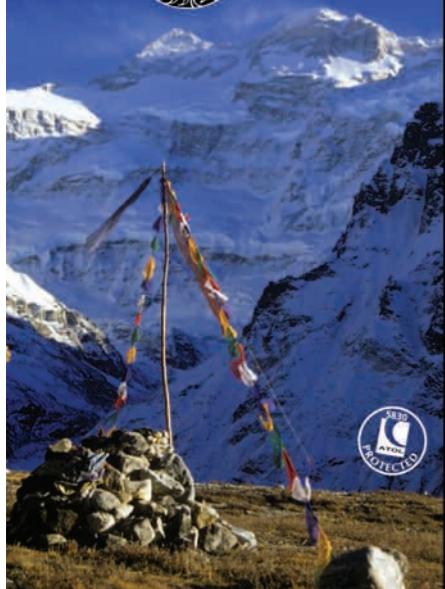
GO APE MEETS ITS MILLIONTH CUSTOMER...

Go Ape, the High Wire Forest Adventure company, celebrated its millionth customer on Sunday 15 June by donating thousands of pounds to charities and good causes. There are 17 courses across the country and each course gave £1000 to a chosen local group or charity. Go Ape in Dalby Forest, North Yorkshire, donated to the **Scarborough & Ryedale MRT**. A cheque presentation took place at the Go Ape course. donation. Go Ape

manager Matthew Williams said, 'The support the team provide in the forest and across the moors is invaluable. It is great to know we can put something back in to the community that has welcomed us so warmly.'

Suitable for everyone from families to corporate groups, Go Ape offers physically and mentally challenging fun, laughter and adventure some 40ft above the forest floor where the course follows an exciting trail made up of a network of ladders, rope crossings, Tarzan swings and exhilarating zip wires.





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DOUG SCOTT ILLUSTRATED LECTURES 2008

"A Crawl down the Ogre" (Ogre), "Life and Hard Times" (Life), "Himalaya Alpine Style" (Himalaya)

October

- Wed 22 New Mills Town Hall, 01663 732701; 'Ogre'; 7.30pm
 - Thu 23 Salisbury, Education Centre, Salisbury Hospital, private lecture; 'Ogre'; 7.30pm
 - Sat 25 Wakefield/Wakefield College, Thornes Campus - Go Outdoors, Wakefield, 01924 272877; 'Ogre'; 7.30pm
 - Sun 26 Peebles, Eastgate Theatre, 01721 725777 10-2pm 6.30-7.30pm, www.thebooth.co.uk, CAN/ROKPA, 'Ogre'; 7.30pm
 - Mon 27 Langholm, Budech Centre, 013873 81196, 10-12am & 2-4pm, www.budechcentre.com, CAN/ROKPA, 'Ogre'; 7.30pm
 - Tue 28 Irvine, Magnum Centre, 01294 313772 CAN/ROKPA, 'Ogre'; 7.30pm
 - Wed 29 Kelso/Tat Hall, Edenside Road, 01573 224269 Brown's Newsagents, 01387 373232 ext 230 RokpaUK CAN/ROKPA, 'Ogre'; 7.30pm
- November**
- Mon 3 Dumfries, Easterbrook Hall, Crichton Campus, 01387 252891 Patties, Dumfries, 01387 373232 ext 230 RokpaUK, 'Ogre'; 7.30pm
 - Thu 6 Glasgow, Royal Concert Hall, 0141 595450 TISO/CAN, 'Life'; 7.30pm
 - Fri 7 Edinburgh, George Square Lecture Theatre, 0131 2259486, TISO/CAN, 'Life'; 7.30pm
 - Mon 10 Aberdeen, Douglas Hall, Market St, 07986 956365/01244 634934, CAN/ROKPA, 'Life'; 7.00pm
 - Tue 11 Dundee, Discovery Point, Discovery Quay, 01382 872020/01382 221153, CAN/ROKPA, 'Life'; 7.00pm
 - Wed 12 Lochgelly Centre, 01382 872020/01592 583303, CAN/ROKPA, 'Life'; 7.00pm
 - Thu 13 St Andrews, Byre Theatre, Abbey St, 01382 872020/01382 475000, CAN/ROKPA, 'Ogre'; 7.00pm
 - Fri 14 Pitlochry, Town Hall, West Modin Rd, 01382 872020/01796 473866 CAN/ROKPA, 'Life'; 7.00pm
 - Sat 15 Fort William, Nevis Centre, 01382 872020/01397 700707, CAN/ROKPA, 'Life'; 7.00pm
 - Mon 17 Inverness, Culoden Academy, 07900 561296/0845 458 9527 highandnewwoman@yahoo.co.uk, CAN/ROKPA, 'Life'; 7.00pm
 - Tue 18 Skye, The Aros Centre – 07900 561296 or 01478 613750, highandnewwoman@yahoo.co.uk, CAN/ROKPA, 'Life'; 7.00pm
 - Thu 20 Oban, Corra Hall, Esplanade, 01382 872020/01631 567333, CAN/ROKPA, 'Life'; 7.00pm
 - Fri 21 Through to Sun 23 - Kendal Mountain Film Festival, www.mountainfilm.co.uk, CAN/Him, Trust, 'Ogre'; 7.30pm
 - Wed 26 Oxford, Nelson Mandela Room, Said Business School, Park End Street, 01865 778536 CAN/Ogre; 7.30pm
 - Fri 28 Exeter University, Newman A, Lecture Theatre, www.tauntonleisure.com, CAN, 'Ogre'; 7.30pm
 - Sun 30 Pately Bridge Memorial Hall, 01423 712922 / 01423 711840, janespooner730@btconnect.com, 'Ogre'; 7.30pm
- December**
- Tue 1 Richmond, North Yorkshire, 01748 876885, CAN/Mt Rescue, 'Himalaya', 7.30pm
 - Tue 2 Hartlepools, Town Hall Theatre, Raby Road, 01429 890000, 'Ogre'; 7.30pm
 - Wed 3 Berwick, Guildhall, The Green Shop, 01289 305566, CAN, 'Life'; 7.30pm
 - Tue 9 London, RGS, Tibet, speakers introduced by AA Gill, with Doug Scott, Julian Freeman-Attwood, Stephen Venables, & Mike Searle, CAN/Promise Nepal - maggie@shopwke.co.uk 01243 771177, 6.00pm for 6.45pm
 - Thu 11 North Berwick, Macdonald Marine Hotel with Chris Bonington 016208 10259/016208 10931, CAN/Life Science Trust, 'Ogre'; 7.30pm
 - Fri 12 Forfar, Lochside Leisure Centre, Queenswell Rd, 01307 465471, eve 01307 464302, 'Ogre'; 7pm

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NORTH WALES

RAF RESCUE RESCUES RAF RESCUE!

Ian Henderson reports... Not your usual Sea King rescue, this is heli porn for those of that disposition or a photo 'How To' of helicopter lifting. Just cut out the pictures and make a flicker book! These are the shots of R122 being collected by Chinook on Monday 7 July after the aforementioned Sea King lost all hydraulics and broke its gearbox.

The actual incident to which the stricken heli responded had occurred on the previous Saturday and involved a male who stumbled descending towards South Ridge from Snowdon summit. He regained his balance but by this time was 'running' down hill, collided with a rock about 100m from the summit and sustained abdominal injuries which rendered him immobile. Weather conditions weren't great - high wind, cloud base approx 750m (usual for Snowdon in summer!).

Once R122 was rendered useless, the ARCC very kindly offered another aircraft - an S61 from the Irish Coastguard, just across the water from us. They came in, friendly chat, briefing from the downed RAF boys, and away to the mountain. They had two goes and then, deciding that discretion was the better part of valour, said their goodbyes, were thanked for their efforts and went away back to the Emerald Isle. Meanwhile, the second Valley cab had been prepped, so that came in and collected the casualty who, by this time, had been carried down to below Allt Moses on the Llanberis Path.

RAF Valley MRT and then various RAF provided security for the downed R122 over the weekend before it was lifted by the heavy boys from Brize Norton back to Valley for repairs.

REGIONAL NEWS

The Go Ape course in Dalby Forest is made up of six sections and its exciting hilltop-to-hilltop zip wires set in a beautiful valley location make this one of the most stunning Go Ape courses in the country.

PEAK DISTRICT

NATIONWIDE AWARD FOR BUXTON

Buxton MRT has been recognised as East Midland community local heroes by the Nationwide Community & Heritage Awards, which recognise achievements within the community and contributions to local heritage. The Community Award recognises groups and individuals who put their time and energy into improving the lives of community members. The Heritage Award highlights groups and individuals who volunteer their services to help their local heritage from village museums to biodiversity programmes and local cultural traditions to archaeological digs.

Up to three regional winners from each category were selected with those on the short list invited to a special awards presentation at The Galleries of Justice in Nottingham for presentation with a commemorative award, plus £50 worth of vouchers per individual or £100 for groups. An overall winner from each category was also announced at the event on Tuesday 29 July. Six finalists will go on to represent the East Midlands at the national finals to be held in London in November.

Caroline Hallatt, Nationwide's head of community and environmental affairs said, 'We are delighted to recognise and reward people who voluntarily give up their time and energy to support their local community and heritage sites. All the winners have shown outstanding dedication to their local communities and are an inspiration to others. They show what can be achieved if you feel passionately about a cause. I hope these awards not only act as encouragement for people who are already active volunteers but also inspire others to join in and make a difference.'

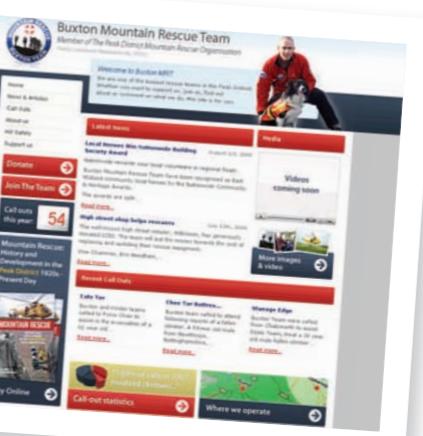


ERIC NEEDHAM AND IAN HURST FROM BUXTON MRT ACCEPTING THEIR AWARD FROM KAREN HILL OF NATIONWIDE

BUXTON RELAUNCH WEBSITE

Kathryn Johnson (on behalf of the BMRT web team) writes, 'The grapevine at BMRT is in excellent working order. It didn't take very long at all for word

to get around that a couple of trainees did web stuff as day jobs. Whilst we were making our way up Kinder on exercise one winter morning, we also walked straight into a 'sprucing up' job that turned into a full six month project. First things first, we created a small task force to plan and scope the activity. The group had a good range of skills to cover all the necessary bases – content, design, technical, and editorial aspects – and we got off to a flying start. A host site was set up, the architecture developed, and a strong, clean visual look created – all the scaffolding put in place. On the eight day, until the next 150 or thereabouts, we toiled. In fits and starts, corresponding to the amount of spare



time available, we attended to all the interconnected details that go into re-building the whole shebang. Several other team members chipped in as we went along. The unwritten law about this is: it always takes twice as long as you expect. Therein lay the biggest challenge. 'Our objectives were very straightforward. We gave priority to things that mattered most – online donations and recruitment – although the website has to equally support a call-out log, and background information about Buxton MRT too, as the public expect these items as a baseline. Cost-wise, we aimed to be sustainable on a shoestring. This meant using free, open source software for thriftiness. In keeping with the whole dynamic Web 2.0 interactive ethos, we chose a blog tool with CMS features, rather than the other way round. We added an RSS feed for good measure. This small bit of innovation gives us the ability to easily post new items, update interested others, and make the site accessible for those wishing to add relevant comments about what we do. We had notes of appreciation and thank yous in mind, instead of which, to date, we've had mostly spam – dog insurance, software adverts, Viagra. Moderation was quickly switched on!

'I'd like to say we're all done and dusted now. But of course, we only just opened the shop. There's still a small list of things to do before we can say Phase 1 is complete, and then we have the whole garden out back (the members only area) to attend to. However, we thought it was good enough and time enough to launch. And so it is. Why not take a

moment to visit, and browse around? We think it is probably the best MR website in the country. We would, wouldn't we? Drop us a note, tell us what you think. <http://www.buxtonmrt.org.uk>.

FLOOD HONOUR FOR RESCUE TEAMS

Team members of **Woodhead MRT** and **Edale MRT** who waded in to help during last year's floods in South Yorkshire have been rewarded for their efforts with Chief Officer's Commendations, presented by South Yorkshire Police Assistant Chief Constable, Andy Holt. Both teams had worked without a break for ten hours, evacuating residents at Deepcar, Sheffield and in the nearby Winn Gardens area, where up to 200 people were trapped. Meanwhile, in Rotherham, they helped 42 residents at a care home to safety, in a six hour operation that also involved the fire service and an RAF Sea King. Inspector Milinkovic said, 'One resident, who had just had hip surgery, had water lapping round the bed. The mountain rescue teams regularly work with helicopters and have direct communication with them, so they took control of the situation and landed the Sea King which airlifted people to hospital and other places of safety.'

Others helped by the teams included flood bound motorists and a 70 year old man trapped in a building. The awards were presented to Mike France and Ian Bunting, team leaders at Woodhead and Edale respectively. Mike said, 'The incident did a lot for our learning as an organisation as it wasn't our usual run of the mill job. As a result, we now have a specialist water team who can give advice on how to tackle certain situations.'

SOUTH WEST

DARTMOOR RESCUE TRAINING WEEKEND, 14–16 NOVEMBER

Quick reminder that **DRG** welcome all members of rescue teams to this annual training weekend, which is both a vehicle for sharing skills and an opportunity to enjoy ourselves. The cost to all is £15, which covers the cost of the event including food, accommodation and other expenses. Deadline for booking is Friday 31 October – for details and an application form, contact Phil Hayter on drg.gensec@blueyonder.co.uk.

YORKSHIRE DALES

DUKE OF GLOUCESTER VISITS DALES

Members of **Upper Wharfedale MRT** received a visit from the Duke of Gloucester at their Grassington base in September, marking their 60 years of mountain and cave rescue. To date, the team has rescued almost 1000 people, along with 423 sheep, 21 cows, 165 lambs, 29 dogs and three horses! More than half of their 100 members received 25 year Long Service Certificates earlier this year, amassing more than 2000 years of service between them.



James Thacker tackles the North Face Photos Nick Wallis

Starting up the narrow ice filled gully at the bottom of the face, I saw a light high up to my right. Twisting my head to get a better view and puzzling for a while, I realised that it was the famous Stollenjoch or gallery window. It was at this point that I truly comprehended the size of the face that Nick and I had just started to climb...

Nick Wallis and I had bumped into each other while staying in Kenton Cool's flat in Chamonix. The 'house of psyche' as it was known to many, was an excellent base, but sadly located in the concrete hell that is Chamonix Sud. Many of the buildings would be more at home in the post apocalyptic nuclear winter than Europe's most famous mountain resort. But luckily, with news of good conditions in Switzerland it was time to make our escape.

We had arrived at the Eigerlletscher station the evening before, and tried to find the hostel only to be met by an irate Swiss chap

whose opening line was 'same old story, same old shite!' Sheepishly we realised we were in the wrong place and he gestured for us to jump into the back of a truck, before driving us to the hostel. We had, of course, come to climb the classic 1938 route on the North Face of the Eiger, and his face suggested he was tired of meeting walking corpses (or maybe just Brits).

At about three the following morning we set off under the face on crisp neve and snow ice, making fast progress to the bottom of the face. Here we realised we had started in the wrong place, taking a bad line in the dark

through the featureless terraces at the bottom of the face. Without a word being spoken, we both knew we could little afford any more schoolboy errors like this; it was time to get going.

Nick soon reached the belay and we took the rope off, opting to solo as far as possible up the face. The conditions were excellent with good squeaky placements allowing fast progress through the complex terraces and walls. The hazy early morning light started creeping up the face as we reached the Shattered Pillar; a couple of short mixed walls taking us to the Stollenjoch. Here

we roped up with our single 9mm rope and had a quick break.

