

# mountain rescue

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**ISSUE 45**

**MOUNTAIN AND CAVE RESCUE IN ENGLAND AND WALES**

**JULY 2013**





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**WELCOME TO  
ISSUE 45**

Mountain Rescue is the membership magazine for mountain and cave rescue in England and 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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Advertising artwork must be supplied, ready prepared on CD or via email as font embedded high resolution PDF/EPS/TIFF (300 dpi).

**FRONT PAGE**

Edale team members deal with a fallen climber at Stanage. Photo © Trev Lawton.

EDITOR'S NOTE: Articles carried in Mountain Rescue do not necessarily reflect the opinions of Mountain Rescue England and Wales. We do not accept responsibility for information supplied in adverts/advertorial.




**Word** *first* **DAVID ALLAN**

We live in a period where the speed of change appears to accelerate year on year, presenting new challenges. The cumulative effect of the planned and unplanned retirement of MREW officers means that, in twelve months time, the management committee will look quite different.

We are disappointed to record the departure of Ewan Thomas as water officer. Ewan was the first person in this post and has achieved an enormous amount in a short time. Both internally, and in respect of our links with other services, he has driven the agenda forward and firmly established our contribution to water rescue. We are very grateful for his work and hope that, in the fullness of time, he will return to the fold.

In past years, the turnover of officers was a slow trickle. This has now become a vigorous stream. When the decision for planned departures was agreed it was evident this would only succeed with able individuals stepping forward. It is hoped there will be no vapidly creeping in to endanger the process.

The group assembled to develop a strategy for dealing with major incidents has now met, chaired by Phil Benbow. It is not yet certain whether this will become a standing subcommittee or whether this will be in the nature of a project group for a finite period. The efforts of the group will only succeed if a truly national plan evolves with no regional hegemony dominating proceedings, so it is important each region ensures its involvement in the discussions and the planning.

Recently, mountain and cave rescue have been assailed by a wide variety of bodies keen to investigate, oversee and perhaps determine our

activities. The first was probably the Working at Heights Directive, closely followed by HSE, CPR and CQC. On each occasion, some parts of our organisation immediately concluded that complicity was unavoidable and began to plan accordingly. This was often compounded by external advice purporting to know what was best for us. Each occasion has shown this to be fallacious and that formal adherence to the rules of these bodies was not appropriate. This doesn't mean we have a cavalier approach to matters of safety etc — rather that, as a voluntary organisation, we are capable of setting our own high standards in line with other SAR bodies. The importance of peer review of teams, currently being formulated, is self-evident in this context.

Now we face a new challenge in the shape of the Data Protection Act. I believe there has been a move in many teams to embrace this without question and eradicate information that might in fact be of value. I do not believe this is a simple situation. The immense value of retention of aspects of casualty treatment for future research, for example, is something that should not be unilaterally disbanded without considerable further debate, which we will address with some urgency.

The rapid dissemination of information in this modern world has losses alongside the gains when there is a tendency to accept all information at face value.

*'Computers have enabled people to make more mistakes faster than almost any other invention in history, with the possible exception of alcohol and the handgun.'* Mitch Ratcliffe. ■

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# NATIONAL TRAINING DAY

New Look

## PLAS Y BRENIN: 5 OCTOBER 2013

The MREW National Training Event has been significantly revised as an opportunity for training officers, their deputies and those with an interest in training to get together and have a conversation about what's going on nationally and to share good practice. All teams should be represented by up to four delegates: ideally, the training officer, deputy training officer or team equivalents and two experienced rescue leaders or equivalent.

The format for the day will be a series of 'conversations' exploring current training issues:—  
Q. How to apply the National Training Guidelines for Team Member and Party Leader?



- Q. Is there a need for a 'Team Leader Training' syllabus?
- Q. How do we integrate SARMAN, SARCALL and SARLOC training into team programmes?
- Q. What's the most effective training solution for CasCare — is centralised training an option?
- Q. What is the future of search training in mountain rescue?
- Q. What are the 'big issues' in training today?

Delegates should come prepared to share their team's experiences.

The desired outcome is to learn from each other and capture good ideas within an MREW 'good practice' training report for 2013. This will inform the priorities for the national training committee to take forward for 2014.

The event will start at 11.00am on Saturday, 5 October and conclude in the bar that evening with food, a few beers and further networking. We hope to have delegates from all 48 mountain rescue teams and our search and rescue partners. **All teams are asked to confirm their attendance to the National Training Officer, Al Read by 1 September.**



## INSURANCE MATTERS

NEIL 'WOODIE' WOODHEAD  
insurance@mountain.rescue.org.uk

Forty-nine teams, 137 vehicles and 25 trailers are now signed up on the central vehicle insurance scheme. The first year has been interesting with teams joining as and when their policies came up for renewal: a little headache for the treasurer, with so many invoices to pay — sorry Penny!

But, by now, the whole scheme will have renewed on 1 July and will continue to do so every year. There have been two small claims and a couple of hiccups, but all in all it's been a great success.

We've also had a few claims against the national personal

accident policy, and it's been very reassuring for the team members injured to know that the policy is there for them to call upon and assist them financially during their recovery.

We are also in the process of seeing whether Derbyshire Police will sign up to the national policy, which would then see the vast majority of teams covered.

The civil liability policy has caused a few questions to be asked about risk assessments and what we mean by 'qualified' volunteers. We are looking at how we can assist you with risk assessments and what standard forms

you could use. If you have any examples or anyone in your team who could assist with this piece of work, please let me know.

With regards to qualified volunteers on fundraising events, this should come out of your risk assessment. One of the main areas for this is with climbing wall or abseiling events. Insurers have to deal with many accidents for people injured with these kinds of events from commercial climbing walls, outdoor education centres etc. Using people 'qualified' with a single pitch award to oversee safety is an example of how you can manage the risk of

someone being injured.

It's in all our interests to keep accidents to a minimum. If a claim is made against your team, you face not only the risk of damage to your reputation, but all the inconvenience that dealing with a claim entails — disclosing documents, meetings with solicitors and barristers, providing witness statements, attending court. It could also have an impact on others — at team, region and national levels — including damage to the reputation of mountain rescue as a whole, increased insurance premiums and restrictions on the type of activities we can obtain insurance cover

for. Thankfully claims are very few and far between. Let's keep it that way!

Other insurances I've mentioned before are now being investigated. By the time you read this, your team should have received a couple of survey forms. Please do make sure your team responds to these, so we can focus on what matters most to you.

Remember that, as always if you have any queries, please just send me an email and I'll give you what help and assistance I can. And, if it involves a fundraising event you're organising, don't leave it until the last minute! ■



has taken on the role as Interim Water Officer for the next few months. 'I hope to be up to speed quickly,' says Andy, 'and welcome any questions or offers of support.' For those who don't know who he is, Andy works full time as a uniformed officer in the UK Fire & Rescue Service, having worked as an instructor in Technical Rescue and, for

over five years, in Executive Support, based at HQ. He also works as a paramedic and teaches nationally and internationally, for both civilian and military medical staff, as part of their pre-deployment training on behalf of BASICS and he is chairman of East Midlands Faculty of Pre-Hospital Care. He has a keen interest in technical rescue, having written and delivered national courses accredited by the Royal College of Surgeons Edinburgh. A member of Edale team for ten years, he was founder and chairman of the National Water Conference, developing incident management at water incidents. Aside from his medical and extrication interest he has also studied critical incident decision

**THE PRINCES' CHARITIES DAY**  
Date: 13 July (One day)  
Location: Cleveland MRT, Great Ayton  
Contact: **Carl Faulkner**  
01287 630886  
normanby\_head@redcar-cleveland.gov.uk

**MREW BUSINESS MEETING AND SUBCOMMITTEE MEETINGS**  
Places: 100  
Date: 16 November (One day)  
Location: Lancs Police HQ, Hutton  
Contact: **Peter Smith**  
01706 852335  
secretary@mountain.rescue.org.uk

**INFORMATION, COMMUNICATIONS AND TECHNOLOGY DAY**  
Place: 100  
Date: 17 November (One day)  
Location: Lancs Police HQ, Hutton  
Contact: **Iain Nicholson**  
iain@sarddogs.org.uk

**TEAM LEADERS' DAY**  
Date: January 2014 (One day)  
Location: Bowland Pennine MRT HQ

## Business

**SEARCH FIELD SKILLS**  
Places: 30  
Date: 16-18 August (Three days)  
Location: Bangor University  
Contact: **Al Read**  
07770 834148  
MREWsearch@tech-sar.org

**SEARCH MANAGEMENT COURSE**  
Places: 30  
Date: 19-23 August (Five days)  
Location: Bangor University  
Contact: **Al Read**

**SEARCH MANAGEMENT REFRESHER**  
Places: 30  
Date: 24-25 August (Two days)  
Location: Bangor University  
Contact: **Al Read**

**NATIONAL TRAINING DAY**  
Places: 100  
Date: 5 October (One day)  
Location: Plas y Brenin  
Contact: **Al Read**

**TRAIN THE TRAINERS**  
Places: 30  
Date: 17 November (One day)  
Location: Lancs Police HQ, Hutton  
Contact: **Al Read**

**MEDIA SKILLS COURSE**  
Places: 30  
Date: 17 November (One day)  
Location: Lancs Police HQ, Hutton  
Contact: **Al Read**

making for the past five years. He concludes, 'I look forward to working with everyone to develop water rescue in MR. Please don't hesitate to make contact.' Email Andy via water@mountain.rescue.org.uk.

## DATA PROTECTION UPDATE

Concerns were raised at the recent MREW management meeting about confusion regarding the implications for teams of the Data Protection Act. The management committee is treating this with some urgency, with a view to issuing a statement of policy and guidelines, so please hold fire on the shredder for now and watch this space for more.

## GOVERNMENT GRANT

Hopes are high that MREW can continue to secure the Government grant towards equipment. With this in mind, it would be wise to have in place a five to ten-year plan for how we might spend it. Richard Terrell asks that teams consider the major generic items of equipment they are likely to need over the next five to ten years so he can compile a list of key items. Please email your thoughts to Richard via equipmentofficer@mountain.rescue.org.uk.

## CHAIRS AND THEIR VICES

When an officer resigns his or her post, or falls ill, the importance of having a vice-chair rapidly becomes

apparent. Committee chairs are asked to ensure they have a back up in place to enable continued cover in such cases. For a full list of Who's Who, see page 10.

## SARCALL NEWS

With 54 mountain and cave rescue teams, nine police, fire and ambulance services, and the RAF ARCC now operational with SARCALL at varying levels, John Hulse anticipates that the system will reach all MREW regions over the next six months. Greater Manchester and North Yorkshire are the most recent police forces to go live. John extends his thanks to all the SARCALL team 'for making so much progress so quickly and providing such great support for the users.'

**RUNNING FOR RESCUE**  
**THE VIRGIN LONDON MARATHON**

# national *News*

▶ **THE NON-RUNNER'S VIEW NEIL 'WOODIE' WOODHEAD**

Weeks of training over the winter months saw five team members do the equivalent of running from Land's End to John O'Groats and back. Wind, rain, dark nights and snow stood in their way, not to mention the inevitable call-outs.

But it was all worth it, as Huw Jones (Central Beacons), Neil Roden (Edale), Steve Rose (Dartmoor) and Steve Westwood (Calder Valley) all completed the 2014 London Marathon running for Mountain Rescue. Along the way they raised £3350, including Gift Aid.

Huw had never run marathon distance before and, after picking up an ankle injury at a crucial point in his training, feared he may not be able to compete. But he did and said the best part was 'Taking part in a high profile event that I've admired and threatened to enter for decades — and crossing the finish line!'

Thirty years before, in 1983, Neil had run the London Marathon and

knew what to expect. Although he experienced some self-doubt in the weeks running up to the event, on the day he was simply overjoyed to be part of such a great event. 'I enjoyed every minute. The crowds helped me more than they could ever know,' he said. 'I really believe everyone should try to get into the London Marathon. It's a superb event, well organised and fantastically supported.'

Steve Rose agreed. 'Yes, everyone should do London at least once, if only just for the atmosphere and the crowds.' Having run three marathons before, including London in 2000, he too knew what to expect. But he didn't expect to trip over in the first mile on an island in the middle of the road! 'I got

scrapes on my shoulder, elbow and knee, just what I didn't want with 26 miles still to go!' he laughed. But high points followed and seeing the Cutty Sark in all its glory, renewed and regenerated, was the highlight.

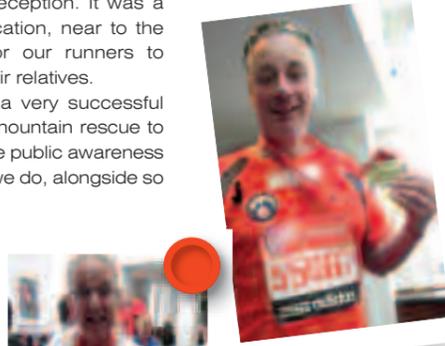
For Steve Westwood, London was a world away from the Pennines. More used to long fell races and mountain marathons, he found the crowds and a desire to get back to the hills kept him going. 'My low point was around 24 miles — I stopped sweating, which is never a good sign!'

For Jon Jones (Derby) it was heartache, as he had to pull out shortly before the event. The other runners rallied around Jon and the support and encouragement he received to look after his health and run in 2014

instead was a real example of the support and friendships that develop by being a part of mountain rescue. Good luck next year Steve Rose 3:36:13, Steve Westwood 4:07:44, Huw Jones 4:56:12 and Neil Roden 4:59:38.

The final word goes to Huw. 'An added bonus was bumping into singer Kathryn Jenkins en route and having a conversation with her — how can anyone look so good after twelve miles? Her, not me, that is. Obviously. Brilliant all round experience and one I'd like to do again.' ■

Our friends at BAFTA laid on a reception at the end for all those running for the Princes' charities. The runners received a big round of applause with complimentary food, drink and massage. For my part, I coordinated the mountain rescue runners on behalf of MREW and I'd like to say a huge thank you to BAFTA for the reception. It was a great location, near to the finish, for our runners to meet their relatives.



Neil Roden (left) and Huw Jones (above) show off their medals.

▶ **THE RUNNER'S VIEW NEIL RODEN**

Crossing that finish line in April was the culmination of several months of training and forfeit — a great feeling and huge relief on my part to have completed the course without too much difficulty, albeit with very tired and sore legs.

The day itself was very warm, but much of the training had been through the deep snow and freezing temperatures of February and March. For months, one day every weekend was given over to the 'long run'. Now, in January that might mean ten miles but, by the end of March, this could be twenty — only half a day but I really wasn't good for much for the rest of it! And fitting this around other MR commitments was a challenge.

The runners are only part of the day. Supporters are really important, cheering you on every step of the way, offering jelly babies and fruit, and shouting out your name. And, a tip here for future runners, they never seemed to tire shouting out for the man just

behind me with 'Mr Pants' on his shirt!

The logistics are fascinating. For instance, with a water station every mile, and 36,000 runners, I guess there were 36,000 bottles of water at each station. Most runners took a bottle, had a couple of swigs, then threw it away. That's 36,000 bottles every mile to pick up!

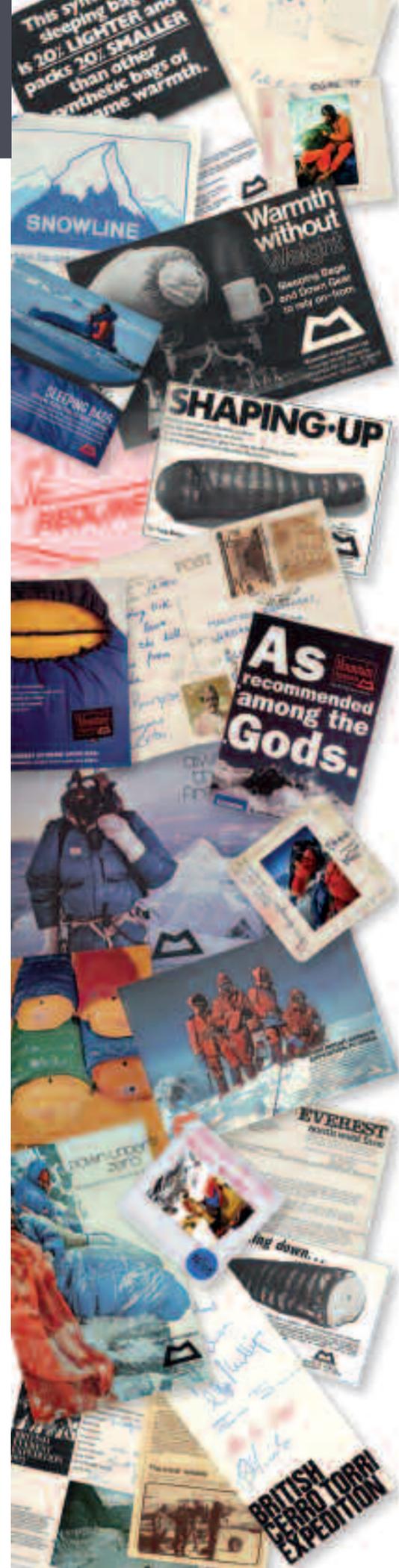
Then there's the kitbags. Every runner gets a bag with their number on it. I was number 55,083. I put my clothes in the bag and set off for the start. Later on, I crossed the finish line, had the timing chip cut off my shoe and was given my medal and goody bag. Alongside the finish were twenty-odd open-sided lorries

numbered in blocks of 5,000. I staggered towards the one numbered '55,000+', there stood a person holding out my bag with an encouraging smile and a 'Well done!'

There were a couple of other benefits too, including the day at Twickenham and the post-marathon reception hosted by BAFTA but would I do it all again?

Without a doubt. It's a great way to raise money and raise the profile of our organisation. But it's certainly left me looking for the next challenge! ■

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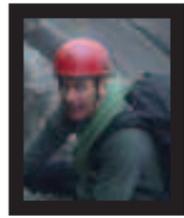
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WE ARE NOW LOOKING FOR RUNNERS TO TAKE PART IN THE 2014 VIRGIN LONDON MARATHON. IF YOU'RE INTERESTED IN RUNNING, AND RAISING MONEY FOR MREW INTO THE BARGAIN, EMAIL DAVID ALLAN [CHAIRMAN@MOUNTAIN.RESCUE.ORG.UK](mailto:CHAIRMAN@MOUNTAIN.RESCUE.ORG.UK) OR WOODIE [INSURANCE@MOUNTAIN.RESCUE.ORG.UK](mailto:INSURANCE@MOUNTAIN.RESCUE.ORG.UK).



## A NEW WAY OF WORKING

PAUL AMOS, MREW BOARD OF TRUSTEES

The 2013 AGM ushered in a new framework for the governance of Mountain Rescue England and Wales. The outgoing system has served us well over the past few years but now that the charity has grown and our role in the wider UKSAR community has developed, it is time for a different model.

Our constitution is now changed to reflect both a new type of board of trustees, and also a new way of working. But, before we get into the detail, it might be good to review the reasons behind this change. The previous trustee body recognised, with the increased funding the charity was attracting and our ever increasing

profile in the public eye, that the constitution of the group needed to change to ensure a more balanced approach to governance. This was not to say that the governance arrangements at the time were ineffective, but with the majority of trustees also being officers there was a perceived lack of independence and neutrality. In addition, there

was a feeling amongst the wider membership that the increased management arrangements required a greater degree of scrutiny.

Two external trustees were appointed and our recommendations for change were widely consulted upon, accepted by the membership in November 2012 and finalised in May of this year. Following a selection process, we welcomed Shirley Priestley and Mark Hodgson onto the board as internal trustees and also Phil Papard, who is both an external trustee and represents the British Cave Rescue Council.

The Board of Trustees now consists of three

internal members, one of whom is chair of Mountain Rescue England and Wales, and four external members, one of whom is the representative of the British Cave Rescue Council. Although we are not quite complete as we still have to appoint the remaining external trustee, the new Board of Trustees is now in place along with a code of governance that will regulate the work the trustees undertake.