As a rescuer, it was unique being on a face with so much history. I was now looking across the ledge system that Toni Kurtz's rescuers traversed during what later became one of the most famous rescue attempts in history. For us, I was quietly hoping for a more mundane ascent.

Moving together, we traversed into the bottom of the Difficult Crack using bare hands on cold limestone. Nick set off upwards making the precarious moves on small edges, still wearing crampons he pulled out of sight. The rope inched out but then a shout of 'Safe' indicated the end of the difficulties; for Nick at least. Following, I was surprised to find that there were very few pitons on this pitch, another timely reminder that we were a long way from Chamonix's over pegged cracks!

Continuing upwards along neve covered terraces we soon reached the Hinterstoisser Traverse and a new static rope disappearing over what can only be described as a stomach churning abyss. Suspecting that this was a new rope put in by British Mountain Guides, during the filming of 'The Beckoning Silence', Nick happily 'aped' across. Following the call of 'Safe' I pulled across only to be rewarded with a badly frayed rope, which looked like it had been hit by stonefall. After a few expletives, we were able to pull into the sanctuary of the Swallows Nest and consider our options for negotiating the terrain ahead. Opting to stay on the rope we moved together across the first icefield and up to the base of the Ice Hose.

By now, despite never climbing with each other before, we had a good feel for each other's abilities and were swinging the leads to match our strengths. It was my turn now to start up the Ice Hose which was a couple of metres short of actually being fully formed. A few thin mixed moves on small limestone holds allowed me to get a tool into the ice, and run the rope out to a belay. I shouted down to Nick that I had got 'only one ice screw left' and then eyed the 50 metre drop with two inadequate ice screws interrupting the clean sweep of the rope. Cursing our minimal rack I set to work drilling an abolokov anchor and threading a sling, a much better option than a single screw belay.

After two further pitches we set foot on the second icefield and silently untied from the rope. Quietly, we both knew that soloing in the

good conditions was the best option, exposing ourselves to the risk of stone fall for a much smaller period. Standing on this icefield nearly 1000m above Kleine Scheidegg, the whole situation seemed very serious. This worry soon evaporated as I made fast progress upwards, until close to the rocks, at the top left hand side of the giant icefield. Here I built a belay and watched Nick climb across towards me.

Back on the rope, a couple of tricky mixed pitches took us to the open snow slope below the Flat Iron and the sinister Death Bivouac.

I pulled onto the cut out snow ledge and silently stood for a moment surveying the small area in front of me. It felt strange reaching this small haven of the horizontal on what is a continually steep face, and my mind wandered to Sedlmayer and Mehringer who made the first attempt on the face in 1935, battling against stormy weather to finally perish on the face where I now stood.

'What's it like up there?' Nick shouted. Shocked into action, I quickly clipped into the best of the in-situ pegs and started taking the rope in.

Opting to stay here, we made ourselves comfortable. The bivouac is sheltered from stone fall and seemed a good place to stay, as we could see other team's high above us. It was three in the afternoon, and while cooking our evening meal we talked about the possibility of rescue from such a tight spot. Not wanting to think too much about a long line rescue by helicopter, we settled down for a fitful night's sleep.

'Beep, Beep, Beep'. My alarm woke me from what seemed like about ten minutes sleep. It was four in the morning and time to get moving again. We packed our things and moved off, acutely aware that the hard climbing was to come. Over the third icefield and into the ramp the pitches were pleasant

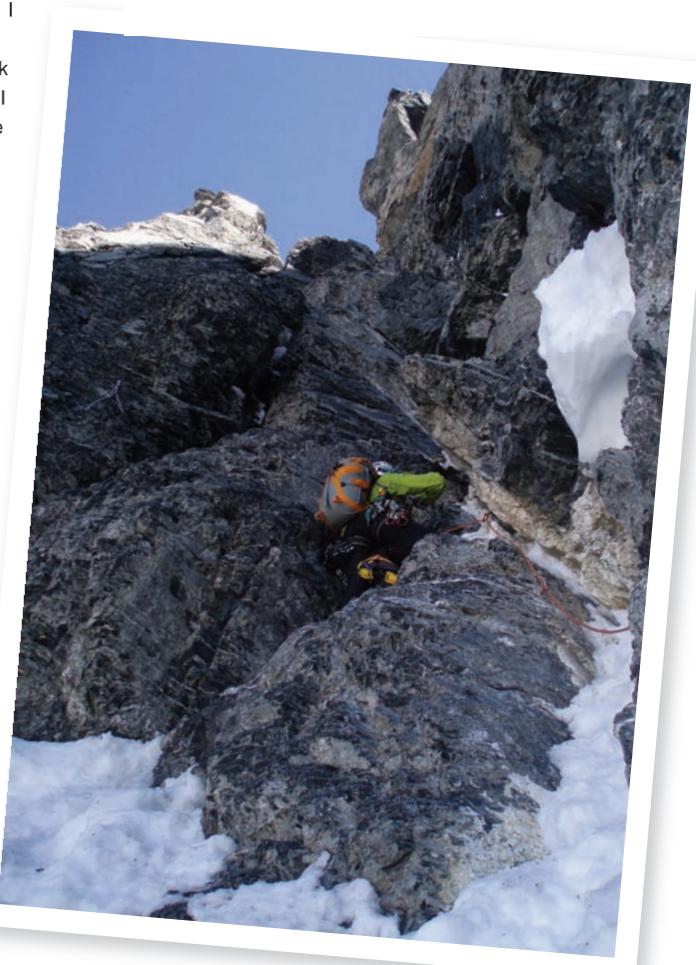
Scottish IV, leading us upwards towards the main event. Here we were soon slowed down by the Waterfall Pitch. This heavily verglassed horror show sports some impressive downward pointing pegs, which have obviously taken some punishment! Nick led slowly off, taking his time to find good protection in the verglassed rock. Some elaborate bridging soon resulted in an all or nothing lunge for the top; he was up!

I followed, being immediately struck by the exposure, it was like bridging up a corner poised above the edge of the world. Luckily this is not an experience I have felt before or since. From here the climbing became easier but much more serious. I ran the rope out up the continuation of the ramp, chipping small placements in the verglass. The rope hung uselessly down to the belay about 25 metres away; I kept chipping. Moving upwards again

I was rewarded with an in-situ peg; barely enough to reduce my heart beat I pressed on before the angled eased into another icefield.

Now on the Ramp Icefield at a belay of sorts, I made a well cut, braced stance and shouted 'Safe', again thinking that the term was woefully inadequate for the situation.

Nick followed without incident and we made our way up to the start of the Traverse of the Gods. Here more brain jollying exposure lapped at our heels as we shuffled across the



traverse and into the relative sanctuary of the White Spider. Above, sunlight was bathing the rocks of the Exit Chimneys, an occasional crack giving away the presence of small rock falls.

We moved together, picking out the better snow ice and heading into the bottom of the Exit Chimneys. From here I moved on upwards climbing steady mixed ground to reach the base of the Quartz Crack. The pitch looked hard with a big off-width crack and a blank slab to the left. With some words of encouragement from Nick, I moved up the first mixed pitches with ease, and placed an ice screw in the base of the crack. Pressing on, I found myself in a constricted position with my crampon points on small edges. My confidence and strength was wavering.

Anderl Heckmair had been here before on the first ascent, with small wet snow

avalanches funnelling down on him. Here he had drunk half a phial of 'heart drops' supplied by Dr Belart in Grindelwald. Sadly, there was no 'Class A assistance' for me...

I backed off. Shit. The two figures that we had seen soloing across the Spider were now chambering past Nick on his belay stance! The inevitable question of 'Mind if weeeeeeee coome passt?' drifted up on the slight breeze. Shit. The two Grindelwald Mountain Guides announced that they had started at 0400 in the morning with a lavish breakfast at Kleine Scheidegg and were doing the face in a day.*

Obviously, being Swiss they were superbly efficient; climbing the pitch easily by swinging to the right, and pulling on some hidden fixed rope. Cursing my blinkered British ethics I quickly followed.

We were both now tired and moved slowly and deliberately on the tricky mixed traverse to the bottom of the final cracks. Here the climbing was technically easy, but the water worn limestone with no gear was no crowd pleaser. Nick, moved off and I watched the rope swinging upwards with no runners in sight. Another sideways glance at the peg belay did nothing to add to my confidence.

Nick found another in-situ peg belay and we just led through, delicately scraping our way upwards still wearing crampons.

I hoped I wasn't verbalising what I was thinking: Don't blow it, don't blow it. Think of the shame of killing yourself on a VD pitch...

The angle eased and we plodded up the final snow field and onto the famous Mittellegi Ridge. Moving along this we found a small ledge and rigged a traverse line to allow us to stay clipped in on the narrow crest. We rewarded ourselves with half a mug of herbal tea, and tucked the now empty gas canister away. As the sun was setting, I looked across to the huge shadow cast by perhaps one of the most infamous north faces in Europe. And like Anderl Heckmair, Ludwig Vorg, Fritz Kasperek and Heinrich Harrer on the first ascent in 1938, felt that we had been allowed to succeed.

* Roger Schali and Hanspeter Hug later knocked two hours off the record (for a conventional climbing pair) by climbing the face in 8 hours in October 2007. Schali later returned on the 28 January 2008 to climb the face in an astonishing 6hrs 50min!

James Thacker is a member of Edale MRT and is sponsored by Haglofs – go to www.haglofs.co.uk

He is a Mountaineering Instructor (MIC). When not dabbling on faces in the Alps he is available for climbing instruction and guiding in the Peak District and UK wide via www.jamesthacker.co.uk or call 07887 992745.

Mountain Leader, Single Pitch and Climbing Wall Award courses are available via peakmountaintraining.co.uk



© MICHAEL CHARAVIN

Cold climate expedition gear with Snowsled

A few days walking in Scotland may seem a world away from several weeks in the Arctic, but many of the fundamental issues are the same. Although getting some of them wrong may not have such disastrous consequences nearer civilisation – but they may.

Of all the items needed, probably clothing is the most difficult to get right. Not just how much, but quality, fitness for purpose (design and fabric system, for cold/wet) and spares (particularly head and hand wear). It is very much a personal choice. What suits one person may not suit another. It comes down to experience, trial (and error) and working out how to use it efficiently and effectively. Don't just accept what a sponsor might give freely, unless you know it works for you. Excessive sweat is a real danger, and maybe clothing can't conveniently be dried out for days.

Cooking inside a small tent needs practice and careful management (type of stove, safety precautions), as does group navigation – is it possible to travel in white out conditions (presence of crevasses, cliffs?) and if so, how will you do it? What kind of sleeping bag – down or synthetic, and floor insulation? Do you need a vapour barrier – for bag or boots? And tent slippers? Is lighting necessary – maybe not in the high arctic in mid-summer.

Food – what a controversial subject! It all has to be carried or hauled, so choice must be limited, though variety is really important too for good morale. Are there special dietary requirements?

Don't forget the tool kit and material spares for repairs – duck tape, wire, adhesive – for anything that might possibly break or tear. Do you need to maintain phone/radio contact with people back home/at a base? Satellite phones work well but need powering, as does lighting, cameras, phones, computers, etc. A solar cell might be useful.

And there are things that can easily get forgotten – matches, loo paper, rubbish bags – do you dispose of rubbish or carry it out?, maybe candles, and of course, something to read. And maybe spare glasses? And how is all this going to be carried, and group gear divided up? Does everyone carry the same or do stronger people take more?

There is an expedition gear tick-list which can be printed out at www.snowsled.com – click the 'Tick-List' box.

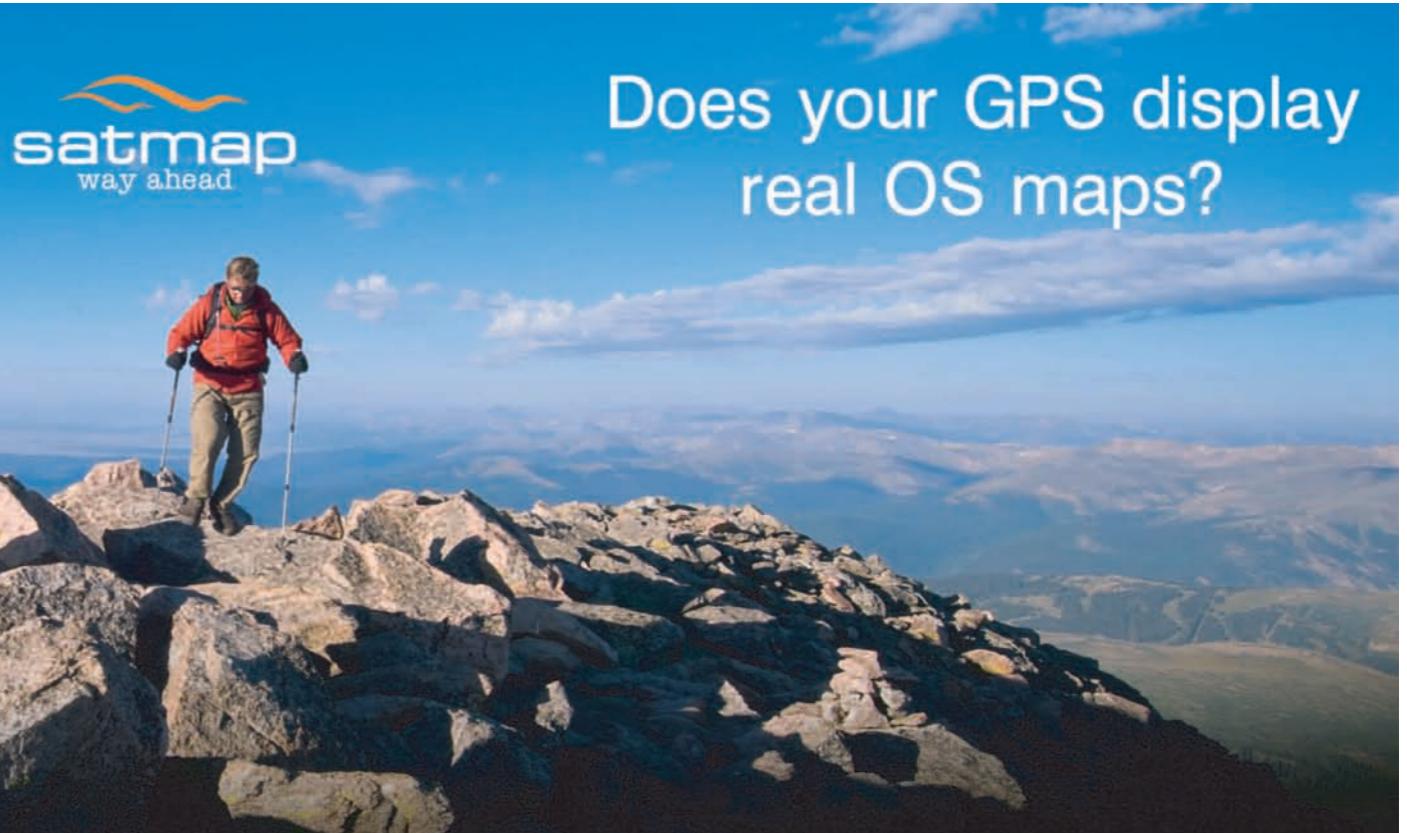
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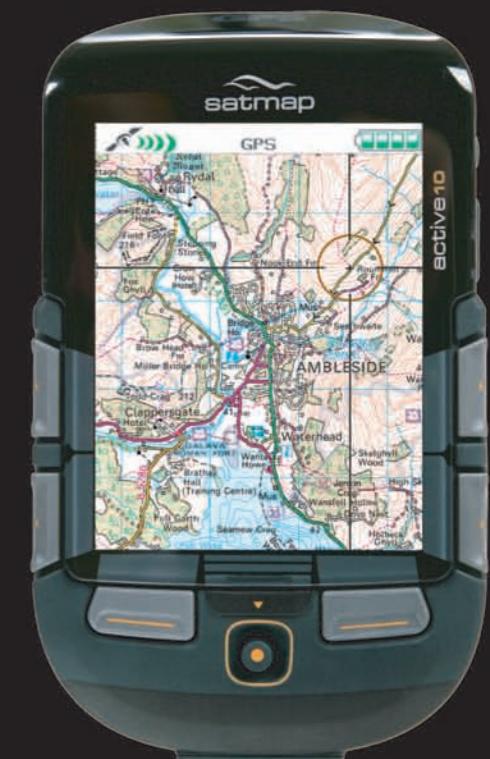
Extrem has always represented the pinnacle of the Berghaus range. For autumn/winter 2008, the collection reaches even higher with new innovations and product. The latest generation of Extrem remains true to its fundamental DNA – maximum performance with minimum complexity using the highest quality materials and the most advanced construction techniques available.

The range features innovative and technical products, designed for the most inhospitable places on the planet. The standout product for men is the Attrition (SRP: £300), Berghaus' ultimate mountain jacket designed to stand up to the most challenging conditions with ease. Waterproof and highly breathable, this rugged jacket is made for the most extreme outdoor activists, who need gear to help them push the boundaries even further. The Attrition features Berghaus' new Raptor hood. The Raptor was developed over many months and is designed to provide full-face protection that moves with the head to maintain a full field of vision at all times. On the Attrition, a vented face mask provides even more protection from the elements. For women is the Gyalgen, (SRP: £220) a tough, technical jacket designed to deal with the most testing conditions.

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Mountain rescue in UK Search and Rescue - present and future

Peter Dymond, Coastguard Rescue Service Project Manager takes an outsider's view

I was kindly invited by the organisers of the mountain rescue conference to speak on the future of mountain rescue in UKSAR. As I am no expert in mountain rescue I felt such a task was beyond me but, after some persuasion, I agreed to give an outsider's view of mountain rescue and ask some questions concerning its future. This too was challenging but I used a fairly loose SWOT (Strengths, Weaknesses, Opportunities and Threats) analysis to put some structure into my talk and this article is an extract.

The strengths of mountain rescue in the UK are well known by those who have taken the trouble to find out but are probably taken for granted by the majority. However, within mountain rescue there is that huge commitment and dedication to the task by well trained, well motivated and often highly skilled mountaineers and hill walkers many of whom bring specialist skills with them. Many teams too are very well equipped and these teams and individuals have been pioneers in the development of new equipment, procedures and communications.

Medical first aid or initial emergency care has always been a particular strength of the mountain rescue community and it goes without saying that all mountain rescue volunteers are prepared to work long hours often in appalling weather and, of course, no-one knows the hills and mountains like the local team members.

So no-one, least of all me, should underestimate the skill, knowledge and professionalism of those involved in mountain rescue and these qualities and characteristics could, I am sure, be used very effectively elsewhere in UK emergency response.

However as an outsider, there are aspects of mountain rescue that I, and therefore probably others too, might perceive as weaknesses. Having worked for a national emergency response organisation I can see quite clearly the advantages of a corporate, national body with common aims, objectives, procedures, funding, procurement, profile and training. To me, mountain rescue appears to be fragmented at the top with further fragmentation and parochialism lower down the system.

Why does mountain rescue need, for instance, a Council for mountain rescue in England and Wales alongside a Committee in Scotland? I am sure there are good historical reasons for that divide but why not a joint council for UK mountain rescue with common aims, common identity and strength

in numbers. I believe the added strength of a UK body for mountain rescue would be beneficial for the long term security of mountain rescue and could, if really necessary, exist easily and effectively alongside the current Council and Committee.

In Scotland, regular funding is provided by the Scottish Parliament but where does the funding come from in England and Wales? I am told it's a mix of police, local authorities and fund raising events but, unlike Scotland, no national standard funding method exists. As a result, England and Wales has some well funded teams with no membership problems nor indeed, equipment, training or profile problems but other teams appear to be struggling to exist.

It is evident there are mixed aspirations and ambitions within the mountain rescue community – some are keen to broaden their emergency response functions and capability whereas others want to confine their work to mountain rescue where there appears to be a further divide between the modernisers and traditionalists.

What is the long term plan for the development of mountain rescue in the UK? Where does mountain rescue want to be in five or ten years time? Will the march of technology and improved capability of other rescue assets mean less and less need for traditional mountain rescue? What strategic thinking or planning is taking place to recognise, embrace or, more importantly, to study the impact of the approaching new technologies on mountain rescue operations?

National training guidelines exist but is there an overall comprehensive competence framework for mountain rescue teams to dip into to cover those activities relevant to their work? I haven't seen one.

Recruitment, retention and availability are problems for mountain rescue in some parts of the UK but what is being done to

attract new members? What is the profile of mountain rescue in these areas or indeed, UK wide? Is mountain rescue too reliant on other organisations or agencies? Would mountain rescue have resolved its land based communications without the help of the Coastguard and Ofcom?

How many members of mountain rescue know the precise details of the insurance or compensation cover available should injury or worse occur? I am told that mountain rescue team members are covered by a scheme or schemes offered by the police but during the coastguard's own work on injury compensation, we did ask the question about injury benefit cover for mountain rescue team members only to discover some considerable variation in the cover provided. (See p. 34 of 'Casbag' Issue 19 Sept 2008.)

There is an ever increasing expectation amongst the public that search and rescue units will respond quickly with minimum time taken to reach the casualty but how does the speed of response of mountain rescue compare with other SAR units? Whilst helicopters might not be the complete panacea (yet) their speed and capability make them more attractive to the SAR co-ordinator than land based units.

Mountain rescue, particularly in England and Wales, relies on public donations or other monetary gifts to finance itself and therefore needs a profile and recognition that will encourage a steady supply of public financial support. It is imperative that mountain rescue gains maximum publicity. In the Channel 5 programme 'Highland Emergency', we are at last beginning to see some mountain rescue teams at work and from Coastguard's own experience with programmes such as 'Seaside Rescue', this can only improve your profile but more needs to be done to educate the public about the organisation and work of mountain rescue and give it the profile it deserves.

So what opportunities await mountain rescue in the UK?

From what I've seen of mountain rescue during my time in SAR I can't help feeling that a more powerful national lobby arising from a joint council or similar body representing all mountain rescue in the UK will provide that reassurance that mountain rescue does have a single voice within UKSAR. Such a national or joint council could develop some common aims and objectives; a common competency framework; some common aspirations and ambitions; and some strategic thinking for mountain rescue throughout the UK. Unfortunately, this is less likely to happen if the structure and organisation remains as fragmented as it does now.

This is similar to the fire service idea for team typing but it at least lets those charged with mobilising, organising and tasking the response to an incident know the capability and availability of a mountain rescue team.

This might even ensure that a mountain rescue team is called out more readily than at present.

Is mountain rescue ready for the challenges of the 21st century? Is it time to decide on how the role of mountain rescue can develop into other areas of emergency response? We have seen the impact of extreme weather events on communities and the Met Office's own strategic view of the future is that these events will continue. Therefore, should mountain rescue have a role in UK civil resilience? With its disciplined approach to its current work, its professionalism and improvisation there is no reason why at least some mountain rescue exposed for any longer than is necessary? Inevitably they will send the quickest response and in most cases that will not be a mountain rescue team.

Cospas-Sarsat is developing its mid earth orbiting satellite SAR system known as MEOSAR and PLB usage on land in the UK will begin in earnest soon – after all we are using PLBs in the maritime and aeronautical environments. MEOSAR and PLBs will provide a powerful detection and position indicating system as MEOSAR provides continuous coverage of the entire earth's surface unlike the current low earth orbiting and geostationary space segments.

SAR units with an extended capability are more likely to be called out when a SAR co-ordinating authority is deciding on the most suitable response to an incident. A SAR unit which is able to reach the scene quickly, and is suitable for as many as possible of the tasks required of that SAR operation will usually be first choice.

Air ambulances are here to stay and as with UKSAR helicopters, mountain rescue must develop a clear working relationship with air ambulances and ambulance controls. It is likely that air ambulances will become more sophisticated with winches and higher performance all round and with fire and rescue helicopters also a possibility, its imperative that mountain rescue comes out of its shell and learns to work with these other UK emergency response assets either as an integrated rescue response or in support so that mountain rescue can retain its place as a front line emergency response asset.

Perhaps as part of securing its future in UKSAR, mountain rescue should adopt the declared facility concept whereby a mountain rescue team is formally declared as being available for search and rescue according to a specific standard or set criteria and as such

is responsible for:-

- Declaring the standard of capability and availability for the team or teams.
- Maintaining each facility to the declared standard.
- Informing the co-ordinating authority when there is any change in the declared standard of each facility.
- Informing the co-ordinating authority of any reason for not making available the team.

occasions of a helicopter picking up a small cadre of mountain rescue experts en route to the casualty to assist recovery thereby typifying the sort of integration mentioned earlier.

The UK's harmonised SAR helicopter force begins its roll out in 2012 and the operational requirement demands that these helicopters have all weather, day and night capability and will use night vision equipment. They will be available for land, sea and air search and rescue and will be used extensively in the mountains.

The radio spectrum is under threat from the administrative incentive pricing scheme (AIP) which could mean either the loss of, or sharing of the VHF channels that you are currently using. For organisations such as the Maritime & Coastguard Agency (MCA) and Civil Aviation Authority, AIP will mean hefty charges for its fixed installations so they may have to make economies elsewhere and that might mean the MCA, for instance, having to pass the licence fee costs to the end user ie. mountain rescue!

We are also seeing other emergency services encroaching into those areas of rescue work which have traditionally been the responsibility of others. For instance, some fire and rescue services are expanding into the realms of coastal mud, line and water rescue. To an outsider like me, this seems to be unnecessary duplication but they seem determined so where next – mountain rescue? Cave rescue? Mine rescue?

The Lifting Operations and Lifting Equipment Regulations or LOLER as they are more commonly known require that equipment used for lifting people is thoroughly examined by a competent person at least every six months and after completing this thorough examination, the competent person must complete a thorough examination report in accordance with the regulations. Is mountain rescue LOLER compliant yet? If not, perhaps it should be and not use the volunteer label as an excuse not to. One accident and the HSE will be with you very quickly and asking these same questions.

Therefore, in summarising this outsider's view, mountain rescue needs a powerful national or joint lobby if it is to retain its pre-eminent position in UK search and rescue and I believe that power will only be achieved by a less fragmented structure and organisation. I am confident that with a national or joint representative body, governments for one will be more confident that this body represents the whole of mountain rescue. Mountain rescue also needs to improve its profile – how many people are aware that mountain rescue needs voluntary financial assistance. Perhaps a look at how the successful charities organise and carry out their fund raising activities is required.

Mountain rescue should ask where it sees itself in say, five and ten years time and produce a long term development plan to help it to get there. That work should include an assessment of the impact that newer and

more sophisticated helicopters and new technologies such as MEOSAR may have on the future of mountain rescue. At the same time, mountain rescue needs to decide whether there is a broader role for it in emergency response and civil resilience. Mountain rescue should perhaps work less in isolation and work more regularly with other UKSAR assets and already some mountain rescue teams work regularly with SAR helicopters, coastguard rescue teams and others and this should become the norm rather than the exception. These are not major changes, as some would have us believe, but should be part of the gradual development of the service and the beginnings of preparing mountain rescue for the 21st century.

I know that some, or much, of what I have written may be seen by many as a typical view of someone who doesn't understand mountain rescue but all I will say is that if I'm thinking this, so are others and those others may be a sizable proportion of the UK public including those belonging to the emergency services, other UKSAR stakeholders and government ministers.

I also recognise that mountain rescue is managed and operated by volunteers, many of whom have primary or self employment and families to spend time with and that it is easy for someone like me to add to their voluntary workload. However, as with most volunteer rescue organisations, I have detected an enormous amount of energy within mountain rescue and as a suggestion, it might be worth channelling some of that energy towards a detailed consideration or analysis of the future requirement of mountain rescue in the UK.

Mountain rescue in the UK has a long and proud history and tradition and many thousands of people owe their lives to the commitment, skill and determination of its members and there will always be a place for mountain rescue in the UK but the challenge for mountain rescue is to decide what its shape, scope, role and responsibilities should be in the short and longer terms. More and more people are taking to the hills and mountains and more of them will be making use of advanced technologies to help them when they get into trouble. With more sophisticated rescue units also becoming available perhaps its time for mountain rescue to emerge from its traditional past and consider how it too will keep pace with the advances in modern emergency response.

Whatever happens and which ever direction it takes, I wish UK mountain rescue the very best of luck and safe and successful search and rescue at all times.

Note: The views expressed in this article are the author's only and do not represent the views of HM Coastguard, the Maritime & Coastguard Agency, UKSAR nor Department for Transport.

Mountain map search management

Angus Mackie outlines work so far on the Mountain Rescue Committee of Scotland's search management software

The development of the Mountain Rescue Committee of Scotland (MRCofS) 'Mountain Map' Search Management Software stemmed from the Ordnance Survey decision in 2006 to licence the use of 1:25000 digital map tiles by mountain rescue teams in Scotland, England and Wales. Each country was provided with the tiles in digital format for use in mountain rescue training and callout situations.

The Mountain Rescue Committee of Scotland set up a Working Group to evaluate the best means of implementing a solution for Scottish mountain rescue teams. Group members brought experience of search management, IT and mapping/Geographic Information Systems (GIS). We met initially in October 2006 and are now close to implementing the final software package to all MRTs in Scotland. This article tells the story of the development, leading to the provision of 'Mountain Map', a uniform, simple to use digital mapping system for use in mountain rescue.

Mountain Map GIS Software

Mountain Map has many features which have been customised for MR use and the Ordnance Survey 1:25,000 map base provides a backdrop for many other layers of information.

These layers include points – for

example, Last Known Position, helicopter RVP, casualty location, parking area and locked gates. Lines depict search routes, 4x4 tracks and other paths which may not be shown on the Ordnance Survey map base. Polygons are primarily used to demarcate search areas by team and phase.

Each layer, whether a point line or polygon can be edited spatially and by means of an underlying attribute table, harnessing the power of the GIS. Attribute tables can be populated with local information such as casualty details, times, locations and comments. Some of the layers can hold links to supplementary information such as documents or photographs. Teams can create permanent records of the positions of features within its area and can add these to the GIS as required.

All layers of information can be combined together on the map, enhancing the search capabilities. The use

of on-screen labels further assists in interpretation of the information. (See Image 1).

The major advantage of the GIS is that maps are seamless, with full pan and zoom capability. Measurements of distance and area are possible and can be recorded for future use. Names of keyholders, with contact details, can be stored against the map symbols for locked gates.

As well as the core mountain rescue functionality, Mountain Map has other useful features. These include a gazetteer of mountains, classified by Munros and Corbetts. Local landmarks can also be recorded in the gazetteer.

All information within Mountain Map is easily stored and retrieved, whilst the individual layers of data are in a format that allows for easy emailing to others.

As a map based system, it is important that maps can be printed and distributed easily and the package allows for emailing of maps or printing in atlas or wall map style. 3D visualisation is also possible within the package. (See Diagrams 2, 3, 4 and 5).

Software development

In order to develop the software, the MRCofS Working Group met with the initial aim of considering how the Ordnance Survey map tiles could best be utilised. We needed the ability to compile additional data which could be overlaid on the map and stored as layers of spatial data which can be combined and linked with attribute data. We quickly concluded that a Geographic Information System (GIS) software package was required and developed a specification for mountain rescue requirements. This stage was key to informing later decisions.

The detailed aims of the specification included:

- Effective incident control management allowing the plotting and storage of rescue and search plans as well as recall of these at a later date.
- The ability for local teams to compile and store spatial layers of information within their own operating area. Stored layers will assist teams in planning of training, recording of local access points and addition of unmapped features portrayed on the Ordnance Survey map base.
- Downloading and uploading of GPS from and to GPS receivers was seen as an essential feature for use within a protracted callout, allowing recording of areas searched and the placing of important information onto the base map.
- The integration with GPS radio microphones allowing the display of real time GPS positions to be received from those on the ground.