'So what?' I hear you say. Why is this important to the work my team does? The answer lies within the constitution and the rules governing charities in the UK. All teams that are independent charities have

a board of trustees. The Charity Commission holds those trustees responsible for everything the charity does. The Commission expects that, as a charity, MREW will be well run, that charitable funds are well spent and that the charity and its members adhere to certain principles of governance and good behaviour. Our constitution states that MREW is a representative and supportive charity for all the teams and individuals within our broader membership. We receive funds from the public and the Government to carry out that role. Most teams benefit directly or indirectly from the work our volunteers do. If MREW fails

to meet the Commission's expectations as a charity, all teams will feel the impact. The Board of Trustees will ensure that your charity meets its obligations.

We will do this through a process of structured audit and review of the work the management committee do. There will be close scrutiny of the financial performance to ensure we remain solvent and legal. Guardianship of the whistle-blowing and dispute resolution procedures will ensure the charity remains fair to all. But, most importantly, the trustees will act as a critical friend and use our skills and experience to benefit all.

The Board of Trustees is not an additional level of management, nor is it a means to bypass the management process. But we will hold the management committee to account where necessary and, in the same way, may at times disagree with the wider membership. In such cases, we will engage in an open conversation with all interested parties.

We intend to be open with our communication, and to be responsive to the wider membership. We will also ensure our own behaviour meets the highest standards because we recognise that to obtain the trust of those within and

without the charity, we must be seen to be doing so. To that end all trustees will be required to sign a declaration committing to the principles contained with the Nolan Committee on standards in public life.

So there you have it, a new way of working for the Board of Trustees. It's early days and there are bound to be teething troubles, but be assured of this, the trustees are passionate about MREW and committed to serving the charity to the best of their ability.

If you need to contact the trustees, email Keith Gilles via [assistant-secretary@mountain.rescue.org.uk](mailto:assistant-secretary@mountain.rescue.org.uk).

## NEW MREW VICE PRESIDENT APPOINTED

Peter Howells has been appointed as an honorary vice president for MREW, alongside Tony Jones. Peter has been involved in mountain rescue for fifty years, as a founder member of the Central Beacons team. He has operated at national level for 33 years, 22 of those as a national officer and trustee. Within South Wales, he has been deputy



and leader of his team and served as regional chair. In their letter of nomination, the team talked of Peter's 'great enthusiasm, commitment and drive in furthering the aims of mountain rescue for many years at local, regional, national and international levels.'

## UK MOUNTAIN RESCUE CONFERENCE 2014 12-14 September: Aviemore, Scotland

Scottish Mountain Rescue will be hosting the next of these biennial get-togethers for mountain and cave rescue teams across the UK and Ireland. A complete project plan and full details of the event preparations should be available by the end of August 2013 but in the meantime, Scottish chair, Jon Hart, asks that teams begin the process of identifying and requesting interested parties to come up with ideas and suggestions for subject delivery within the various tracks or themes that will run through the weekend.

'It's important,' says Jon, 'we develop our subject and workshop delivery jointly, with IMRA, BCRC and MREW, and are keen that those outside Scotland have opportunities for influencing the topics to be discussed.'

The event will be titled 'Mountain Rescue 2014: The Gathering' (TG14 for short) with an overall conference theme of 'Sharing Best Practice'. There will be considerable emphasis on workshops being delivered in the Northern Corries and for active outdoor participation from those attending the conference. Conference track themes will be Human Factors, Search, Medical, Water Rescue and Technical Land Rescue.

A dedicated website and Facebook presence — with newly designed conference logo, we're told — will enable team members to book directly onto the event, choose their accommodation and book places on workshops. However, this service will not be available until later this year. The initial plan is for 240 delegates (plus 60 supporting/delivery staff) but this figure may flex up to 300 delegates depending on available budgets and interest in the event demonstrated by early bookings.

So... keep an eye on your team email, website, Facebook and the mag for further news as we have it.

## Introducing the Internal Trustees Mountain Rescue



### Shirley Priestley

'So what will I bring to MREW as a trustee? Well, I've not been in mountain rescue for forty years — I'm not much older than that — but I do come with 23 years as a team member and 21 of those involved with mountain rescue at national level.

Very early on, I could see the benefit of a national body, where stakeholders saw 'mountain rescue' not just as the 48 individual teams. For me this was best demonstrated in the years I was an advanced cascarer within NESRA — one family with the same goal: to assist those in need.'

Shirley has served in various roles with her team (Scarborough and Ryedale) and region, including treasurer, helping raise funds for team vehicles, a base, the regional CasCare training CD and much more. Nationally she has been a regional rep for many years and also involved in organising conferences, national fundraising and forward planning. 'As an Internal Trustee, I hope to bring my experience from the sharp end and an understanding of mountain rescue's development over the last twenty years.

'Professionally I have a wealth of experience of managing governance, either through establishing policies and procedures or interrogating systems to identify opportunities for fraud. As a chartered management accountant, exposure to both internal and external stakeholders comes with the territory, and I am aware of the sensitivities required to balance organisational and stakeholders needs.'

[shirley.priestley7@btinternet.com](mailto:shirley.priestley7@btinternet.com)



### Mark Hodgson

Well known in mountain rescue, Mark has spent forty years at the sharp end, the last twenty as leader of Keswick MRT, one of the busiest teams in the UK. He has personally attended

more than 1200 rescues since 1983 (when accurate records began), with many more before that, dealing with a wide range of injuries, from lower leg breaks to serious multiple injury casualties and far too many fatalities, including plane and coach crashes, and two major flooding incidents. He has played a key role within LDSAMRA, for eight years leading the development and management of working arrangements with the ARCC, RAF, Cumbria Police, the air ambulances and NNAS. In his professional life, he is commercial manager for an international design and project management company, personally involved in negotiating and agreeing contracts and joint venture working arrangements for programmes up to £6bn value, and dealing with governance and stakeholder management, both internally and externally. In short, Mark believes he has 'the skills required to help ensure MREW is properly and effectively managed and governed, whilst remaining fully aligned with the ethos of the service we all provide for our casualties.'

[mhodgsonkeswick@hotmail.co.uk](mailto:mhodgsonkeswick@hotmail.co.uk)

## Cave Rescue



### Phil Papard

Phil has been a member of CRO for forty years, serving as underground controller, training officer and chairman. Inevitably perhaps, he has experienced many serious, often fatal, incidents including personally recovering cave diving victims from underwater or persons fast on access ropes in flood conditions, planning and implementing extensive surface searches and taking responsibility for risk control in the removal of three deceased cavers trapped under a large rock fall. So you can safely say he too has been at the sharp end.

Professionally, he retired as a Principal Inspector in the Health and Safety Executive in 2012, after 25 years. Prior to this was a career in management and teaching.

'You may think an inspector with the HSE — and as such a civil servant — would be risk-averse and keen on bureaucracy,' says Phil. 'But don't believe all the 'bonkers conkers' stories you read in the press! We in HSE strive for a sensible approach to managing risk and, in rescue terms, this must rely on the experience and expertise of the members to make judgements in the field and not be hamstrung by over-bureaucratic paperwork and procedures.

'I will strive for a balanced and sensible approach to risk management by MREW, ensuring the organisation is fully effective and compliant. And my experience of negotiating and interpreting EU Directives will enable me to give advice when EU legislation is seen to be a possible challenge to any of our activities or procedures.'

[papard@easynet.co.uk](mailto:papard@easynet.co.uk)

# WHAT DID THEY EVER DO FOR YOU? the exec:

If you've ever wondered who those invisible people are, beavering away on your behalf at national level (or even, dare we say it, doubted their very existence), here's your chance to find out. This is by no means a definitive list but it's a page-worth of key people – and it certainly doesn't mean the ones not detailed further aren't also beavering away on your behalf. The plan is to update this on a regular basis as projects develop so watch this space....

executive



## CHAIRMAN: DAVID ALLAN

[chairman@mountain.rescue.org.uk](mailto:chairman@mountain.rescue.org.uk)  
Represents mountain rescue with Government, the emergency services and other SAR organisations and The Princes' Charities Forum.



## VICE CHAIRMAN: MIKE MARGESON

[vice-chairman@mountain.rescue.org.uk](mailto:vice-chairman@mountain.rescue.org.uk)  
Works on operations and governance, to support officers in their roles and represent MREW. Currently developing a peer team review process.



## SECRETARY: PETER SMITH

[secretary@mountain.rescue.org.uk](mailto:secretary@mountain.rescue.org.uk)  
An interface between teams, regions and the national body, records and produces minutes at MREW meetings and generally deals with reams of admin.



## ASSISTANT SECRETARY: KEITH GILLIES

[assistant-secretary@mountain.rescue.org.uk](mailto:assistant-secretary@mountain.rescue.org.uk)  
Works with the MREW executive to develop a full range of duties including representing MREW on the organising committee for the 2014 UK MR conference and supporting the Trustees.



## PRESIDENT: PETER BELL

[president@mountain.rescue.org.uk](mailto:president@mountain.rescue.org.uk)  
Acts as an ambassador for mountain rescue to the outside world and thoroughly enjoys engaging in technical discussions.



## TREASURER: PENNY BROCKMAN

[treasurer@mountain.rescue.org.uk](mailto:treasurer@mountain.rescue.org.uk)  
Ensures the smooth running of MREW finances and works with Neil Roden on the management of the Government grant monies. Currently working with experts advisers to review and ultimately streamline the financial systems used across MREW.



## CENTRAL PURCHASE: NEIL RODEN

[purchasing@mountain.rescue.org.uk](mailto:purchasing@mountain.rescue.org.uk)  
Works with Penny Brockman on the management of the Government grant and continues to develop central purchasing to benefit all teams.



## COMMS: MARK LEWIS

[communications@mountain.rescue.org.uk](mailto:communications@mountain.rescue.org.uk)  
Seeking to better comms technology for mountain rescue. Sits on UKSAR Comms working group.  
Vice chair: Iain Nicholson: [iain@sardogs.org.uk](mailto:iain@sardogs.org.uk)



## EQUIPMENT: RICHARD TERRELL

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All things equipment: review, research and liaison with suppliers and manufacturers. Currently involved with the new stretcher project.  
Vice chair: Ray Griffiths: [raygriff@btinternet.com](mailto:raygriff@btinternet.com)

specialist officers

specialist officers



## FUNDRAISING: MIKE FRANCE

[nationalfundraising@mountain.rescue.org.uk](mailto:nationalfundraising@mountain.rescue.org.uk)  
Develops revenue opportunities and sponsorship deals to benefit all mountain and cave teams.  
Vice chair: Bill Whitehouse: [billrh@aol.com](mailto:billrh@aol.com)



## INSURANCE: NEIL WOODHEAD

[insurance@mountain.rescue.org.uk](mailto:insurance@mountain.rescue.org.uk)  
Continues to work with teams on the national vehicle insurance scheme and also currently looking at legal expenses insurance and cover for team bases.



## MEDICAL: JOHN ELLERTON

[medical@mountain.rescue.org.uk](mailto:medical@mountain.rescue.org.uk)  
Represents mountain rescue in medical matters to the Government, the emergency services and IKAR, and maintains the 'morphine' licence.



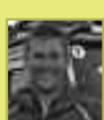
## PRESS OFFICER: ANDY SIMPSON

[press@mountain.rescue.org.uk](mailto:press@mountain.rescue.org.uk)  
Represents MREW to the press, TV and radio, liaises with Clarence House and supports teams in their own publicity and corporate identity.  
Vice chair: Judy Whiteside: [editor@mountain.rescue.org.uk](mailto:editor@mountain.rescue.org.uk)



## TRAINING OFFICER: AL READ

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Develops training and guidelines for team members at all levels across a range of disciplines, including a national search management foundation course.  
Vice chair: Tim Cain: [tim@timcainleadership.co.uk](mailto:tim@timcainleadership.co.uk)



## VEHICLES: DARYL GARFIELD

[vehicles@mountain.rescue.org.uk](mailto:vehicles@mountain.rescue.org.uk)  
Liaises with the police, Department of Transport and other bodies. Recently dealt with mountain and cave rescue applications for exemptions under Section 19.  
Vice chair: Paul Smethurst: [smethyp@gmail.com](mailto:smethyp@gmail.com)



## WATER: ANDY LEE

[water@mountain.rescue.org.uk](mailto:water@mountain.rescue.org.uk)  
Andy is acting as Interim Water Officer, pending a new appointment to the post in November and he is currently getting himself up to speed with the role.

## Plus... VICE PRESIDENTS: TONY JONES & PETER HOWELLS

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## HERMIONE'S ADVENTURE

On the 26 April, I woke up with a buzz of excitement racing through me! Today was the day I was going to the Warner Brothers Studios to see the Royal inauguration of 'The Making of Harry Potter Studio Tour'. An early start was facing me. I had to be up at the crack of dawn, with my sister Josette (13) and my brothers Rollo (8) and Fabian (5). Auntie Penny woke us up bleary-eyed and off we went on our adventure. We had to take a train all the way to Watford, where a bus waited for us. Not any ordinary bus — it was purple and covered with pictures from the films. Along the side it said 'Warner Brother Studios. The Making of Harry Potter'.



Main pic: The flying Ford Anglia with (left to right) Josette Hermoine, 'Auntie Penny', Fabian and Rollo. Inset: Entrance to the Studio Tour; Harry's first golden snitch.

Above: Harry's bedroom under the stairs; owls on sale in Diagon Alley; Hogwarts. Photos courtesy 'Auntie Penny' and Hermoine.

through the barriers and the Duchess of Cambridge filled us with a spark of light as she said hello. My sister, brothers and I felt very honoured to represent mountain rescue.

The day ended but, unfortunately for us, we had no Harry Potter night bus to take us home. It was back on the purple bus and 'Bye bye, Warner Brother Studios. Hello London'. It was amazing to think we had all those wonderful experiences in the space of one day, all because of what our Auntie Penny does generously in her spare time. It was so extraordinary and there is only one word that can sum it up — MAGICAL! ■



## SIMON'S DAY OUT

The Team Leaders Day in Keswick was the usual catch up with old friends, and discussions about happenings within MREW nationally, blue light driving and large scale searching filled the day. Then David Allan announced that there were tickets 'to Harry Potter', if anyone was interested.

As the start of my year had been a very busy one, many hours spent on all things MR, and a busier than usual work schedule, I'd been subtly reminded by my family that I hadn't had much family time of late! Hmm I thought, my son is a Harry Potter fan so, yes to the tickets I say, and then the questions started — names and ages of those attending, dates of birth, make of car, registration... hmmm, I thought, what's this all about? Why all the questions?

The morning arrives and I still don't know much about what the day will entail. I throw on a smart MR polo shirt and jeans, wake up my son (05:30 doesn't normally exist in his world) and jump in the car for the long drive ahead.

On arrival, the first thing that sticks out is the security, not unusual for large events but for a studio tour? And, hang on, the press are here in force too...

The tour itself is a brilliant guided journey around the original sets, props, costumes, creatures and special effects of the films. We walk with our guide through the Great Hall, Diagon Alley, jump on magic buses and motor bikes, ride broomsticks, drink butter beer and knock on Harry's front door (he's not up for playing out). The great thing about the tour is the ability to take as long as you like to move around. The staff are brilliant and keep saying how quiet it is. (Quiet?!). Apparently, the place is normally heaving and noisy but for this charity event it was invited guests only.

At one point, my son shouts 'That's JK Rowling!' — apparently she's famous! — but, finally, as the Duke and Duchess of Cambridge and Prince Harry come into view, the penny starts to drop... the press... security... the invitation itself...

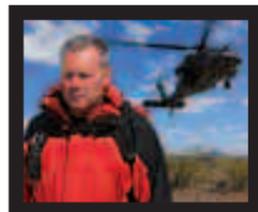
We position ourselves so the MR logos are on show but sadly we're not quite as cute as the flower girls who steal our limelight.

As the tour comes to an end, we visit the obligatory gift shop where you can purchase anything and everything Potter and my wallet feels a lot lighter afterwards! All in all we've had a pretty good day out. For a Muggle like me it had been a long one but I have one happy son! Oh, and the best bit, the coffee was free! ■

## EMERGENCY: NO MOBILE PHONE SIGNAL. TIME TO TRIGGER YOUR PLB?



Image © Lyle Brotherton



### LYLE BROTHERTON

Thirty-one years ago, a new global SAR distress alert detection and information distribution system, called COSPAS-SARSAT, was established by Canada, France, Russia and America. Today, 41 nations and two independent SAR organisations belong to this programme.

It was designed to supplant the distress beacon systems then in use by civil aviation and maritime vessels, on VHF 121.5MHz and its military equivalent on UHF 243.0 MHz — both of these are now retired.

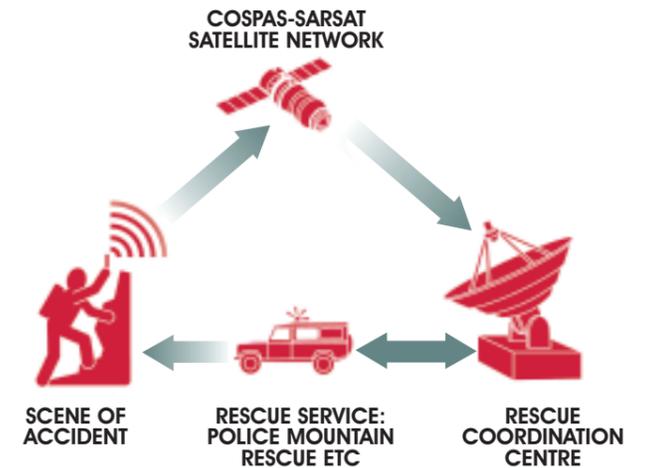
Replacing airborne surveillance aircraft and land-based monitoring stations with satellites that cover the entire globe and transmitting a new digital signal 406 MHz, usually referred to as simply 406, in place of the analogue VHF and UHF legacy systems. The advantages of this new system were cost efficiency, 24/7/365 global coverage and continuity, as in the integrity of the signal, its resilience and the increased volume of data that could be transmitted quickly. Lastly location, 406 MHz beacons are far more precise than the older, retired beacon design for the reason that the more precise the beacon's transmitting frequency is, the more precise will be the results of the mathematical algorithms in determining location.

There are two satellites systems in the **COSPAS-SARSAT**—

- **LEOSAR** which orbit the earth and cover both the Poles.
- **GEOSAR** which are geostationary above the Equator.

Initially, there were only two types of beacon available: EPIRBs, which were used by mariners and ELTs, used by aviators.

PLBs for use on land did not arrive on the scene until 20 years later, in 2003, and that was when they were legalised for use on land in the US. Only in January 2012 did the UK Government legislate for their use by the general public on land.



Should we, as mountaineers and rescue responders, consider carrying them? To help answer this question it is useful to understand how the technology has evolved and exactly what it offers.

Even if 30 years ago EPIRBs and ELTs had been legal to use by mountaineers, very few of us would have chosen to carry them as there would have been no room left in our rucksacks for anything else! Solid state circuitry and semiconductor design, combined with battery technology were in their infancy compared to their equivalents today.

### THE PRESENT

During the same 31 years, everything from mobile phones has been reduced from Arnold Schwarzenegger training weights to dainty Victoria Beckham fashion accessories and GPS receivers — once the size of a pram — are now palm-sized, mapping, colour satnavs

which receive signals from not just the American GPS, but now also Russia's GLONASS, the European Union's Galileo orbiting satellites and, soon, the Chinese system BDS. Both of these last two GNSS are still under construction and do not yet have global coverage.

Batteries have also developed substantially, yet interestingly not in keeping with the demands of these new devices, so many smartphone batteries will not last as long as our waking hours, most averaging >12 hours, and the same is experienced with most handheld satnavs. This is because of the advent of colour screens and chipsets that drain much more power.