One of the key features of the

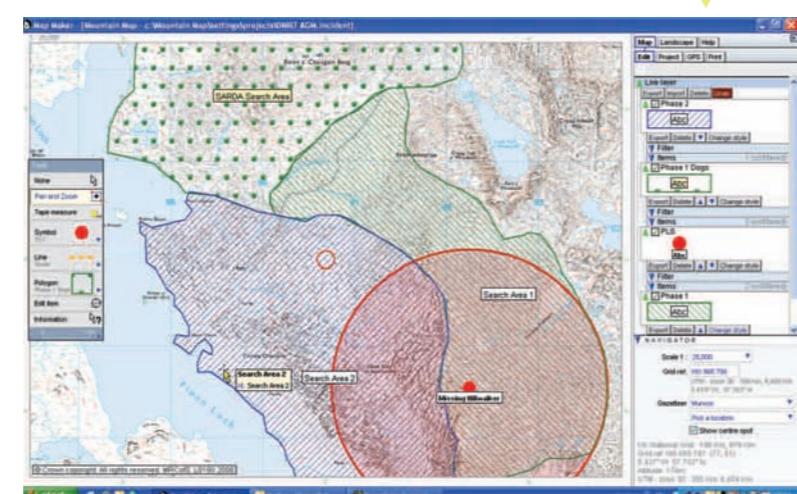


IMAGE 1

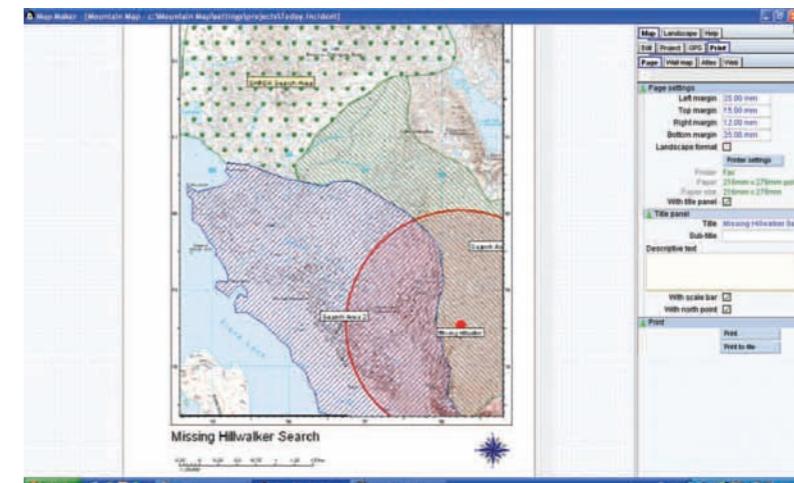


IMAGE 2

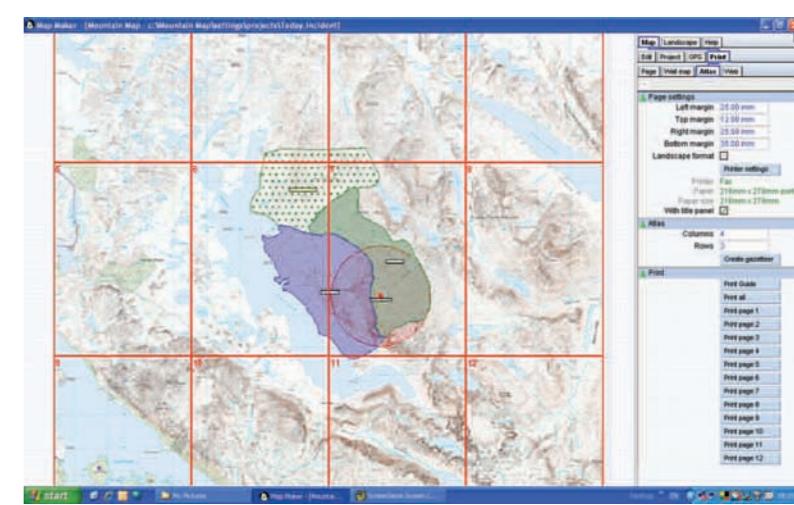


IMAGE 3

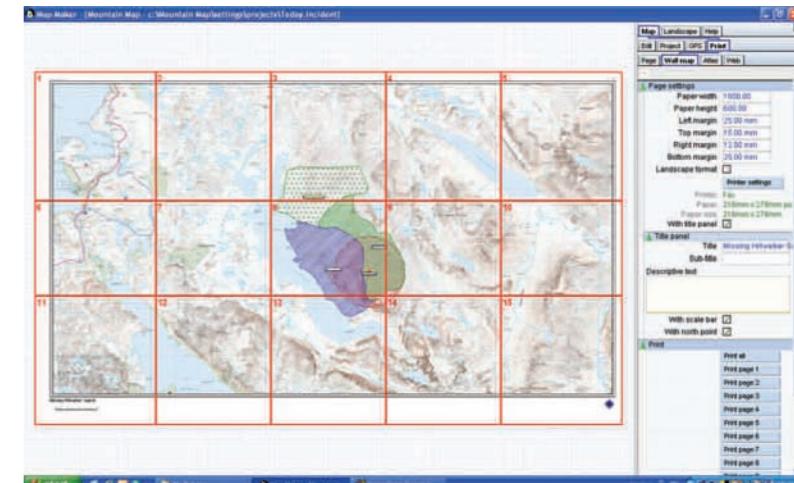


IMAGE 4

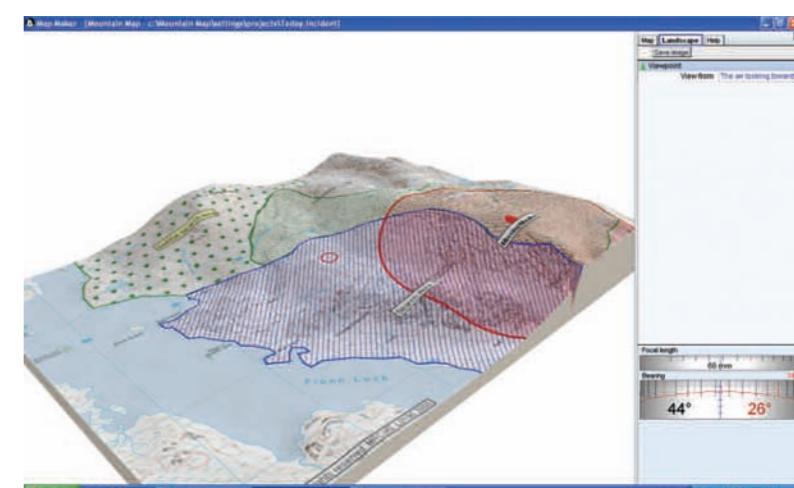


IMAGE 5

specification was that all the information could be stored within the GIS for future retrieval and analysis.

We met with potential suppliers who demonstrated software capabilities and we evaluated these against our specification. Our recommendations were accepted by the MRCofS and the contract for the development and supply of the MRCofS GIS software was awarded to Map Maker, a Scottish based GIS software company. Funding was provided directly by MRCofS and it was agreed that in addition, all qualifying Scottish mountain rescue teams would be supplied with a laptop and a printer.

Development of Mountain Map software began and, following extensive testing by the working group, a beta version was available for the MRCofS Shell seminar in Aberfoyle in December 2007. Mountain Map was well received and feedback was positive. Comments allowed final bug fixes to be completed prior to testing in early 2008.

Pilot testing and implementation

Mountain Map was available for release to six pilot teams at the start of this year and, following a successful four month pilot process, the software is currently at the final stages of development prior to implementation later this summer. The software will be distributed to all qualifying Scottish teams and the current aim is to complete project implementation by the time of the MRCofS Shell seminar in November 2008.

A training package will also be issued to teams consisting of a customised video training DVD, local team training provided by working group members complemented by central support by working group members.

Future development

Currently the final build of the software should be capable of running the Radio GPS Microphone software, subject to cost and timescale. Over time, there may be scope for further development of the software to include:-

- Display of radio IDs, by team, within the software, allowing names of team members to be shown on screen.
- Integration of incident recording software with Mountain Map
- Integration of search management software.

The working group comprises: Angus Mackie (current chair), Dundonnell MRT; James Coles, Moffat MRT and SARDA Southern Scotland; Hamish Thomson, Tayside MRT and SARDA Scotland; Tom Lockie, Ochils MRT. For further information, please contact Angus at angus.mackie@tiscali.co.uk

Back from the dead - recovery from severe hypothermia

Judy Whiteside on the remarkable story of Anna Bågenholm

It might sound like a well worn mantra, incanted in a 'Yeah, yeah whatever...' tone in the stuffy warmth of a mountain rescue classroom, the one about not being dead until you're warm and dead. But Anna Bågenholm knows from first hand experience just how true it is. Anna came along to Stirling, to tell the story of her 'death', following a skiing accident which left her wedged for almost two hours under thick ice and submerged in freezing water. By the time rescue services had taken her to hospital, her core temperature had dropped to 13.7C – almost 24 degrees below the norm. She was 'clinically dead'. Yet five months later she was back at work. And back on the piste.

Swedish born Anna, and partner Torvind Næsheim, are fanatical and highly experienced off-piste skiers. In 1999, they had moved to Narvik, a subarctic town in northern Norway – a mecca for ski enthusiasts – to work as junior registrars at the hospital and play in the mountains. They took to the slopes at every opportunity, skiing back country runs only accessible by walking or running up the ridge, or hitching a ride in a helicopter.

'We'd been part of a rescue training group only two weeks earlier,' said Torvind. 'We had exchanged telephone numbers, little knowing we would be the first to need them! We were lucky – three years before there was no mobile reception in the area.'

'Two of the group were at home gardening. They ran the three kilometres up to the site with a shovel so we could dig a hole downstream to lower her down through the ice and out of the hole. Our plastic shovel was useless on the ice.'

Anna slipped and fell, sliding on her back, head first down the 30 degree slope and under a section of ice cracked by the early summer sun. The speed at which she had been travelling forced her deeper under the ice shelf, her head and body partly submerged in the freezing water beneath. Only her skis, still strapped to her feet, prevented her from disappearing altogether.

At 7.39pm, the rescue teams arrived. They cut a hole in the ice and she was freed. 'She looked dead,' said Torvind.

There were no obvious signs of life – she wasn't breathing, there was no pulse. But, suspecting – hoping – that this was not death but severe hypothermia, he began CPR.

Just four minutes later, a Sea King, already en route to an emergency elsewhere, was redirected to the scene. (A fixed wing plane was despatched to the other patient). Intubated and ventilated with 100% oxygen, the CPR continued as Anna was flown to hospital.

'They put an ECG on my chest in the helicopter. At one point, they thought it had gone into fibrillation, and tried the defib but it didn't work. Then they realised it might just be the vibration of the helicopter so they continued with oxygen and CPR. It's important,' continues Anna, slipping into instructor mode, 'not to give medication as this just pools in the body.'

Having told the story of her accident and subsequent recovery so many times, across the world's news networks, Anna is practiced at describing the events as from the heart, although she remembers nothing.

'I can remember up to the accident but that's it – everything else I have been told or seen on the video film made by the hospital. I don't think the memories are being suppressed, they're just not there.'

They flew for an hour, the rescue crew and medical staff concerned having taken the decision to treat her at the University Hospital of Tromsø, rather than

but I was still very worried – it's the brain that's important.'

Mads Gilbert, professor of anaesthesiology at Tromsø – one of the team of 150 doctors who would treat Anna during her stay in hospital and who later described her case in *The Lancet* – explained the dangers involved. 'If you have a warm brain when you die you get brain oedema (swelling) after resuscitation. If you have a cold brain you don't.'

On arrival at Tromsø at 9.10pm, Anna was taken directly to the operating theatre. Her core temperature was 14.4C – the lowest ever recorded in a survivor. She had no spontaneous respiration or circulation, her pupils were widely dilated and unresponsive to light. A team of cardiac surgeons, anaesthetists, perfusionists and specialised nurses continued CPR whilst Anna was prepared for cardiopulmonary bypass – a process which takes blood out of the body, puts oxygen and pressure back in, warms it then returns it to the body.

Having catapulted her into medical history in such a spectacular way, it would seem that fate was, in terms of her rescue and recovery at least, on Anna's side. The recent exchange of contact numbers, the mobile signal where once this hadn't been possible. The Sea King helicopter, already prepped and airborne.

There was an infectious determination not to lose this casualty. There are normally three anaesthetists on duty in the hospital at any one time. By chance that day, those three boasted 90

years experience between them. When Torvind arrived at the hospital, he was taken to the emergency department, where Anna was already on heart bypass, to be told they'd never succeeded in a case like this before but this time they would. Because she was 'special.' They knew, because the combination of skis and boots was the same as they used themselves, that she was 'one of them'.

'If you identify with a patient,' suggests Anna, 'you give that little bit extra that might just make the difference.'

By 9.50pm, full cardiopulmonary bypass bloodflow was reached, at which point rectal temperature dropped to 13.7C. At 10.00pm, ventricular fibrillation started, which converted spontaneously to a pulse-generating cardiac rhythm after

fifteen minutes. Anna was disconnected from bypass after 179 minutes, by which time her rectal temperature had reached 36C. Then came the tricky part – and the onset of every problem possible as an intensive patient, with the exception, perhaps thankfully, of infection.

Torvind takes up the story. 'There was a lot going on in Anna's chest. She had a litre of blood in the cavity from a cut in the left subclavian artery caused by previous cannulation of the subclavian vein. They fixed that, then her lungs stopped working properly so they put her on ECMO for five days.'

(ECMO, short for extracorporeal membrane oxygenation, involves modified cardiopulmonary bypass to support gas exchange, which allows the lungs to rest and recover.)

'After that, she was on a ventilator for six weeks – with lots of near misses where she nearly died five or six times.'

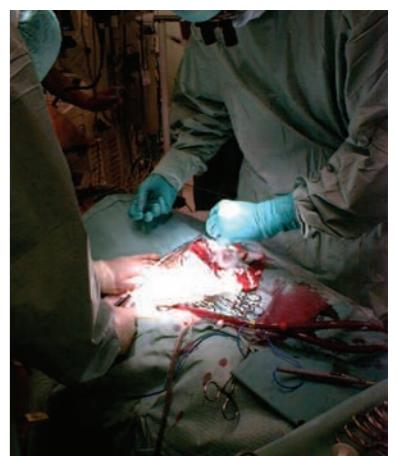
When Anna woke – two and a half weeks after her arrival at Tromsø – she was surrounded by impressive machinery, with infusion lines everywhere and respiratory support, and unable to move from the neck down.

'I went through everything,' she said. 'Having to be fed, unable to dress myself, being in a wheelchair..

'Then one day, two months on, I could see a finger moving. It came slowly – in the arms and legs first. Then I could sit, then stand. I had bilateral dropfoot, the same sort of thing in my hands.'

'No one could explain why the motor nerves, which control movement, were affected. There was no spinal injury. The neurologists thought it would come back, but they didn't know for sure. My hands tingled all the time, my fingers didn't have proper feeling.'

'It was two years before I could do things totally on my own and I'm still



THE SURGEONS FINISH THE FEMORAL CANNULATION OF THE ARTERY AND THE VEIN WHICH ATTACHES ANNA'S BLOOD CIRCULATION TO THE BYPASS MACHINE



2155: ANNA IS ON FULL CARDIOPULMONARY BYPASS AND THE TEAM CAN REST THEIR HANDS, WAITING FOR THE EFFECTS OF THE REWARMING

PHOTOS © UNIVERSITY AND REGIONAL HOSPITAL OF TROMSØ, NORWAY



2135: FULL ACLS (ADVANCED CARDIAC LIFE SUPPORT) WITH CHEST COMPRESSIONS AND VENTILATIONS AND CANNULATION OF THE LEFT INTERNAL JUGULAR VEIN – A PERIOD OF INTENSE CONCENTRATION AND FOCUS

the nearer, smaller hospital in Narvik. Torvind meanwhile was obliged to make the journey by road.

'I was deeply worried because we didn't know what would happen. The drive to Tromsø is about three and a half, maybe four hours. I got a call to say her heart had started beating though she was very cold

improving. It's such a slow process, you don't really realise.'