Similarly, distress beacons have shrunk dramatically in size and benefited from the new solid state circuitry, semiconductor design and battery technologies. However, since they do not have a colour display screen and are only needed in an emergency, their batteries last without

### LET'S GET ALL OF THESE ACRONYMS SORTED!

**BDS** BeiDou Navigation Satellite System (formerly known as COMPASS)  
**COSPAS** Comicheskya Stemya Poiska Avararihich Sudov (Russian for Space System for the Detection of Vessels in Distress)  
**EPIRB** Position Indicating Radio Beacon  
**ELT** Emergency Locator Transmitter  
**GEOSAR** Geostationary Earth Orbit Search and Rescue

**GLONASS** Globalnaya Navigatsionnaya Sputnikovaya Sistema (The Russian version of GPS)\*  
**GNSS** Global Navigation Satellite System  
**GPS** Global Positioning System  
**LEOSAR** Low-altitude Earth Orbit Search and Rescue  
**LUT** Local User Terminal  
**MCA** Maritime Coastal Agency  
**MEOSAR** Medium Earth Orbit Search

and Rescue Satellites  
**Mhz** Megahertz  
**PLB** Personal Locator Beacons  
**SAR** Search and Rescue  
**SARSAT** Search And Rescue Satellite Aided Tracking  
**VHF** Very High Frequency  
**UHF** Ultra High Frequency  
 \*The Russian version of GPS



## Multi-award winning GPS for Mountain Rescue

The **Public Sector Mapping Agreement (PSMA)** grants registered public sector organisations such as Mountain Rescue teams access to Ordnance Survey data on a royalty free basis. A Mountain Rescue team can therefore own Great Britain 1:10k, 1:25k and 1:50k mapping for **FREE**. The whole of Great Britain 1:25k mapping would normally retail for over £2300!

The majority of Mountain Rescue teams are already registered with the PSMA allowing Satmap to supply mapping directly to a team. All of Great Britain Ordnance Survey 1:10k, 1:25k and 1:50k is available on three map cards for use with the Active 10 GPS. The only financial outlay is the Active 10 device itself and Satmap have an **exclusive promotion** below to meet team search area requirements:

### Mountain Rescue PSMA offer

- ✓ **Active 10 GPS device**  
Pre-loaded with 1:250k UK base map
- ✓ **LiPo rechargeable battery**  
Long battery life
- ✓ **USB cable and wall charger**  
Connect to computer to transfer routes etc
- ✓ **Car charger**  
Re-charge the Active 10 on the move
- ✓ **Carry case and lanyard**  
Padded protection for the Active 10
- ✓ **Spare AA batteries & caddy**  
Back-up AA batteries for emergencies



Choose Ordnance Survey  
1:10,000  
1:25,000  
1:50,000  
map card

North

Central

South

£250!

For all Mountain Rescue offers: T: 0845 873 0101 E: sales@satmap.com



# emergency

## IN CASE OF

use for six years and, when they are triggered, they transmit a whopping five watts (mobile phones typically transmit below one watt) for over 24 hours, typically 35 hours.

### THE ACTIVATION

PLBs are activated when you need help in an emergency and are away from normal emergency services, especially 999/112 and the loss of eyesight, limb or life is going to happen without assistance.

In a very short burst of transmission (0.25 sec) a lot of accurate information can be sent:—

- The information is received and processed by the satellites very quickly, from triggering a PLB to a local rescue coordination centre, starting the process of getting help takes on average five minutes.

- Who you are — all PLBs must be registered. In the UK, this is with the MCA. This information is available to all local rescue coordination centres across the world and details your name and mobile telephone number. A phone call by authorities to the registered phone number often eliminates false alarms. Also a list of people you know personally to call in an emergency and their contact details, such as your wife, parents or colleagues. These people can assist the local rescue coordination centre in giving them details about how many may be in your party, how long you have been gone, what your route was, when you were expected back and any special medical requirements or conditions you may have.

- Where you are. Your location is

determined by Doppler Processing. (For the techies amongst us, LUTs detect non-geostationary satellites based on the Doppler-induced frequency shift received by satellites as they pass over a beacon transmitting at a fixed frequency).

- If the PLB has a built-in GNSS the coordinates of its position are encoded in the alert message. These place your location to within a minimum of +/-62m, usually within +/-3m

- Whether or not the beacon contains a 121.5 MHz homing transmitter. The homing transmitter feature is now standard on most modern PLBs. This can be detected by local search crews, all RAF Sea King helicopters carry this direction-finding equipment, as do the new UK civilian replacement SAR helicopters, the AgustaWestland AW189s and Sikorsky S-92s, plus most SAR helicopters across the world. In some countries, Canada and the USA for example, it is not uncommon for local mountain rescue teams to also use this direction-finding equipment.

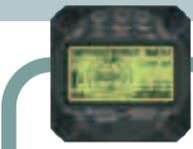
PLBs continue to transmit this information every 50 seconds and usually for around 36 hours, depending upon ambient air temperature, as battery performance drops with temperature, but all are guaranteed to transmit for a minimum of 24 hours.

### THE FUTURE

Well, it's already here! **MEOSAR** is a new satellite system to work alongside LEOSAR and GEOSAR. The system's

### A SIMPLIFIED EXAMPLE OF THE DIFFERENCE BETWEEN DIGITAL AND ANALOGUE CLOCKS

On the digital clock is a numeric display that indicates the exact time whereas, with an analogue clock, the time is represented by hands that spin around a dial and point to a location on the dial that represents the approximate time.



Example of a 121.5 MHz homing transmitter

### THE NEED

Weighing in at around 180 grams, costing a little over £200 — which works out at around £25 per year for the ultimate travel insurance — because, unlike mobile phones, they work anywhere in the world and no PLB is ever ignored and we all know of areas in the UK mountains where mobile signals are non-existent so, when I visit them, I carry my PLB. ■

transponders are already aboard GNSS satellites in orbit from Galileo, GLONASS and GPS and this system is being evaluated and will be able to provide near-instantaneous detection (less than one second from triggering) identification and precise location based on the PLB's internal GNSS and determined independently by the receiving LUT — these are the satellite downlink receiving and signal processing stations.

The MEOSAR system will be able to download information back to the PLB by encoding 'Return Link Service' messages into the Galileo navigation data stream.

### EXPERT TIP

If you ever need to trigger your PLB, face the Equator because the geostationary satellites will pick up your distress alert within five minutes. Waiting for an orbiting satellite can take up to 40 minutes.

**LYLE BROTHERTON IS AUTHOR OF THE ULTIMATE NAVIGATION MANUAL: ALL THE TECHNIQUES YOU NEED TO BECOME AN EXPERT NAVIGATOR.**

## ENTER NOW TO WIN

### A MCMURDO FAST FIND RANGER GPS PLB!

To win this Fast Find Ranger (currently sitting enticingly on the Editor's desk!) simply answer the following question: **Which way should the Ranger's antenna be facing when deployed?** The clue is here: <http://youtu.be/Ov6rSV60it4>



Send your answer to [editor@mountain.rescue.org.uk](mailto:editor@mountain.rescue.org.uk), by 5 September. The winner will be announced in the October mag — and, whoever you are, don't forget to send us a pic of yourself on the hill with your new toy! And, as an added bonus, we'll also be running a Prize Draw on Facebook in the autumn for another chance to win a second Fast Find, so get ready by liking us now at [www.facebook.com/MountainRescueuk](http://www.facebook.com/MountainRescueuk). For more about the Fast Find Ranger PLB, go to [www.fastfindplb.com/en](http://www.fastfindplb.com/en).

## LOOKING AFTER NUMBER ONE



**LAURA CONNOLLY (MSCP) BSc, BA**

Assessing and treating an injury and preventing it from worsening are core elements of mountain rescue and casualty care. As team members we spend the majority of our time doing this for other people, more often than not, complete strangers. This article is about us, the rescuers and how we can minimise the risk of injury to ourselves. And, if we do become injured, some advice to follow which can optimise the healing process and reduce the effects of an injury on life outside MR.

The very nature of mountain rescue being an extension of mountaineering means the majority of team members will be taking part in this activity as part of their normal recreation. This means they are regularly taking part in the specific functional activity required in a call-out situation. As with any form of physical activity, a call-out will generally require the key elements of physical activity: strength, speed, power, endurance, flexibility, skill and psychology. These components of physical activity are required in the appropriate measure in order to be successful in the task but also to achieve optimum efficiency of movement. This in turn will contribute to the effectiveness of the call-out, but should play a part in injury prevention.

When the pager goes off, we experience various physical responses. Generally speaking, the heart rate will increase and this is the first sign that the brain is preparing the body for action. The initial rushing around gathering kit together serves as a really useful 'warm-up'. As with any physical activity, these physiological responses occur in response to a stimulus, in this case the pager. These include: increased heart rate, increased respiration rate, release of hormones and increased neuromuscular activation. The response will correlate to the type and strength of the stimulus. For example, being asked to 'attend base' to respond to a search will initiate a different response to a call to respond to a casualty with a suspected myocardial infarction just below the summit cairn. The degree of the response is managed by the

brain and the release of hormones. Our fitness levels and how regularly we respond to these events will have a factor on how familiar and comfortable we are in these situations. Being accustomed in this way will contribute to minimising injury.

Unfortunately, by putting on our team jacket we do not don immunity to injury. There are inherent risks associated with mountain rescue that we accept as part of the 'job'. Our priority of looking after the casualty can sometimes mean we are less attentive to our own well-being. We are all aware that the first priority has to be number one, hence the assessment of scene safety on approaching the casualty and protecting oneself with PPE, including gloves. Despite this, injuries do occur among rescuers.

Some common types of injury that may occur during a call-out include soft tissue injuries such as strains, sprains and tears to muscles or connective tissues (ligament and tendons), fractures to lower and upper limbs, bruises or contusions to soft tissue, pinching or crushing injuries to the fingers and hands and perhaps, less commonly, disc protrusions in the spine. These acute injuries are felt at the time but (with the exception of fractures and, in some cases, disc protrusions) are often overridden by the priority and/or seriousness of the call-out. This, coupled with an increase in endorphins — the body's natural pain-killers which act on the opiate receptors in the brain, enable these relatively minor injuries to feel tolerable until returning to the vehicles or base.