Against the advice to remain in rehab for a year, four months in and Anna decided to move out, keen to return to her life and work. And, despite the lack of function in her hands and feet, she was back on the piste the following year, in Canada.

'The boots are good for drop foot,' she explains, in her matter-of-fact way. In truth, so little control did she have over her hands they would slip straight out of her ski gloves. No problem! Attach the gloves to the poles, then strap the poles to Anna. Now ski!

But then this was just another step along the healing road to recovery for this remarkable woman, firm in her belief that sporting activity – and a positive mind – were the key to her rehabilitation.

'It's important to be positive. Focus on what you can do, not the things you can't.'

The lowest temperature reported in a survivor of accidental hypothermia prior to Anna was 14.4°C in a child. There are many tales of people surviving cold ordeals but children in particular have a higher chance of surviving the effects of hypothermia. Their increased surface area to body volume ratio means the child cools down more rapidly and the body enters the more stable third stage of profound hypothermia sooner.

February 2001 saw another high profile case, in Edmonton, Alberta when a thirteen month old girl toddled from her home in the early hours of the morning, wearing only her nappy. When she was found, lying face down in the snow, her toes were frozen together and paramedics had trouble getting a breathing tube into her throat because her mouth was frozen shut. Her heart stopped

beating for some time, doctors said, and her body temperature was 15°C when she was found. On arrival at hospital, the medical team began setting up a heart and lung machine, but the baby's heart started beating on its own. She was later reported to have survived the ordeal without brain damage and hailed as a miracle.

Examples of hypothermia likely to be met by mountain rescue teams in the UK tend to be less dramatically extreme. If not equally as potentially life threatening.

MRC Chairman David Allan recounts a case of profound hypothermia during his time as a surgeon at Furness General Hospital.

'In January 1994 there was a good covering of snow on the Lake District hills. On Saturday afternoon a party of three set

off to experience the delights of winter fell walking – a man who had a fair amount of experience and two girls who had walked in summer but never been out in winter.

'The afternoon started fine but deteriorated rapidly with near blizzard conditions and darkness soon fell. They were lost and exhausted and sensibly went to ground, digging three small snowholes.

'The weather cleared on the Sunday morning and they were fortuitously found, as the man emerged from the snowhole, by Patterdale team members who were starting a team practice.

The man was cold but otherwise okay. One girl was conscious but seriously hypothermic. The other was unconscious with little sign of life. Both girls were transferred to Furness General Hospital by RAF helicopter.

'The core temperature of girl one was 31°C. She was rewarmed in ICU and recovered very quickly. The core temperature of the second girl, recorded with an oesophageal probe thermometer, was 16°C. She was actively rewarmed with parenteral fluids, warm humidified oxygen and external heat packs. She was ventilated. Her temperature gradually climbed and after 24 hours she regained consciousness and ventilation was discontinued. Her progress thereafter was largely uneventful. The only significant after effect was the development of severe nightmares and some daytime disorientation which resolved after one month.

'The great difference between the two girls appeared to be due to the clothing they wore. One had quite good winter outdoor clothing, the other was dressed in light summer gear which was completely saturated with melted snow.'

William Lamb, GP and rescuer in the Yorkshire Dales, goes so far as to say 'every casualty either has it, or should be considered to have it. So always treat for it.'

'If they're conscious and can stagger, then walk them off. It may sound tough but no one has died from being (bullied) walked off that we know of. But do be aware of afterdrop, when all the cold blood in the periphery returns to the core – they're likely to become less co-ordinated but you should keep going through it.'

If you need to stretcher the casualty off, his advice is not to put them in a cold vacmat, then a cold casbag but to prewarm the bag with heat packs. 'There's an argument,' he adds, 'for stripping the casualty down to their warm layers then trusting the bag to do its work. We're planning to research into this over the next few years.'

One of the key points made during the presentation by Anna and Torvind in Stirling was that it is vital to get the hypothermic casualty to the appropriate hospital. The decision was quickly made to transfer Anna to Tromsø, an hour's flight away but better served with the medical technology, expertise and experience necessary for her successful treatment, than the more readily accessible hospital in Narvik. The transfer to definitive care was critical – it's what allowed her life to be saved. John Ellerton urged teams to think carefully about where they send casualties and not to choose an inappropriate hospital simply because it was nearer.

'It's probably worth noting,' adds William, 'that this is an extreme example and in medicine we should never extrapolate from a single episode as it could be a random freak event – although we should take as many lessons as possible from it.'

In other words (at the risk of repeating that well worn mantra yet again) you're not dead until you're warm and dead.

Assessment of hypothermia

Casualty Care in Mountain Rescue advises treatment as follows:–

- Assess your personal and the casualty's safety.
- Carry out a primary survey.
- If no injuries are apparent, the primary survey is modified in severe hypothermia.

A – ensure the airway is open.

B – assess breathing and ensure adequate ventilation. Start oxygen.

C – Record whether a pulse is palpable and its rate. Take 60 seconds to assess the carotid pulse.

In the case of severe hypothermia, do not start cardiac massage at this stage.

D – Assess consciousness (AVPU).

E – Exposure – stage the hypothermia using either of two systems as follows:–

LDSMRA

Mild – shivering and alert.

Severe – shivering stopped and/or reduced consciousness.

Swiss Society of Mountain Medicine

HT I – Alert and shivering.

HT II – Reduced consciousness without shivering.

HT III – Unconsciousness but breathing.

HT IV – No 'signs of life'.

* For further information about hypothermia, its causes, assessment and treatment, refer to:–

Casualty Care in Mountain Rescue 2nd Edition edited by John Ellerton.

johnellerton01@btinternet.com

NESRA Mountain Rescue Casualty Care CD package available with separate student notes from info@nesracascare.co.uk

Sources:

- *Casualty Care in Mountain Rescue* edited by John Ellerton
- *Mountain Rescue Casualty Care Student Notes NESRA Medical Subcommittee*
- The Associated Press
- *The Science of Cold* www.coolantartica.com
- *Resuscitation from accidental hypothermia of 13.7(°C) with circulatory arrest by Mads Gilbert et al* *The Lancet*; Jan 29, 2000; 355, 9201; ProQuest Medical Library

Thanks to:

- Anna Bägenholm and Torvind Næsheim • David Allan • William Lamb • Graham Brown, NESRA

According to the Oxford medical dictionary, 'hypo' means 'deficiency, or lack' or, in anatomical terms 'under'. Normal human core body temperature is 37°C. Hypothermia occurs when the core body temperature falls below 35°C and when heat loss exceeds heat generation.

Mild hypothermia

- Even before the core temperature drops below 35°C, there is likely to be a noticeable difference in behaviour, the victim perhaps stumbling or lagging behind the group. Other symptoms may include numb hands and other extremities and reduced manual dexterity such as struggling with zips or climbing equipment. The beginnings of hypothermia are notoriously difficult for the victim to spot themselves, and will often be strongly denied if challenged.
- Extra clothing and food (avoiding alcohol and drinks with a high caffeine content) and moving down hill to a lower altitude may be all that's required.

Moderate hypothermia

- As core temperature drops below 35°C, the body will first try to generate more heat through shivering to maintain a normal temperature.

• With exhaustion, the core temperature begins to fall more rapidly. Shivering stops, the victim will appear to stagger or sway on their feet with the loss of muscle co-ordination, and walking becomes laborious and difficult with frequent stumbles. They are also likely to be dehydrated.

- Perhaps the most dangerous feature of this stage is the loss of ability to make rational decisions. There may be a desire to lay down in the snow and sleep, to discard a rucksack (that probably contains food and clothing) rather than carry it, or even to remove clothing due to an unawareness of the cold. Mountaineers may fail to follow basic safety procedures with potentially fatal results.

• The difficulty in performing simple stuff such as fiddling with zippers, putting on gloves or a hat – or simply taking them out of a rucksack – may result in the victim getting irritated and ending up not bothering. Which, of course, results in them growing even colder. A fall in core temperature of only 1°C can slow reaction times and impair judgment.

• As the body attempts to reduce heat loss by decreasing the blood flow to the extremities to minimise cooling, the skin becomes cool to the touch and may appear pale and cyanosed. Their heart and breathing rate will slow and their pupils begin to dilate.

• If the heat loss continues, the body will slow its metabolism to minimise its need for fresh blood flow and oxygen supply. Below 32°C, shivering stops as there is no energy left to keep it going, causing the temperature to drop even further and more rapidly. The victim, eventually unable to walk, will curl up on the ground completely unaware of others.

Severe hypothermia

• Below 30°C the casualty will become unconscious. By this stage, the body has effectively stopped trying to keep itself warm yet still seeks to avoid death. Heart rate slows (often as low as 40bpm), breathing becomes almost undetectable and blood pressure often impossible to assess. The skin will be icy cold to the touch and often white or bluish in colour. The limbs are stiff, pupils dilated and unreactive to light. To all intents and purposes the person appears to be dead, their metabolism having slowed so far that they are almost in a state of suspended animation.

• At a core temperature of around 28°C, ventricular fibrillation may occur – though this may also be induced by 'rough handling' such as large movements of the limbs, rapid changes in body position or invasive procedures such as intubation, at a higher core temperature (perhaps up to 31°C). This unco-ordinated twitching of the heart muscle prevent it from pumping blood properly.

The end point of hypothermia, of course, is death – although this is not solely linked to the reduction of core temperature, as Anna's story demonstrates. There are many other factors involved.



DSA for Jim

Jim Coyle of Cockermouth MRT was presented with the Distinguished Service Award at the conference in Stirling, in recognition of nearly half a century of mountain rescue work. Peter Bell, President of Mountain Rescue (England & Wales) presented the award. In his speech of thanks, Jim recalled an early incident, when called to assist Keswick MRT in the rescue of an 18 stone woman with a broken leg on Skiddaw. All went well until the lady in question – duly strapped into the Thomas splint, sleeping bag and stretcher and dosed with morphine – decided she was desperate for a pee. George Fisher, Keswick team leader at the time, asked which of the party were married. Three were. (You have to remember these were more modest days). So, while the rest of the team were instructed to stand in a circle, facing out, the three who were wed helped the woman stand up on her splint to pee. Much to the amusement of anyone passing by.

Jim joined the team as a seventeen year old in 1959. An able rock climber and keen mountaineer, he was soon actively involved and taking responsibility.

During a practice, in 1969, the team sustained a tragic accident involving a rock fall, two fatalities and several injuries. During this very difficult time, 27 year old Jim was appointed team leader and it was to his credit that the team developed from such a low point, to become recognised as one of the core Lake District teams.

At the same time, Jim commenced training one of the first search dogs in the area, a pup from the Search and Rescue Dogs already established in Glencoe gaining the highest possible grade awarded at the time. He also helped establish SARDA in England. He is still actively involved with instruction and assessment and is currently president of SARDA (Lakes), a position bestowed on him when the separate association in the Lakes was first formed. As part of his involvement, he has trained and assessed dog teams in Ireland, Iceland and Norway. In the early 1990s he made two trips to Turkey to advise their then fledgling rescue service and, on his return, was instrumental in collecting surplus equipment to send out to Turkey.

In 1991 Jim was awarded the BEM for his committed service to mountain rescue. Last year, he stepped down from an outstanding 38 years as team leader but is still actively involved as a team member.

The message is, if you fall into the water, before you drown, get the cap off your head.'

Professor Mads Gilbert to Jeremy Laurance
Health Editor of The Independent Friday, 28 January 2000

The true incidence of hypothermia in mountain rescue is not known. In *Casualty Care in Mountain Rescue* MRC Medical Officer John Ellerton writes, 'In England and Wales, it is recorded in 9% of casualties, but it is generally accepted that milder forms go unrecorded or unrecognised in many more, perhaps up to 25% of all casualties. Severe hypothermia is rare and fortunately the number of fatalities in a year rarely exceeds five.'

For Anna, the 'take home' message is clear – to survive hypothermia doesn't just depend on how the hypothermia develops, or how severe the cold, but also on the first aid given and the decision not to give up, alongside the skill and endurance of both the rescue teams and the intensive care unit.

'However dead the casualty might look, however cold,' she concludes, 'start treating them and don't stop until you get to the hospital.'

QUARTERLY INCIDENT REPORT FOR ENGLAND AND WALES APRIL-JUNE 2008

The following is a listing of the number of incidents attended by MR teams in England and Wales during the period from 01/04/2008 to 30/06/2008. It is grouped by region and shows the date (day/month) the incident began. It is not comprehensive as many incidents have yet to be reported.

Lake District

Cockermouth	05/04, 23/04, 02/05, 28/05, 02/06, 23/06
Coniston	14/04
Duddon & Furness	26/05, 14/06, 21/06, 27/06
Kendal	02/04, 26/04, 26/04, 30/04, 06/05, 06/05, 08/05 13/05, 26/05, 30/05, 30/05, 31/05
Keswick	24/05, 08/06

Kirkby Stephen	26/04, 28/04, 25/05, 25/05, 29/06
Langdale Ambleside	02/04, 03/04, 04/04, 12/04, 16/04, 20/04, 26/04 30/04, 06/05, 06/05, 08/05, 11/05, 15/05, 24/05
Patterdale	28/05, 29/05, 30/05, 30/05, 06/06, 08/06, 14/06 16/06, 21/06, 29/06
Penrith	13/04, 19/04, 19/04, 26/04, 27/04, 01/05, 05/05 17/05, 21/05, 24/05, 25/05, 26/05, 26/05, 26/05
Wasdale	28/05, 28/05, 30/05, 30/05, 04/06, 08/06 17/06, 17/06, 24/06, 27/06, 27/06, 28/06 29/06

Penrith	04/04, 09/04, 09/04, 19/04, 20/04, 26/04, 26/04 06/05, 07/05, 21/05, 26/05, 26/05, 28/05, 30/05
Wasdale	30/05, 30/05, 01/06, 17/06, 22/06, 27/06, 28/06
Wasdale	03/04, 21/04, 22/04, 22/04, 26/04, 30/04, 03/05 10/05, 18/05
Mid-Pennine	10/04, 13/04, 13/04, 18/04, 25/04, 14/05, 18/05 18/05, 25/05, 26/05, 02/06, 06/06, 07/06, 08/06 08/06

Bolton	04/04, 13/04, 13/04, 18/04, 25/04, 14/05, 18/05 18/05, 25/05, 26/05, 02/06, 06/06, 07/06, 08/06 08/06
Bowland Pennine	09/04, 29/04, 06/05, 10/05, 11/05, 24/05, 02/06 24/06, 25/06
Calder Valley	03/04, 12/04, 24/04, 09/05, 11/05, 11/05, 13/05 26/05, 31/05, 13/06
Rossendale & Pendle	20/04, 27/04, 01/05, 11/05, 18/05, 02/06

NE England	08/04, 08/04, 13/04, 17/04, 04/05, 11/05, 16/06 29/06, 30/06
Northumberland NP	04/04, 07/04, 07/04, 08/04, 05/05, 19/05, 23/05 20/06, 21/06, 25/06
North of Tyne	07/04, 07/04, 08/04
Scarborough & Ryedale	06/04, 17/04, 20/04, 03/05, 11/05, 28/06
Swaledale	13/04
Teesdale & Weardale	13/04

North Wales	02/05, 22/05, 06/06
Aberglaslyn	23/04, 26/04, 27/04, 03/05, 04/05, 04/05, 09/05 15/05, 20/05, 25/05, 25/05, 25/05, 25/05, 25/05
Llanberis	30/05, 01/06, 02/06, 04/06, 08/06, 09/06, 15/06 20/06, 14/02, 20/02, 11/03, 15/03, 17/03
North East Wales	15/04, 29/04, 20/06

CRO	04/05, 04/05, 06/05, 11/05, 18/05, 25/05, 26/05 26/05, 26/05, 04/06, 09/06, 14/06, 14/06, 27/06
Upper Wharfedale	05/04, 06/04, 08/04, 15/04, 04/05, 06/05, 17/05 31/05, 02/06
RAF	
RAF Valley	15/04, 26/04, 06/06

SARDA (England)	07/04, 15/04, 17/04, 30/04
SARDA (Lakes)	04/04, 09/04, 26/04, 26/04, 29/04, 24/05, 28/05
SARDA (Wales)	11/04, 15/04, 27/04, 29/04, 06/05, 20/06
SARDA (South Wales)	14/04, 14/04, 21/05, 08/06, 21/06, 24/06

Non specialists (Non MR)	27/04, 30/05
Cave Rescue North Wales	06/06
Coastguard Personnel	14/04

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Incident report... the tales behind the stats...