Other acute responses may be to our cardio-vascular system when we may experience transient chest tightness, shortness of breath or bronchospasm where it feels as if no air is getting into or out of our lungs. These are often self-limiting and settle when we ease off the pace, lighten the load or arrive at the casualty location. Other problems which may only present themselves a while after a call-out include DOMS (delayed onset muscle soreness) which generally occurs after excessive unaccustomed physical activity and is thought to be caused by damage to the connective tissue supporting the muscle (Glynn & Fiddler 2009). Myofascial trigger points or 'knotty' muscles, often felt in the shoulders (particularly trapezius and rhomboids), thighs (quadriceps) or calves (gastrocnemius and soleus), can occur after prolonged and sustained use of a muscle or muscle group, for example, when carrying a stretcher downhill.

In the event of a soft tissue injury the old adage of RICE (Rest, Ice Compression, Elevation) is the most appropriate course of action. This may be coupled with simple analgesia in combination. For example, paracetamol and a non-steroidal anti-inflammatory drug (contraindicated in people with stomach ulcers) can be extremely effective in reducing the pain and inflammation of an acute injury. For tight muscles, DOMS or trigger points correct stretching techniques or using a foam roller can be extremely effective in treating the symptoms.

Another area for potential risk of injury is the moving and handling of kit, often heavy and bulky. The

principles of safe manual handling apply whether the load you are moving is the crag sack, the casualty's dog or a casualty on a stretcher. Keep the load LITE. Consider the:—

- **Load** you are moving. Is it heavy? Bulky? Frightened? Medically unstable?
- **Individual(s)** doing the moving: their training, capabilities, fitness for the task.
- **Task** in hand. What do you need to move? Where and how?
- **Environment.** What hazards are there? Is it a vertical lower, a sledge across loose scree, slimy boulders, concealing heather?

All these factors are dynamically risk-assessed at the time of the rescue and, by considering these things automatically, you are reducing the risk to the individuals involved.

The best way to avoid injury is to be physically and mentally fit and prepared for the task, whenever or wherever that may occur. Physical training has moved towards a more functional bias and rather than training specific isolated groups of muscles, the sum total activity for the task is taken into consideration. This includes key concepts like core stability, correct movement patterns and technique. It is widely acknowledged that appropriate nutrition plays a fundamental role in our physical fitness. A return to a more 'paleolithic' diet is considered by some to enhance the effects of training. Nutrition high in protein and low in carbohydrates can promote muscle strength and, importantly, tissue healing and repair. Adequate hydration and appropriate snacks

become relevant on a long call-out, particularly searches. For the majority of us, a healthy, active lifestyle will support our work with MR. The best form of training and preparation is doing the actual activity and as hill-walkers, climbers and mountaineers we are doing this as a matter of course.

It is widely accepted that maintaining a physically active lifestyle has significant health benefits in terms of injury prevention and the reduction in morbidity and mortality from a wide range of diseases (Gormley & Hussey, 2005). If we maintain a reasonable level of fitness we are not only preparing ourselves for any call-out situation, we are also helping to minimise the risk of injury and investing in our own future health. ■

*Laura Connolly is a chartered physiotherapist who is a member of Cockerthorpe MRT and a Lakes dog handler. She works at a rehabilitation centre in Cumbria which treats injured firefighters and their families.*

### REFERENCES

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The average team member is rarely couch-bound, preferring to spend their time in the great outdoors... but when that pager goes off, the chances are they're hurtling out the door from a standing start — or, more likely, a 'sitting' start if the day-job involves a computer screen, or dinner's on the table.

**Tim Lynch**, a registered chiropractor, and **Laura Connolly**, chartered physiotherapist and rescue team member, discuss the benefits of looking after yourself, both during and between call-outs.

## STAY FIT FOR PURPOSE



**TIM LYNCH MSc(Chiro), DC, FRCC**

Do you service and maintain your car? Do you regularly get your teeth checked at the dentist? Do you get your back and joints checked? The answer to the first two is probably 'yes' and to the last one probably 'no'.

Can you buy a new car? Can you get new teeth? Can you get a new back? Again, the answer to the first two is yes and the last one no. (Ok, you can get parts of a back — with some major surgery thrown in!)

- 80% of the population will suffer at some time in their life.
- 49% of adults report an episode of lower back pain in the last year.
- £4.2 billion estimated cost to NHS of lower back pain.
- Excess of £500 million cost to employers.
- Five million estimated lost working days.

And this is just for lower back pain. Add in all other joints and you can see that musculoskeletal problems are a major problem. From a professional perspective, this often makes for frustrating reading as much of this is preventable. By the nature of the

audience I'm writing for here, we're not talking couch potatoes. Most of you will be fit, healthy individuals. But how many of you suffer with niggling aches and pains? A slightly dodgy knee here, an achey neck there? A few, I suspect. A complete guess, of course, but an informed one, based on patients I see regularly.

Our biggest problem is that we're creatures of habit. We do the same things, in the same way, day in, day out, for years on end. The outcome of this is that we stress our bodies in the same way, day in, day out, and some of those areas eventually decide they've had enough — much as if you just kept driving your car without ever caring for it. I think we can all agree something would go wrong soon enough. It also means we can become weak or deficient in certain areas which may equally have a negative effect in the long term. For example, I am aerobically fit and — for a man — pretty flexible. Sadly though, I am weak — a

tough admission for any man! So, I need to focus on this last bit more to prevent the issues that this can cause. From experience, it is flexibility that is most people's downfall when they are otherwise fit and healthy. We're happy to climb a mountain, walk up a hill or ride our bike but do not fully appreciate and accept the knock-on effects of this, then wonder why we develop the various problems most of us encounter at some point.

Which leads me nicely to answering the biggest question I get asked — why has this happened? Why have I got this lower back/hip/neck pain, or whatever else it happens to be? The simple answer is 'life', and all the stresses and strains that go with it. In a few cases, of course, there are specific accidents and incidents that cause an injury — the prevention and reduction of which have already been well covered by Laura — but most problems come out of the blue.

So, what does your 'life' involve and what can you do to look after yourself that bit better to help prevent/reduce the effects of it? You may well spend a reasonable amount of time out in the hills but most of us still spend far, far more time sat at our desks. Better sitting posture and moving more throughout the day are two of the single biggest things most people can do to help themselves. Nothing fancy, but extremely effective. For those of you with jobs involving bending and lifting, bending your knees more will be the biggest change you can make. Most of us know this but just don't do it!

As a chiropractor I help my clients when things go wrong (although we do promote regular check-ups, or 'MOTs', in the absence of any symptoms — precisely to keep it that way). For every patient, I try to give as much help and guidance as I can on how they can help

After much deliberation, design changes, improvements and upgrades, Keela are proud to finally unveil their new Zenith Softshell. Using our improved AirStream ripstop fabric with a tight weave and smooth finish, the Zenith is capable of living up to anything the elements care to throw at it. Used as an outer shell or an insulating mid-layer, the Zenith will protect you from wind, rain or snow whilst the ripstop outer fabric ensure more durability in an outdoors environment.

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# STUFF Book



## OUTDOOR FIRST AID A PRACTICAL MANUAL

by Katherine Wills

Review by Rob Johnson

Katherine Wills is a first aid trainer and member of the Llanberis Mountain Rescue Team and this new book has been a labour of love for several years now, so it was with some excitement that I opened its cover upon its arrival on my doormat.

The book is geared specifically towards first aid in the UK remote outdoor setting and opens with the phrase, 'Its not rocket science... keep them breathing, stop them bleeding and keep them warm.' For me that simple, no nonsense advice sums the book up well. It's packed with practical, useful info, great photographs, anecdotes and real life scenarios that reflect the vast experience Katherine has in this field. It's nicely structured too so, if you wanted to, you could read it cover to cover, perhaps as a revision aid for a first aid exam. Or equally, it can be dipped in and out of, for example, when you just need a quick refresher on bandaging or frostbite injuries. Each section has a boxed out 'Look out for' and 'What to do' which makes it very easy to use as a quick reference and makes learning progressive.



A great deal of time and effort went into the photographs for the book and they have been printed in full colour which make for great easy-to-follow instructions on practical elements such as splinting or wound dressings. If you work in the outdoors, are a member of a mountain rescue team or just enjoy the outdoors as a hobby, this book will make a valuable addition to your bookshelf.

'Outdoor First Aid. A Practical Manual' by Katherine Wills is published by Pesda Press. Price: £15.99. ISBN: 978-1-906095-735-2.



*It's not rocket science... keep them breathing, stop them bleeding and keep them warm... sums the book up well.*

## ENTER NOW TO WIN A COPY OF OUTDOOR FIRST AID

To win a signed copy of Katherine's book, simply email your contact details (don't forget to mention the book) to editor@mountain.rescue.org.uk by 5 September.

# wellfettled

page 17

themselves. If we all did even just a little bit (I'm talking literally a few minutes 2/3 times a week), I am confident the reduction in suffering out there would be enormous.

For those of you with niggling — possibly even quite severe — pains, it is important you go and get them examined and treated appropriately. Chiropractors are experts in this field and a great port of call but, of course, you could see an osteopath or physiotherapist.

Chiropractic and osteopathy are both classed as 'complementary and alternative medicine' (CAM) and not always available on the NHS. Your GP may refer you to either for private treatment but you can arrange to see them privately yourself. Physiotherapy can be accessed through the NHS or privately.

My advice is to try, where possible, to get a personal recommendation, whoever it is you choose. Whatever you do, don't be fooled into thinking the problem you've been suffering with for several weeks, months, or even years, will miraculously go away on its own. The reality is, it probably isn't. However, if you see the right person, in all likelihood it can be treated and make your life that much better.

My aim has been to educate and inform you on why you get aches and pains, what to do when

things go wrong and most importantly what you can do to try and prevent things from going wrong. We can't prevent everything, but we can significantly reduce the chances. ■

*Tim Lynch is a registered chiropractor with clinics in Manchester and Cheshire. He has a particular interest in sports injuries and is one of only a handful of chiropractors to have worked in Premier League football. He is also a Fellow of the Royal College of Chiropractors.*



Correct sitting posture © Sebastian Kaulitzki. Dreamstime.com

### DETAILS OF ALL THREE THERAPIES, AND LINKS TO RELEVANT PROFESSIONAL ASSOCIATIONS, CAN BE FOUND ON WWW.NHS.UK.

The British Chiropractic Association ([www.chiropractic-uk.co.uk](http://www.chiropractic-uk.co.uk)), the British Osteopathy Association ([www.osteopathy.org](http://www.osteopathy.org)) and the Chartered Society of Physiotherapy ([www.csp.org.uk](http://www.csp.org.uk)) each offer comprehensive advice on all sorts of things, including hints and tips for maintaining good posture, downloadable information sheets and video clips of recommended exercises.