Rescue on Great End, Scafell Massif 3 July 2008: Wasdale MRT

Request from Val Morgan, Assistant Producer/Director ITV Border/Bright Bird Productions

'This rescue involved Wasdale MRT rescuing a group who got into difficulty on Scafell Pike. We believe it was in a chimney normally more popular with winter climbers. We'd like to contact casualties if possible, but we also want to clarify details of what happened. We believe that a man (leader of the party?) suffered a badly damaged hand and that a woman suffered a broken leg. If you could verify this and explain what happened at the scene this would be very helpful as we are relying on the RAF's onboard FLIR cam footage for this rescue – our own cameraman wasn't present. To be broadcast in Programme 5: Thursday 2 October, 11:10pm.'

Extract from the team website: 2008:44 03/07/08 (3.30pm).

The team were already on the mountain responding to an earlier '999' when they received a request to assist Keswick MRT with an incident in the upper end of Cust's Gully on Great End where there was a report of multiple casualties in a precarious position. Six team members were flown with crag gear and first aid pack by RAF Sea King from RAF Boulmer to the top of the gully, unexpectedly arriving before the Keswick party. There were two casualties within the gully who had sustained injuries from rock fall. The first had a crushed hand and was promptly winched out and flown to Whitehaven hospital. An abseil approach was required into the gully, so as to avoid further risk of rock fall, to access the second casualty and her companion from below. She had sustained a suspected broken femur which was stabilised and treated on scene. The evacuation was delayed by a thunderstorm which temporarily prevented helicopter assistance and turned the gully bed into a stream, but ultimately she was winched out then taken to Whitehaven Hospital. Great flying by the RAF. Her companions were walked off by Keswick MRT. Eight Wasdale team members involved. Base closed at 9.00pm.

Additional details from the deputy team leader who was on scene.

Background: See Wasdale MRT website account above for context. The ascent of Cust's gully is a popular winter ice/snow climb and is classed as a grade 3 scramble ('severe'; not quite a 'proper' rock climb) in summer. There is a very large rock ('chock stone') jammed between the two side walls of this gully under which the ascent route goes. When not frozen, the gully has much loose rock particularly at the top and any rocks dislodged fall down the gully, inevitably being channelled towards anyone in the lower sections.

It seems that a rock fall was dislodged by one of this party and it had impacted on two of their party members below. The casualty party were well experienced in this type of pursuit.

Events from Wasdale perspective: from the group on the fell.

During casualty treatment on a preceding incident in Eskdale in warm, dry and sunny conditions, Wasdale MRT became aware of a potential major incident on Great End with 'multiple' casualties from a rock fall, with the casualty party left in a precarious position on

Lake District

MOUNTAIN RESCUE MAGAZINE

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Incident report... the tales behind the stats...

When truth is stranger than fiction.

Do you believe in fate or coincidence? Do we make our own choices as we go or is there some other force at work which has things mapped out for us? It may seem like a strange question to ask but I was pondering it recently following one of our team training sessions which didn't turn out quite as expected.

Several weeks earlier, with another search manager from our team, I had been invited to Devon and Cornwall police HQ, along with colleagues from our neighbouring Dartmoor and Exmoor teams. We were there to look at how the police respond to major incidents and disasters and examine how we can better integrate into the plans and processes they have in place. From this, we reviewed our own major and multiple incident plans with the team and then decided to run a training session to go through a simulated incident.

The task of delivering this training had fallen to me. I live in mid-Cornwall, near Newquay, not far from the airport. The flight path for the airport brings planes over the china clay districts of mid Cornwall and finally over an area called Goss Moor before coming in to land.

So I figured that if a plane came down short of the runway, on Goss Moor, there was a good chance we would be called in to help. Perfect scenario therefore to practice, I thought. I decided to keep it small scale – a light aircraft with just a few people on board; forced landing rather than crash; a fatality and a few casualties. I contacted Natural England for the necessary permissions to use the area of moorland and visited the site to plan it all out. So far so good.

That Thursday was a dry and relatively warm evening (yes, we had at least one dry training session this year, I seem to recall). I got to the RV point early in the team Landy and, shortly after, our control vehicle and the rest of the team turned up.

The weekly briefings over, I began the briefing for the evening's training. I'd decided to refresh people's memory on triage and CHALETS first (for which I used and thoroughly recommend the excellent notes in the 2nd Edition of Dr

Lucky for us, we had the team doctor, an off-duty ambulance officer and an off-duty policeman amongst the members at training that night. We had feared there may have been casualties if any vehicles had been following the lorry but the team on scene quickly established that no-one had been hurt.

We made a call to Railtrack to report the incident and set the Landy up to alert



approaching drivers of the hazard. The road was completely blocked by the debris, the lorry had been carrying farm veg packed in wooden crates. It was about then when we saw a train approaching – the last train of the night from Newquay to Par approaching the bridge. From the control point, we could see this clearly but we suspected the team at the incident would be unaware. We had no idea if the bridge was damaged so we radioed the team to warn them.

Now, however, it is a different story. Following major construction works to build a new section of road to the north of Goss Moor, avoiding the railway bridge, traffic passes freely on the new stretch and the old stretch is now little more than a quiet B road.

We all turn to look across the moor and to our astonishment, a lorry has struck the iron bridge, evidently loaded higher than the maximum clearance limit, and shed its cargo over the road behind. The first reaction of the team was 'Wow! That's very realistic effects for a training session, Andy.' But they quickly realised I had nothing to do with it – this was the real thing. We immediately went from training to 'live' mode, despatching a team in the Landy to go to the accident scene, some 1/4 mile away, whilst others rang the police to report the incident and 'Control' swung into action.

So, fate or coincidence? Of all the nights for that to happen, it happened on a Thursday – our training night – the only training session we have ever held at that particular location and the one night of the year we chose to practice major incidents!

I'm not sure. But I do know that the next time 'Major Incidents' appears on the training schedule, there will be a few nervous members hoping that what happens is what is planned and nothing more!

Andy Brelsford Cornwall SRT

South West

Mountain Equipment Direct

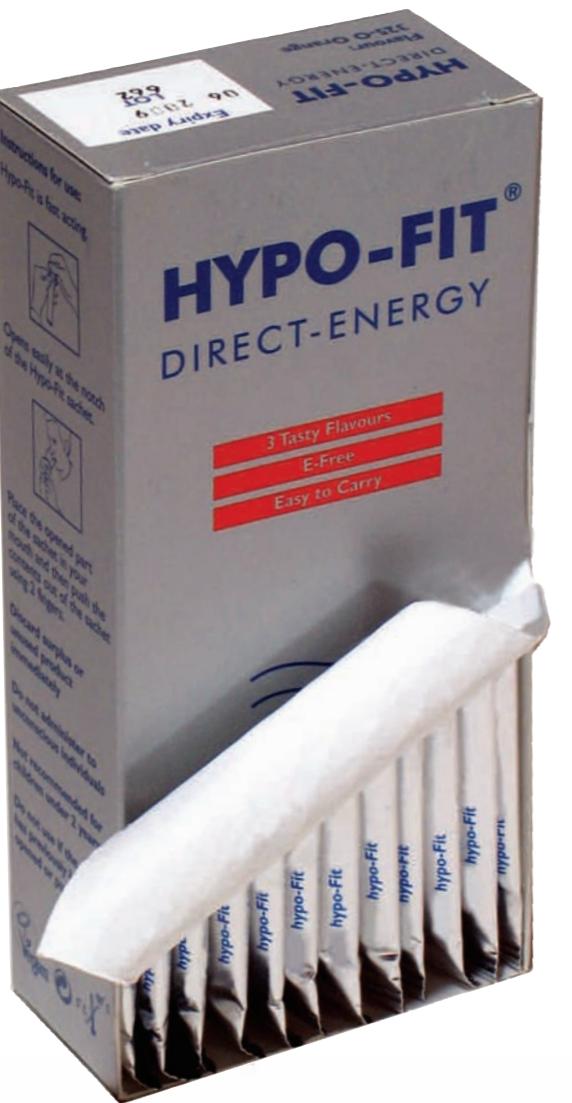
The good news for any teams interested in ordering the new Kongur MRT jacket is that you can now place a team uniform order with Mountain Equipment directly. Under this new arrangement, all official team uniform orders over £750 will be eligible for direct purchase at trade prices.

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take advantage of the same trade prices thanks to a special purchase arrangement between the brand and their retailers.

Members should note that this direct purchase opportunity is strictly for team uniform orders only and does not extend to allow the inclusion of individual personal kit items. Direct sale and trade prices are also not available to MR team members on an individual basis.

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SUSPENSION TRAUMA

I hope that you will allow me, through the pages of Mountain Rescue to comment on the letter from Dr Hillebrandt and Mr Whitmore which appeared in the July issue and was itself a response to an article in the April issue. In writing this letter, I am very aware that, although I am a Mountain Rescue EMT, I am not a medical professional and my views reflect my understanding of what I have read. My intention is not to cause offence but my views are strongly held and I make no apology if they are perceived to be strongly expressed.

May I say first that the implicit assumption that the condition is linked to the use of harnesses – Dr Hillebrandt refers specifically to the introduction of the Whillans sit harness – is probably unhelpful in that the condition is related to orthostasis, ie. being upright and immobile, no matter how that occurs. The only real relevance of harnesses is in the comparison with crush syndrome and I tend to agree that this may be of little relevance, except to say that the build up of anaerobic metabolites in suspension, presumably the toxins referred to by Steve Giles, could well be an issue during rescue. It is useful to remember that current research suggests that the precise method of suspension, harness type etc is of little relevance. All that is required for orthostasis to be a potential problem is for the legs to be dependent and immobile.

While it may well be the case that there is no evidence of deaths resulting directly from suspension in the UK since the introduction of the Whillans sit harness, itself an irrelevance as noted above, a truly extensive review of the literature such as that carried out by Paul Seddon for the Health and Safety Executive in 2002 would reveal a number of cases where death was indeed attributed to orthostatic intolerance. I would also like to see it confirmed that the said evidence was actually looked for before attaching any significance to its absence.

I am surprised by Dr Hillebrandt's assertion that he has yet to hear any logical explanation for possible pathology of this condition. I was under the impression that orthostatic syndrome was well understood by the medical profession. If this is not the case, a perusal of Seddon's paper and the references within it might be enlightening. It might also be useful to read the relevant chapter in 'Casualty Care in Mountain Rescue'. Contrary to Dr Hillebrandt's assertion, I believe that the

original articles on this subject were not American but were based on research carried out in France and Germany from the mid 1960s onwards, the work in France being to a considerable extent prompted by an interest in the speleological world. The suggestion that such articles may have lost a lot in translation seems to me to be intended to cast doubt on the validity of the research and, thereby, to exclude it from consideration. We should not lose sight of the fact that this research was carried out by properly established bodies, medical groups, universities etc, and was reported at an appropriate professional level, much of it through the IKAR Medical Commission.

My own view is that it is likely that the syndrome exists; there is simply far too much evidence for it and the clinical thinking behind it is persuasive. We would, therefore, be wise to consider the implications of orthostatic intolerance in our training as well as in our execution of rescues until such time that firm advice to the contrary is universally agreed.

I am happy to be assured that more detailed research is in hand. However, I am concerned that the medical profession's current obsession with statistics, sometimes to the exclusion of sound clinical thinking, will lead to this potential problem being swept under the carpet. Those involved in the detailed research would do well to remember that lack of evidence for the existence of something is not necessarily evidence that it doesn't exist. This is especially true where, as in the case of orthostatic intolerance as a cause of death in climbing accidents, the evidence may not even have been looked for. In order to be complete, the research must extend beyond the very narrow boundaries of the UK.

While I fully support the conclusion that the normal priorities of ABC must always apply, it seems to me that it would be unwise in the extreme not to be aware of the potential risks rising from suspension and of the mitigating factors which should apply during rescue where these do not compromise established priorities. Just because it is only a potential risk, does not mean that we should ignore it. After all, if we ignored potential risks we would leave most spinal injury untreated and I do not believe that anyone would advocate that course of action.

Yours sincerely
Willie Marshall

dear editor

RE: SUSPENSION TRAUMA

Thank you for forwarding me copy of Willie Marshall's letter and offering me the opportunity to reply.

Firstly I would like to thank Mr Marshall for taking the time to write on this important subject and I am pleased that Steve Giles' original article and my letter have stimulated more thought about this issue which certainly merits further consideration.

I would stress that I did not say that Suspension Syndrome or Harness Induced Pathology does not exist. I simply stated that if it does exist the current evidence for it is poor and the exact pathology is unknown. Therefore, until more evidence comes to

light, I stand by my comment on treatment priorities which must be:-

- Protection of the airway as simply and effectively as possible, taking in to account the environment.
- Getting the victim into a safe position where treatment can be initiated.
- Commencement of resuscitation if required even if this means lying the patient flat.

I await the outcome of further work with interest.
Yours faithfully

Dr David Hillebrandt Hon Medical Advisor to the BMC and Vice President UIAA Medcom

A brief dip into eponymous medical terms

David Allan examine what's in a name

Recent years have seen changing attitudes to eponymous medical terms. Having, in many cases, survived for centuries, they came under attack and calls were made for their removal. Now a more ambivalent view prevails and where they carry an accurate description of anatomy or disease their presence is largely accepted.

Some have been abandoned for lack of clarity. Pott's fracture of the ankle is an example. The rather uncertain nature of the fracture which Percival Pott described has rendered the term unhelpful. In contrast the description of the wrist fracture by Colles remains accurate and the eponym lives on.

Eponyms are found to be a useful aide memoire by many people and certainly add some peripheral interest to the subject. I will visit some of the eponymous terms relating to trauma and other conditions encountered within mountain rescue casualty care in the hope that one, or both, of the above are achieved.

Achilles Tendon

The alternative term for what is the biggest and strongest tendon in the body is the calcaneal tendon. It attaches the powerful gastrocnemius calf muscle to the calcaneus. (Figure 1) It enables the muscle to flex the foot at the ankle and carries enormous forces, especially in those of an athletic disposition with well developed calf muscles.

The name arose from Greek mythology. Thetis, the mother of Achilles, received a prophecy of her son's death and in attempt to avert this



Figure 1

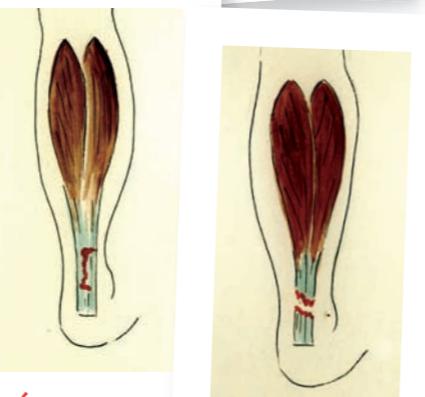


Figure 3

Figure 4

she dipped him in the river Styx, an act which was believed to carry immortality. To avoid losing him altogether she held onto his heel leaving this small area untreated. He subsequently succumbed in battle to an arrow injury to this heel. The river Styx was an interesting body of water. Despite its life preserving properties any of the gods drinking from it were rendered speechless for nine years. (I have, without success, tried to obtain a quantity of Styx water for MRC meetings.)

Injury to the tendon occurs when it is subjected to great force lifting the body weight onto the toes of one foot. (Figure 2) It is a common injury in tennis and squash players and the like. Within mountaineering circles it is most likely to be encountered in fell runners. Lack of fitness and some medications such as steroids make the injury more likely.