## HELP KEEP YOUR BACK READY FOR THAT CALL-OUT

### At your desk/the computer

- Take time to adjust your chair, so your feet are flat on the ground and your knees bent, with a slope from your hips to your knees. You should end up with your hips higher than your knees and your eyes level with the top of the computer screen.
- Arms should be flat with your elbows level with the desk or table. If possible, use a seat with arm rests.
- Your keyboard should be directly in front of you.
- Take regular breaks. Never sit at the computer for more than 40 minutes and, when you take a break, walk around and stretch a little, do something completely different.
- Remove any obstacles from under your desk so you have enough leg room.

### Using laptops and tablets

- If your laptop doubles as your 'desktop', invest in a stand or use a ream of paper or other object to ensure the screen is at eye level.
  - On the move, take care not to cart too much unwanted stuff in your laptop bag or briefcase, adding extra weight for your shoulders and back to carry.
- In fact, a rucksack-style bag (not unfamiliar!) is far better ergonomically, allowing for strap adjustment and provides more even distribution of weight across your back.
- If you're travelling on the train — or as a passenger in a car — and must use your laptop, don't sit for long periods doing this, as you are looking down onto the screen with your head unsupported.

### Lifting and carrying

- Face the direction in which you want to carry the weight and always lift using a relaxed, straight back.
- Make sure your legs are at least your hips' width apart with knees bent to maintain stability and keep head and shoulders directly above your waist.
- Avoid twisting or bending from the waist, which increases the stress on your lower back.

- Hug the load as close as possible to your body at hip level.
- Make sure you balance or secure the weight before you start moving.
- When you start to lift, a slight bending of the back, hips and knees is better than fully bending the back or fully bending the hips and knees.
- When lowering, face the place you have selected and lower the load slowly, bending your knees — never your back — and let your legs do the work.

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Speedings has been supplying the UK emergency services with innovative Safety System Solutions for over 25 years. The AntiBacBag range of infection control medical bags, impregnated with chemicals that kill off potentially life-threatening infections such as MRSA, *Klebsiella pneumoniae*, *Trichoderma viridans* and *Aspergillus niger*, throughout their working life. The bag's exterior surfaces are easily washed and wiped clean using a stream of warm water and any residual contamination is killed off by the bag itself.

Malcolm Woods, of North East Ambulance Service said, 'The AntiBacBag range is a major leap forward in meeting infection control standards. We were so impressed, we've replaced every bag on every ambulance across the service with Speedings AntiBacBags made to our exacting requirements.'

As a family company, Speedings pride themselves on personal attention, quality, reliability and service and their ability to manufacture products in both large and small quantities.

'Our consultancy and design service allows us to take a customer's ideas and convert them into detailed product design,' says Gary Wilson, of Speedings. 'We manufacture from our factory in Sunderland and oversee the complete process so the customer gets exactly what they want.'

FOR MORE INFORMATION ON SPEEDINGS' ANTIBACBAG RANGE OF INFECTION CONTROL BAGS, VISIT WWW.SPEEDINGSLTD.CO.UK, CALL 0191 523 9933 OR EMAIL GARY@SPEEDINGSLTD.CO.UK.



Thirty years ago, my first boss was briefing me on a course I was about to attend. 'Courses are jam-packed' he said, 'with loads of useful information that's promptly forgotten as soon as you get back to base. However, as a conscientious and enthusiastic attendee, I expect you to come back with one solid gold nugget of information or innovation that can be shared with your peers for the greater good. And remember Thomson: don't BE the nugget.'

Early lessons stick and so every course since has seen me search for the nugget of eternal wisdom. Add to this a couple of other points and, for me, the objectives for any training course, seminar, talk or meeting are:—

**1: LEARN something new, different or challenging.**

**2: CONSOLIDATE something you already know, or gain reassurance that what you're doing is okay.**

**3: NETWORK! Meet new people and build relationships.**

MREW is full of courses that provide opportunity for these objectives to be fulfilled, none more so than the annual Edale Acute Trauma course. It's fair to say that

Edale have more than their fair share of trauma call-outs to contend with. In the two courses I have attended they have responded to three trauma calls whilst the course was in progress (and the courses never missed a beat), lending a certain poignancy to the course content.

There are several learning accelerators in the course:—

- Excellent facilitators who impart knowledge in a friendly, engaging manner.
- Familiarisation stands on day one to get people talking and to level the understanding of kit and terms.
- Repetition of the basics: ABC.
- Practical work stations: pragmatic and hands on.
- Clearly understood theory presentations.

Swaledale are regular attendees at this course and it's safe to say we'll be supporting in the future too, if Edale will have us back!

If we take the above three objectives, let's see how the course shapes up.

# EDALE TRAUMA AND ACUTE MEDICINE WEEKEND

DAVIE THOMSON TRAINING OFFICER, SWALEDALE MRT

## 1: LEARN

The difficulty in running a regular course is keeping it fresh and up to date. Coupled with the fact that the course is aimed at cascarers and first aiders, there is a risk that, for many, the materials aren't new. Indeed, I was interested to see if the course was different in any way to the one I first attended in 2011 and was a little concerned that there would be nothing new on offer, but plenty of consolidation and people to meet (see the benefit of multiple objectives?)

I needn't have worried. The Edale course has a large faculty of medical practitioners who, as well as being deeply immersed in the subject matter, have a unique way of delivering the learning at different levels and in different ways.

Even if you were shown a protocol last year, there is a good chance that it would be shown by someone different this year, with a slightly different slant, a different 'knack', an easier way, slightly slicker etc.

The fact that the course is delivered by medical professionals, from consultant anaesthetists to air ambulance paramedics, ensures that the subject materials are the very latest in thinking. Changes to

protocols are explained and best practice is at the front of everything they do.

Then, of course, there are the course attendees (the willing volunteers!). The dialogue in the working teams during the course is yet another source of learning, as ideas are exchanged between peers.

Great pains are taken to explain that we are here to get really good at the basics, not to learn more advanced techniques. (Whilst this would be learning something new, it probably wouldn't hold up under your first call-out). What we are learning is how to apply our protocols for casualty care more efficiently and more effectively.

And when you sit back and think about it, that's learning something new and therefore ticks the box.

This year's course was similar to 2011 in structure, but refreshed, upgraded and energised. So let's look at the second objective.

## 2: CONSOLIDATE

The benefit of not doing anything advanced is that you can just crack on from day one and get good at what you already know. I'm sure there must be some cascarers out there who didn't attend, or who did attend, who



*Remember that old Ayrshire adage: Practice makes permanent.*

believe that they are already at the zenith of competency. But no matter how slick you are, or how long you have been doing cascare/first aid/brain surgery, there is always a slight improvement to be made.

The fact that you are formed up into teams with unfamiliar faces ensures you really hone your personal skills, because Wee Sam, your own team's best splinter, and Big Matt, who prepares the vacmat, aren't there to help you. You're staring at faces that you've only just met, that five minutes ago you were having a coffee with. Now the only thing bonding you are a badge and a common protocol.

The importance of this is often lost. The Edale course brings individuals together over two days and the unfamiliar faces, new names and dodgy accents really makes you work to the system. We train this repeatedly back at the teams, but I'm sure the same faces do the same tasks repeatedly. The Edale course removes this crutch and you have to work together for success.

Remember the old Ayrshire adage: Practice makes permanent.

Having conducted a primary survey for the umpteenth time, you can feel yourself get more tuned in, even if it's just watching a team mate do it as you prepare the kit. The time-outs called by the training staff home in on small areas where handling can be improved, a technique modified, communications enhanced so that even another repeat of something we have done as cascarers hundreds, if not thousands of times, becomes a



learning experience. A nugget. Another box ticked.

## 3: NETWORK

Lastly, how does the course match up to the network goal? Well, it brings together lots of people from different teams — and from different countries, too. As well as meeting old mates and sorting out some non cascare stuff, I found this year's course just as rewarding as 2011's and met a load of people that I'm still in contact with.

MR is a community that can only be enhanced by interaction between teams. The common protocols cascare gives us are a good bonding point, but it's the characters and personalities within our community which enrich the training experience.

The Edale course gives plenty of opportunity for interaction both during the course and later, at the local pub.

Would I recommend the Edale course to the MR community? Do I think it fulfils the objectives I set myself 30 years ago? Would I go again?

Well in the words of Simon Cowell — 'That's three Yeses'.

I'll be back next year if there are spaces available and would fully recommend it to any cascarer. It's a not-to-be-missed event, in my opinion, and I would like to take this opportunity to thank the course faculty for providing a first-class training event and for sharing their experiences with the larger community. ■





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## AMBULANCE GRANT APPLICATION GUIDELINES

**RICHARD TERRELL**  
MREW Equipment Officer

Mountain rescue has been supported for many years for the purchase of medical equipment, and equipment used directly in securing a casualty. The money is allocated to MREW, runs from April to March and is managed by me, as the national Equipment Officer.

Funding is prioritised initially to items such as vacmats and casbags and teams apply for the remaining amount to be spent on their behalf by MREW. The money must be spent before it can be claimed back.

To apply, teams must provide as much detail of their requirement (name of company, contact details, product code, costs etc) on headed paper signed by two officers of the team. Email applications are not accepted. Items must be capital items and not consumables.

Kit must be medical related items connected to treatment of the casualty, however, rope to rescue the casualties is possible, as it is on a list of approved items. Equipment cannot be purchased and issued to team members, but must form part of the team's kit and no training items are allowed to be purchased. MREW will also pay 50% toward an MREW-approved stretcher up to the value of £1,000 and this will account for the team's application for the year.

Remember, if MREW does not spend the full amount, it is highly likely the grant will reduce to that new level so teams should try and use the grant for large items and not ten or twenty small items that can be purchased with team funds. To download a full summary of the guidelines, including the background, process and a list of what can and cannot be purchased, go to [www.mountain.rescue.org.uk](http://www.mountain.rescue.org.uk) >Members >Resources >Equipment.