Injury to the tendon may result in an incomplete tear. (Figure 3) This is a very painful event. Casualties will commonly feel that they have been struck on the leg and often look round to seek an offending object. They are still able to flex the foot, albeit with considerable pain, but will find weight bearing difficult to impossible. Immediate care requires only simple packaging and non-weight bearing evacuation. Most of these injuries will heal with a prolonged period of rest.

Complete tears are relatively pain free. The same feeling that a blow has been received is present. A palpable gap in the tendon can often be felt quite easily. (Figure 4) These patients are completely unable to flex the foot. Squeezing the calf muscles produces no movement of the foot. Again walking is all but impossible and the same immediate care is

required. Many complete ruptures will need surgical repair.

Adam's Apple

Adam's apple is the anterior prominence of the thyroid cartilage seen in the adult male. It is a very easily detected surface anatomical point. (Figure 5). The cartilage develops during male adolescence and is linked with voice changes of that time.

The origins of the eponym lie in the Garden of Eden. Adam's indiscretions with the serpent, the apple and Eve resulted in a part of the apple lodging in his throat as a

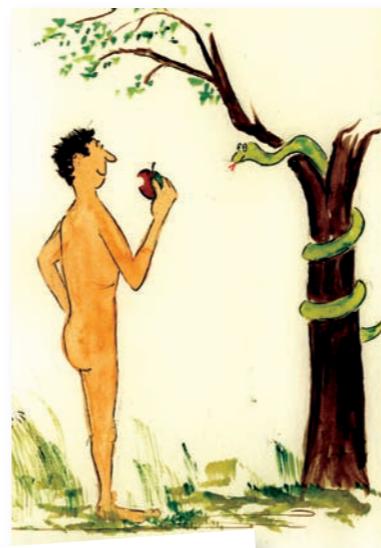


Figure 2



Figure 5

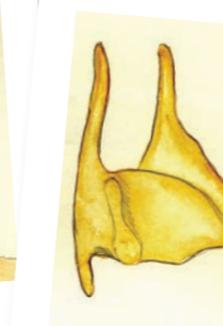


Figure 6

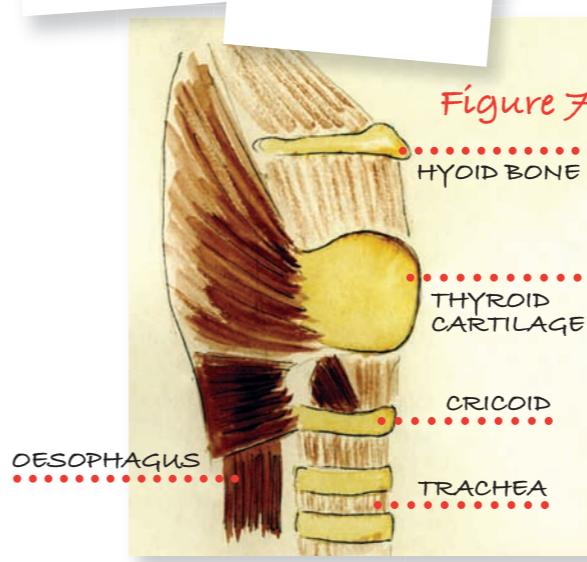


Figure 7

permanent reminder of his wayward nature.

The thyroid cartilages, right and left, are joined to form the main structure of the larynx. (Figure 6). Injury to the larynx in civilian practice is fortunately rare. When such injury occurs it does so from a direct blow to front of the neck. In youth the cartilage is flexible and more resistant to damage but with increasing years the elasticity diminishes and 'fractures' of the larynx are more likely. A severe injury is likely to lead to collapse of the thyroid cartilage with loss of the airway and rapid silent asphyxiation. Inspection of Figure 7 shows that the only successful way of managing such an injury is to establish a new route into the airway below

the thyroid cartilage with a tracheotomy or cricothyroid airway. Intubation in severe laryngeal injury is often impossible.

A less severe blow to the larynx may simply result in air leaking into the neck. Hoarseness, loss of voice and surgical crepitus in the neck are pointers to this state of affairs. Rapid evacuation with oxygen should be pursued as there is a risk of the airway becoming compromised.

Atlas Vertebrae

The Atlas vertebra is the first cervical vertebra linking the skull to the rest of the spinal column. It is specially adapted to this role. Two large areas on its upper surface articulate with

the base of the skull. (Figure 8). This link allows for the nodding movement of the head. Rotation is achieved through the link between the atlas vertebra and the second vertebra (the axis). The 'peg' of the second vertebra sticks upwards and the atlas rotates around it.

The role of this vertebra in supporting the head was likened to the role of Atlas in Greek mythology in supporting the celestial sphere. Atlas had the misfortune to cross the path of Zeus who punished him with the task of carrying the Heavens on his back. Over time this became corrupted to the celestial sphere and later the earth. Confusingly the atlas, or globe, of geography comes from a different source. This was the mythical King Atlas of Macedonia who is credited with drawing the first maps.

Along with mobility comes reduction in strength. (Compare the shoulder joint with the hip.) Thus the Atlas vertebra sitting like a washer between head and neck is vulnerable. It is particularly at risk from crushing or compression

injuries. (Figure 10). The ring of the vertebra is likely to be disrupted. (Figure 9). This is known as a Jefferson fracture. Another eponym here.

Geoffrey Jefferson was a British surgeon, practising at Manchester Royal Infirmary and widely regarded as the father of the specialty of neurosurgery. This is a very unstable fracture. Casualties may well have recognised this instability and taken to supporting their head. (Figure 11). Do not dissuade them from this until you have a better system of cervical spine immobilisation in place. If patients with this injury do not sustain irreparable cord damage at the time of impact they will usually make a good recovery.

...to be continued...

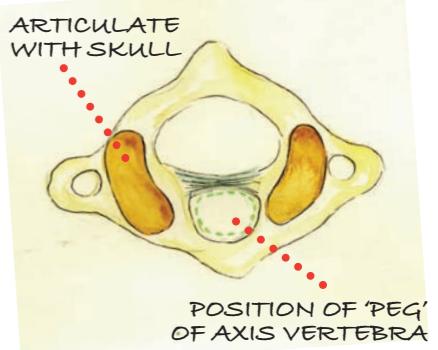


Figure 8

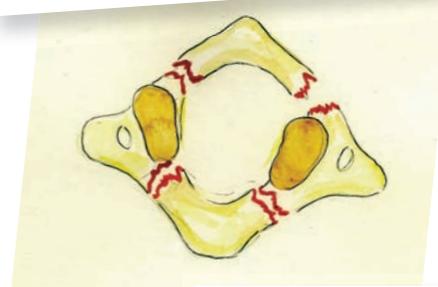


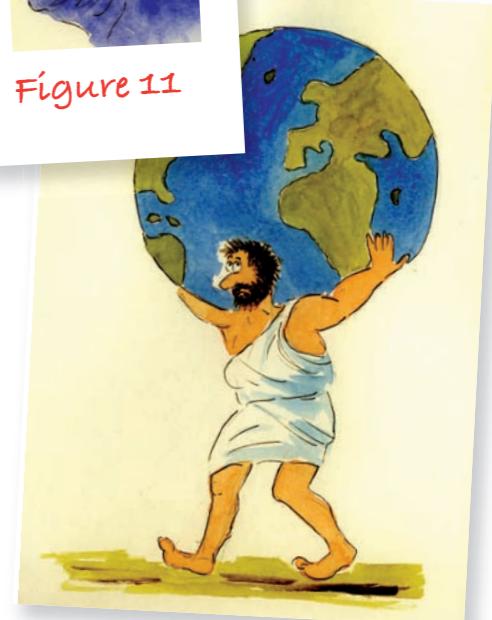
Figure 9



Figure 10



Figure 11



Pain relief at the scene of an accident is a human right

John Ellerton on the pain relief audit

So said Urs Wiget, a founder of the REGA and past president of the ICAR Medcom. However, as we all know, it is sometimes difficult to achieve pain relief in a mountain incident where the weather, access, evacuation pressures and necessary equipment make this simple goal challenging. We also need to be mindful that most of the casualty care is done by trained non-medical personal. Changes in the Medicines Act and CD licence have allowed the MRC to widen the range of drugs and routes of administration used by our casualty carers. This baseline study is designed to collect information on our use of pharmacological (drug-based) pain relieving agents in moderate and severe pain (Pain Score > 4 out of 10).

This important study went live on 1 September 2008. John Ellerton hopes it will help MR move forward in its casualty care and that it will receive the full support of teams. Key points to remember are:-

- DO NOT CHANGE YOUR CURRENT PRACTICE.
- BE OBJECTIVE – record a verbal numeric pain score when you assess the casualty's pain.
- ASK – 'On a scale of 0 to 10, with zero representing no pain and 10 being the worst pain you can imagine, what score would you give to the pain you are experiencing now (if your (leg) is moved a little)?'
- Record the score again using the same question at T = 15 minutes & T = handover to another service. Note T = 0 is the time you give the drug.
- FILL in a baseline data form back at base and email or post it to Dr John Ellerton.

The more cases the better please. The form is very simple – to obtain blank electronic forms or ask any questions please contact John at johnellerton01@btinternet.com.

The casualty care exam is changing

Dr John White, MR(E&W) Medical Committee explains

After years of hard work and development, the Mountain Rescue (England & Wales) casualty care exam is attracting the interest of other organisations looking to find an established course and exam for largely non-medical personnel in remote areas. As a result, we have been looking at the exam to see whether there are any changes necessary. For those of you involved in education, you will have noticed that the written paper still contains simple true/false questions, despite this type of question having been replaced elsewhere. We have therefore decided that, commencing with the new exam in November 2008, the written paper will consist of 'one best answer' questions.

Before going on to explain what these are, I will emphasise what is NOT changing. The course syllabus remains unchanged. The same knowledge will be tested and at the same level, ie. the exam should be no easier nor harder than the old exam. The overall format of the exam will remain unchanged. There will be no change at all to the practical part of the exam. In essence, if you know your stuff, you will stand as much chance of passing as you did before.

And that is the difference. With the old true/false type of question you can pick up quite a few marks by guessing the answer. 'One best answer' questions are much harder to guess correctly if you haven't got any idea of the answer. They also allow the development of questions which are more about considering options in given situations under some pressure, just as in real life.

Each question will start with a 'stem' which will usually (but not always) describe a clinical situation followed by a relevant question. There will then follow a list of 'items' (usually four or five). The correct answer is the one which is 'most correct'. Not all of the other answers will be completely wrong, they are just less correct than the correct answer. The following two examples will help to illustrate this.

Question 1: A 45 year old hiker has suffered burns from a camping stove extensively affecting her right arm and left leg. What is the total percentage surface area of the burn?

- Options
- A. 9%
 - B. 18%
 - C. 27%
 - D. 36%
 - E. 45%

Question 2: A 25 year man with poor footwear has been caught out by unexpected blizzard conditions. He has noticed some of his toes have gone black and hard but are painless. The optimum treatment will include:-

- Options
- A. Rapid re-warming for 30-60 minutes.
 - B. Re-warming with water temperature over 50°C.
 - C. Walking the casualty off the mountain.
 - D. Mild analgesia.
 - E. Rapid rubbing of the feet.



NESRA Casualty Care package

If you haven't already invested in NESRA's excellent cascare package, now is the time to do it. Originally on sale for £65, the CD and teaching notes are now priced at £40, in anticipation of an updated version due to be released in September 2009. In addition to this, the Teaching Notes are now in PDF form. Student books remain at £10 each. This offer will remain until the current stock has been sold – so buy now while stocks last!

Available as interactive CD-rom – accompanied by teaching notes to aid the presentation (and a separate 100+ page book for students) – the package provides valuable support to anyone seeking to deliver the MRC Casualty Care syllabus. Over 25 presentations, with detailed images, animations, accurate 3D models and videos, provide user friendly access to all the various topics and allow the teacher to open up anatomy and physiology animations along the way, to facilitate the teaching process. For further information, or to buy go to www.nesracascare.co.uk



This month's Star Letter wins a Mag-Lite 2D Cell courtesy of Burton McCall.



ON JOINING A TEAM – A TRAINEE'S PERSPECTIVE

If the idea of joining the search and rescue team conjures up a glossy picture of walking around displaying a mountain rescue badge on a bright red jacket to people in your local area then think again. If, however, you are a walker with good basic skills who is keen to develop these, enjoys working as a member of a team, and interested in learning more for the safety of others then this could be for you. The initial feeling at the induction day was one of mixed excitement and nerves, what can you expect, what will they expect, am I up to standard?

Once you begin training with the team you will be under constant scrutiny. Don't take this personally. At the end of the day the team needs to know they can have complete trust in you to take on any of the many jobs on a real shout and that you can do it confidently. This may take a long time but don't give up, much more important to get it right!

Our training programme has been varied and I have really enjoyed the variety and many challenges. The SARs give you a chance to try out navigation, radio work and first aid skills. You may even be lucky enough to carry the rescue sack! If your team finds the casualty you get a lot of hands on experience as to exactly what the real thing might be like. It gives you a real buzz of working as a team member. Sometimes you make mistakes, forget how to do things the correct way but this is all part of the training.

I think one of the most important things to remember is never be afraid to ask questions or ask for advice. It is better to ask than to pretend you understand something and covering up, at the end of the day you will be found out and it could be potentially life threatening to a casualty or a fellow team member.

Every week you will be assigned to a small team and given a task. Some are more exciting than others but we all have to take a turn so smile and get on with it! Nothing is that bad!

After each session we adjourn to a pub. Join in because that's where you will meet the people you've been peering at by torch light all night! Ask for feedback but let the experts decide when your probation period ends and you become a trainee and are given your log books. They are the experienced ones so best not to keep asking, 'When am I going to get my log book', better to say, 'How am I getting on and what areas should I be working on.'

I have really enjoyed my training. Yes there have been ups and downs, but I have learnt so much and had a great time. I've only missed one training session, been away for a weekend's training, flown in a helicopter, waded across rivers, bodied for the SARDA dogs lying in very wet hillsides up in the Lakes, worked with other members from teams from other areas and many other memorable occasions.

Be prepared to get wet and cold, laugh and cry, listen and learn but above all enjoy the training, learn new skills and make new friends.

Lynda Williams DSRT (Tavistock)

* Why not write in with your views and win the Star Letter prize in the next issue?

BaseCamp - a national supporters group for Mountain Rescue (England and Wales)

Neil Roden explains why we need Basecamp and exactly what it does

Our organisation has often been compared with the RNLI and in many ways we do the same kind of volunteer work – we rescue people who are lost or injured from wild and remote places. There are however some very significant differences to the way our organisations are set up and operate. On the one hand we proudly claim to be the largest charity in the UK which is entirely voluntary, on the other you have the RNLI with money in their accounts that most football clubs would envy.

It was comparing these two organisations that led me to launch a national supporters group for the teams in England and Wales. I make no excuse, I based the concept exactly on the model the RNLI used for their supporters group Shoreline. Why wouldn't I? They have been very successful.

The principle is simple – there are thousands of people who enjoy walking and climbing in the mountains and fells throughout England and Wales who don't have a local team to support, but who might want to support the work we do. Equally there are people who might not want to support just one team but want to support the wider organisation.

On this basis, I launched Basecamp at the Outdoor at the NEC in March 2007. There was an immediate offer at the show from Trek Mate who gave me a large box of hats to give to anyone who signed up to join. Although I had no marketing budget, sixty people signed up at the show which was very encouraging. Since then BaseCamp has grown very well. At the Outdoor show this year Burton McCall volunteered to give a Swiss Army Knife to anyone who joined and 91 signed up.

Between times there has been a steady flow of new members with thirty new members joining following an article in Summit magazine. Currently membership stands at 265. Most of those pay by standing order,

many have joined for more than the minimum of £24 per year. From humble beginnings we now have promotional leaflets in locations throughout the country including Tourist Information offices in the Lake District, Rheidol and selected Blacks shops. There are soon to be some in Paramo shops following an approach from them.

One of the interesting features of BaseCamp is the geographical profile of the membership. The intention was always to aim for people who didn't have a local team so as not to adversely affect a team's fundraising capability. Looking down the membership list, by far the majority of members come from the non-mountainous areas of the country.

At shows, 'the sell' is quite easy. For a minimum of £2 per month you receive a copy of the quarterly magazine Mountain Rescue, a lapel badge and a car sticker. More importantly you know you are helping support every mountain rescue team in England and Wales – it's less than a pint of beer a month.

The one comment that keeps recurring is, 'Why didn't you set this up years ago?' I don't take it as a criticism, we all know it could and should have been done but in a totally voluntary organisation everyone is busy with their own team commitments.

I think the future for BaseCamp is very good. There are good marketing opportunities set up for 2009 with support from Trail magazine and shows at the NEC in February and March. The more successful BaseCamp is the greater the benefit to teams. In time, I'd like to think the money coming in from BaseCamp can help teams directly. I don't want to take anything away from the support teams already get and deserve, but if you know anyone who wants to join BaseCamp or know more about it, please get in touch at neilroden@tiscali.co.uk

Emergency Services Show

Visitors to The Emergency Services Show in November will see all the latest equipment, from communications to PPE. An extensive outside exhibition will display vehicles and equipment, including decontamination response units, boats and air shelters and a unique Emergency Response Zone will enable organisations that offer specialist services to highlight their role in responding to an emergency. New for 2008 is the Blue Light Zone, which brings together all the police, fire and ambulance services into a dedicated area, promoting interagency cooperation. The exhibition is FREE to attend, including the Emergency Response Zone and the Blue Light Zone. See theemergencieserviceshow2008.com.

German connections

Grant Whiteside (Edale MRT) on a visit to Germany



GRANT AND SIGI WITH SOME OF THE MEMBERS OF THE BERGWACHT BLAUTAL PHOTO: VOLKER SPÄTE

In summer 2007 my wife Sigi (also Edale's treasurer) and I made contact with a German mountain rescue team, close to Ulm (roughly half-way between Stuttgart and Munich) in the south of the country.

Bergwacht Blautal (lit. Mountain Watch, Blue Valley) are a small team, with an operational area in the Schwabish Alb. The Schwabish Alb is a picturesque area consisting of rolling hills and valleys, amongst which, nestle numerous villages and hamlets. The area also has woodland, much of which is nature reserve, farmland, quarries and limestone outcrops. Many of these outcrops offer excellent sport climbing in some fantastic locations. On the whole, the area is not dissimilar to the Peak District. However, as Blautal is not as big a tourist hot spot as the Hope Valley, they have far fewer callouts each year than many of the Peak District teams.

The team was founded in 1984, and currently consists of 27 members who operate from a base in the village of Blaubeuren, approximately 16 km west of Ulm. The base is a converted house and garage and boasts a range of features including control room, bouldering wall, bunk rooms and a well stocked 'beer fridge', as well as housing the team vehicle and equipment.

The exercise consisted of a fallen climber 'snatch' scenario, with the casualty at the base of 'Gunzelburg', a climbing crag high on the steep, densely wooded, valley side above the team HQ.

Sigi and I were fully integrated into the Bergwacht 'response' and the 'casualty' was quickly stabilised and packaged, ready for evacuation. This involved hauling the stretcher back up the valley side, through extremely dense foliage, before being wheeled carefully along narrow root strewn paths – techniques not dissimilar to those used by Edale MRT when operating on steep ground, and no doubt familiar to mountain rescue personnel throughout the UK.

We were invited to join the team for their 'Sommerfest', held at their Blaubeuren HQ. Our arrival prompted a tour of their base, and

The exercise was ended when the casualty was safely delivered to the team vehicle. Although the distance covered was not huge, all involved had worked hard due to the terrain and the small number of personnel involved. A thorough de-brief was held in a local pub, where, refreshment flowed, and the exchange of ideas, stories and ring tones etc. continued late into the evening.

We were made most welcome, and thoroughly enjoyed our time with Bergwacht Blautal. Contact with the team was maintained, and in February 2008 we returned to Blautal, on our way to the Alps, and joined the team for avalanche theory training at their HQ. It was great to catch up with friends, and the knowledge gained was soon to prove useful due to the snow and weather conditions on our planned trip in Austria!

In April 2008, the opportunity arose for a return visit. Team leader Ralf Schilling, and team members Thomas Winkhart and Michael Konder travelled the 1000 km from Blautal to Hope, in the heart of the Peak District, to attend the Mountain Rescue (England & Wales) Trauma & Medical Weekend hosted by Edale MRT at our Hope HQ. (See article by James Stuble in the July issue.)



TOP: SIGI, EVI & TRAUDEL ASSEMBLE THE STRETCHER. (YES, THAT WHEEL HAS BRAKES!) PHOTO: GRANT WHITESIDE

BELLOW: JOINT STRETCHER PARTY EVI AND GRANT LEAVE WITH THE STRETCHER PHOTO: SIGI WHITESIDE



TOP: 'CASUALTY' IS EVACUATED UP STEEP GROUND PHOTO: SIGI WHITESIDE

BELLOW: ...AND NARROW PATHS PHOTO: SIGI WHITESIDE

The weekend was a great success, and our German guests were made most welcome by everyone they met, both from Edale team, and from other teams from around the UK. They met lots of people from the UK mountain rescue community and relished the opportunity to get 'hands on' with techniques



MICHAEL AND THOMAS JOIN IN THE AIRWAY WORKSHOP PHOTO: SIGI WHITESIDE

and equipment not commonly used in Germany. They enjoyed their brief visit to the Peak District, and left with many ideas for possible future inclusion in the Bergwacht repertoire, along with some new friends. Thanks to all involved for such a great weekend.

Further exchange visits are a possibility during the rest of 2008 or 2009. We look forward to seeing Ralf, Thomas, Michael and the rest of Bergwacht Blautal again, and wish them the best of luck for the future. Keep track of their activities at www.bergwacht-blautal.de

International rescue service, please...

21 AUGUST, 2008. IN A DUSTY OFFICE, SOMEWHERE IN A GREATER MANCHESTER SUBURB... A PHONE RINGS...

Having the only national telephone number for mountain rescue in my office, it's sometimes a surprise to find who's on the other end of the line. Sometimes it's a funeral director asking where to send us some money, sometimes it's people looking for advice for their next trip, but mostly it's people asking if I can fit them a satellite dish or restore their sports channel now they've paid the bill as the number, somehow, crosses lines with a Sky TV number.

This morning was a bit different in that the frantic lady on the phone from Milton Keynes had lost her husband in L'Ecrins in France. Apparently he'd set off yesterday with a friend from a campsite at La Meije intending to stay out overnight in a bivvy – but he would stay in touch by telephone (honest!). No word last night or this morning set her into a flat spin with frantic phone calls to both mobile phones, neither of which were working, and the campsite to see if they'd returned. With no result she called mountain rescue on this side of the Channel looking for help.

Despite many entreaties not to panic (he was probably fine but both mobiles had run out of battery; the weather might have made them stop to ride out a storm; there might be no signal where they were; he probably had a girlfriend she didn't know about...) she was inconsolable. She couldn't speak French, the bloke at the campsite couldn't speak particularly good English and the local Gendarmerie didn't seem all that bothered (although I suspect they'd done like we would have, made a note and waited for a bit of time to pass before they pushed all the buttons – but it's difficult to get that across to an hysterical woman using broken English).

What to do? I asked myself. We had no information about where the two climbers had gone and, after only 24 hours, well within the timescale they'd set themselves for the trip, there was no particular reason to ask the French to start a full scale search, besides which I'm over here, they're over there and, unlike me, they know what they're doing! I decided, using the pulling power of MR(E&W), to give the Gendarmerie a ring. Using schoolboy French and getting responses in schoolboy English, the Gendarmerie agreed to ring all the local refuges to see if anyone had reported in and send someone to the campsite to see if anyone had seen the two climbers on the hill yesterday. A phone call half an hour later reported that the two had gone into a refuge this morning, (knowing that their wives would be calling out anyone who would listen), to say that they were fine and making their way off the mountain. I don't know why their phones weren't working but, according to the woman from Milton Keynes, 'if they're not injured they bloody will be when I get hold of them!'

And the morals of the tale? Tell your wife you'll ring her once a week if you go on an alpine trip and don't answer the MR line – it's probably for Sky anyway.

Andy Simpson MRC Publicity Officer

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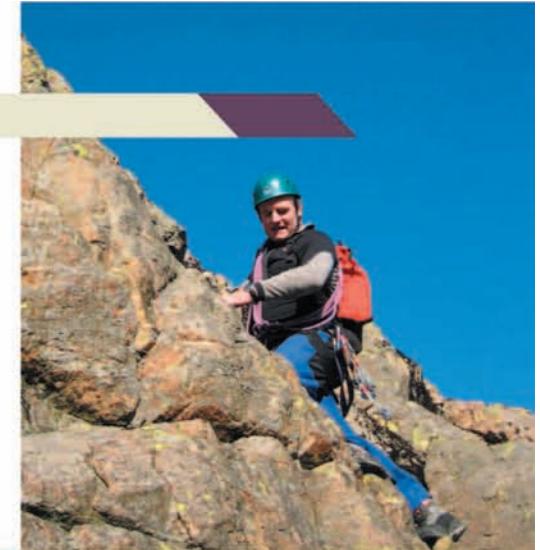
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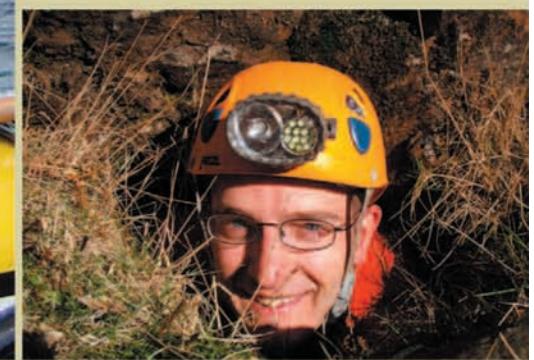
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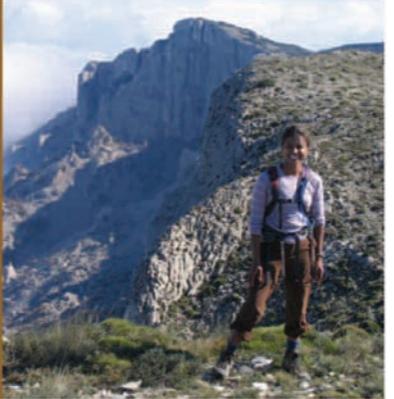
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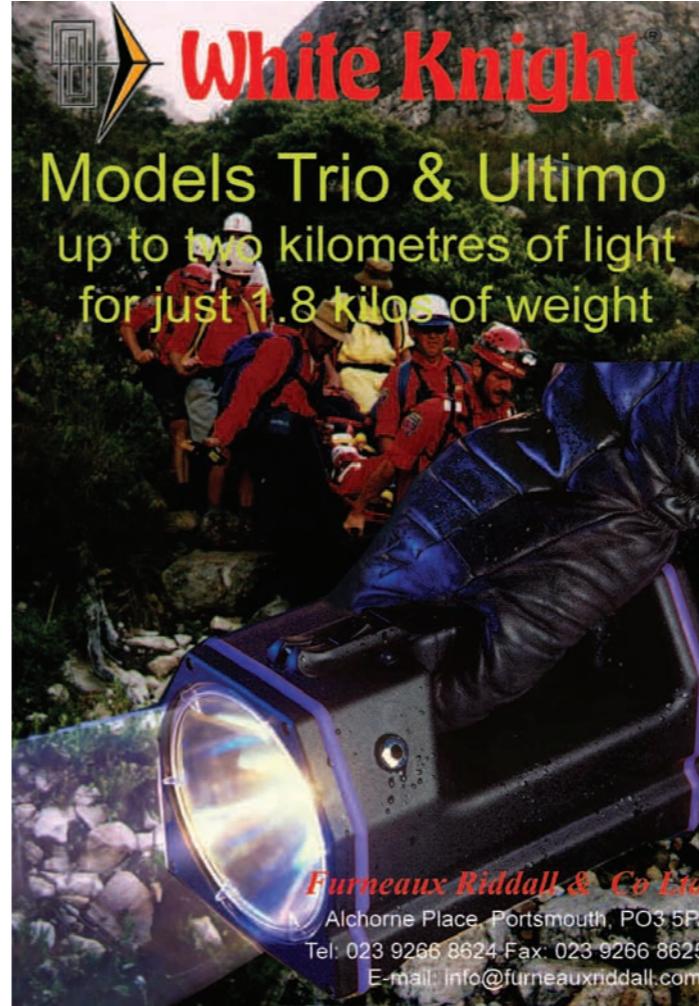
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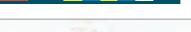
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Blizzard's exclusive Reflexcell™ material is ultra light, compact, portable, reusable & 100% weatherproof. Blizzard kit is now recommended as the first choice for keeping casualties warm by the National Association of Emergency Medical Technicians. Every medic in each of the United States Special Forces is being issued with the military version of the Blizzard Survival Blanket. Blizzard survival bags have recently gone into service with Swiss Air-Rescue Rega.

For further information about Blizzard Emergency Survival products, contact:-

www.blizzardsurvival.com
01248-600666



Prepare for the Battlebox

Battlebox, a commodity based business continuity vendor, has been launched to help major incident managers by bringing the most obvious requirements for handling a crisis together in one essential 'grab bag'. The battlebox is a physical grab bag, rucksack or steel box containing the intellectual property - incident management documentation and planning tools - alongside the practical hardware necessary to ensure control and management of a major incident, that could save lives, livelihoods and reputation.

The Battlebox documents have been created and used in real life situations. The benefits are a visible - easy to use and practical plan, using colour coded, flexible and comprehensive checklists and tools. These include clear roles and responsibilities, the incident log, media handling, liaison with emergency services and essential people and HR activities. In addition, a 'consultant in a box' is provided by a set of action cards providing tools and techniques for managing over 80 potential perils. The Battlebox equipment is practical, robust, easy to use and can be used independently of mains power. Available as grab bag, crash kit rucksack on wheels or secure, but portable, steel box the battlebox can be purchased in bulk, customised and branded for organisation-wide implementation.

Satisfied customers are diverse in both geography and purpose, including public and private sector organisations such as police forces, financial services, logistics, retailers and councils. Jim Whitty, Managing Director of Battlebox said, 'The uptake has been brisk and we are expecting to provide hundreds in the coming months.' For more information visit www.battlebox.biz email jim@battlebox.biz or call 01253 788181.

Stretched to the limit

Slidetite is happy to be supporting the UK entry in the Amundsen Omega 3 South Pole Race (represented by Olympic gold medallist James Cracknell and adventurer Ben Fogle).

Used throughout the UK, the product range is ideally equipped to cope with any extremes the UK weather and climate can throw at it, but Slidetite can cope with a lot more besides, having already been used in the North Pole and had regular use in the South Pole for the last two years.

It made perfect sense, therefore, that Slidetite's services should be called on again to support the team and backup crew as they face the strongest winds and coldest temperatures on the planet.

Pete Nolan of Slidetite said, 'We are delighted to be providing kit to this challenge. Not only does it give us a chance to prove, yet again, just how tough Slidetite is but it addresses important safety issues by allowing the team to load and unload equipment quickly and safely without having to remove gloves. This is a feature of Slidetite that has been a huge advantage in rescue situations in the UK, often in the worse weather conditions, we can only imagine how useful this will be when the temperature is a staggering -50°C and winds are reaching 100 miles an hour!'

Slidetite®

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PROMOTIONS



GO BEYOND

**3⁰ UNLIMITED RANGE OF FUEL ECONOMY FIGURES FOR THE LAND ROVER RANGE (L/100KM): URBAN 30.6 (9.2) – 12.6 (22.4),
EXTRA URBAN 45.5 (6.2) – 23.2 (12.2), COMBINED 37.7 (7.5) – 17.7 (16.0), CO₂ EMISSIONS 194 – 376G/KM.**

All new UK Land Rover vehicles include as standard the CO₂ Offset Package which is based on offsetting the CO₂ produced by a vehicle over 45,000 miles, please visit www.landrover.co.uk/sustainability for further information.