**ANY QUERIES, EMAIL  
EQUIPMENTOFFICER@  
MOUNTAIN.RESCUE.ORG.UK.**

Finally, it seems, the Benevolent Fund is set to become reality. But the journey hasn't been an easy one. In fact, I'd say it's been tortuous on occasion — often providing strong temptation to would-be trustees to throw in their collective towels, walk away and, frankly, find something a little less stress-free to do in their spare time! **Judy Whiteside** and **Shirley Priestley** explain exactly what's been happening, and where we are now.

Prior to May 2013, we were painfully aware that updates had been very thin on the ground. In the two years since starting the process of setting up a benevolent fund for mountain and cave rescue team members (and that doesn't include Huw Birrell's sterling efforts leading up to we two taking up the challenge), there's been an awful lot going on beneath the surface but little tangible to report.

By May 2012 — after several meetings and a lot of debate and research into other benevolent funds — we were hopeful the Charity Commission (CC) would award charitable status on the basis of the Declaration of Trust first submitted the previous month. However, this proved a little naïve on our part. The CC came back with a couple of seemingly simple queries which, when addressed, created other issues to resolve before resubmission. In a nutshell, they weren't happy with the proposed trustee structure and further clarity was required around the claims process.

So, what did we change? Originally, the trustees included the regional reps but the CC thought this inappropriate because the charity had no control over their appointment. Regional reps, remember, are delegated by their own regions — who, arguably, might not always send the same person (although, in the interests of commitment and continuity, we really hope this won't be the case).

Removing them as trustees meant they could not be part of the claims application and assessment process in the way first intended. As a result, we were required to write the Application and Assessment Procedure which details the function of the regional reps.

In summary the procedure is as follows:—

1. A claimant submits a claim to the Trustees (normally through the Secretary).
2. The application undergoes an initial assessment by the trustees to ensure it meets the necessary criteria and ascertain whether it is for an Initial Support Grant or Benevolence Award.
3. If the claim is for an Initial Support Grant, payment may be made prior to a full meeting, up

to a financial limit. However, an Initial Support Grant must still continue through the Benevolence Award process.

4. A full meeting will be called with the regional reps, who will be expected to sign a confidentiality agreement before any information about the case is shared. ALL personal and location details will be redacted from documentation, to afford the claimant as much anonymity as possible and allow a fair assessment void of any personal bias. There will be no sharing of any information electronically and all documentation and notes will be collected by the Trustees after each meeting.

5. The regional reps will recommend to the trustees a proposed outcome.

Regional involvement in the process is critical to the fund's success in producing an unbiased and fair approach to benevolence and one which should fit more comfortably with both the claimant and the MREW membership as a whole.

In the event, the documentation finally submitted comprised the revised Declaration of Trust, the Application and Assessment Procedure, the Financial Policy and three forms — the Benevolence Application form, the Grant Refund Consent and the Confidentiality Agreement. Just prior to this year's May meeting, the CC confirmed they 'are now satisfied that the Fund has been established for exclusively charitable purposes for the public benefit.' Yay!

Where to now? Well, sadly, the waiting (and the work) continues. As we write (in late June), we are still awaiting official word from the CC with that all-important charity registration number. Only then can we proceed with bank account opening (set up and poised patiently in the wings) and the collection of all those pledges for funds.

We hope to be operational by September (this year!) but, in the meantime we're working on a corporate identity and producing a range of internal documents, including a trustee pack and some FAQs.

And, on that note, if you have any questions, please email [judy.whiteside@zen.co.uk](mailto:judy.whiteside@zen.co.uk).

**MOUNTAIN & CAVE RESCUE**  
**Benevolent Fund**

For the rescue family in need

## LAKE DISTRICT

### KIRKBY STEPHEN LEADER JOINS CORONATION CELEBRATION

Arthur Littlefair and his wife Vivienne were among eight Cumbrian representatives at Westminster Abbey in June to celebrate 60 years since the coronation of Her Majesty, Queen Elizabeth II. Arthur, who has been a member of the Kirkby Stephen team for over 40 years, 23 as team leader, recalls the original Coronation celebrations in the town. 'I was only very young but I've checked my memories with family friends in the town. Apparently,' he says, 'I was dressed up as St George in silver-painted cardboard armour for a fancy dress procession through Kirkby Stephen to mark the Coronation!'

'It is a huge honour, sixty years on, to be asked to represent mountain rescue and Cumbria on this very special day. Our Queen is a great example of service and integrity and I really hope everyone across the UK who is involved in mountain rescue, particularly those in the Lake District and Cumbria, will feel that my invitation is also a mark of recognition and honour for their work. I see it very much as a thank you to our partners, families and friends who make it possible.'

Richard Warren, chairman of LDSAMRA, said, 'Arthur is a highly respected operational team leader amongst the twelve Cumbrian teams and it is most fitting that he and his wife were among the invited guests.'

Other guests included The Lord-Lieutenant of Cumbria, Mrs Claire Hensman, and her husband, Peter Hensman DL, Mrs Siobhan Gascoigne and Mrs Lyn Roberts, two long-serving volunteers with the Girl Guides, Mrs Susan Aglionby DL, a former nurse, organic farmer, youth worker and philanthropist and Mrs Olive Clarke JP DL, a retired farmer and life-long volunteer who was recently awarded a Fellowship of Royal Agricultural Society.

### MOUNTAIN RESCUE ENGLAND AND WALES SUPPORTERS FMB GET A SOAKING

Ruth Power and Darren West of Kendal-based Financial Management Bureau joined members of Kendal MRT bright and early one Sunday in March, to take part in a joint water rescue exercise with Kendal Fire Brigade. As keen supporters of mountain rescue, Ruth and Darren were keen to see what happens at the sharp end.

'I was inspired by the level of teamwork and the commitment and passion displayed by the members,' said Darren West. 'We are proud to support such an important service in our community.'

The FMB initiative with the national body is in its infancy, but the firm hopes to grow the niche business providing insurance to high risk individuals such as climbers and cavers, in competition with larger national outfits.

'This is a new area for us, our core business being financial planning but, for every specialist policy we advise on, 15% of our fee is donated to Mountain Rescue England and Wales. We wanted to see at first-hand what the teams are doing. The way they are organised, the processes they use and the way they learn from experience was a real eye opener and we actually took away a lot of ideas that could make our business work better.'

And we are pleased to report that the 'exercise casualty' was found safe and well on a steep bank of the River Lune, near Killington Bridge. Ani, the rescue dog, alerted her handler and a team of members specially trained in water situations were deployed to stretcher to safety.



on the same day in February 1963 and Trevor Walker joined in June 1973.

Anthony, who recently stepped down as team leader had been a deputy for more than 25 years under Roy Cooksey MBE, and then leader for six years. He grew up in the Sun Hotel, run by his family, where the annexe had served as the first team base for many years. His first two call-outs were fatalities. Helicopter aid didn't exist in those days, all rescues were carry-outs. He says he owes a lot to his wife Elizabeth for all the support she has given over the years. Rob's son Christopher also joined the team when he was old enough.

Malcolm Grindrod was a team member for seven years before moving to Langdale Ambleside MRT for 28 years. During that time he was deputy team leader for a number of years. He rejoined Coniston fifteen years ago. During his time in mountain rescue, he has trained and graded five search dogs, and took on the job of training coordinator for six years. In the late 1980s, he and a team of dog handlers spent harrowing days locating the victims of the Lockerbie air disaster. It had a huge



Left to right: Trevor Walker, Malcolm Grindrod and Anthony Robinson.

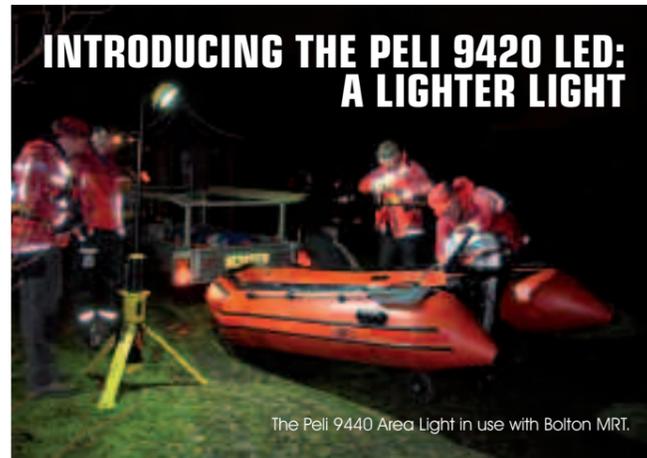
### EVENING OF CELEBRATIONS AT CONISTON FOR THREE TEAM MEMBERS

Coniston MRT recently held an evening of celebration for three of their members who between them have totted up 140 years of service. Anthony Robinson and Malcolm Grindrod joined the team

on the same day in February 1963 and Trevor Walker joined in June 1973.

Anthony, who recently stepped down as team leader had been a deputy for more than 25 years under Roy Cooksey MBE, and then leader for six years. He grew up in the Sun Hotel, run by his family, where the annexe had served as the first team base for many years. His first two call-outs were fatalities. Helicopter aid didn't exist in those days, all rescues were carry-outs. He says he owes a lot to his wife Elizabeth for all the support she has given over the years. Rob's son Christopher also joined the team when he was old enough.

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The Peli 9440 Area Light in use with Bolton MRT.

The new 9420 LED area light weighs in at just 3.81kg. It's compact, lightweight and the mast extends above 1.5 metres, allowing a wide area of illumination. The unit folds down quickly to a handy 74cm, making it very easy to carry and it comes with a unique feature: the battery pack can be charged independently to the lighting system. The XL version also includes a blow-moulded case, shoulder strap and two battery packs so one can be on charge while the other is in use. Its portability makes the 9420 ideal for lighting an emergency scene, particularly in remote or difficult to access areas.

Peli Area lighting systems offer powerful, rechargeable, LED lighting — a safe, economic, convenient and environmentally-friendly alternative to generator-powered units. With silent operation and no trailing cables, they offer durability and dependability.

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impact on the handlers and remains etched in the memories of many who were involved. He played a key role in developing the avalanche training for the search dogs, after trips to Norway and Iceland when he and the late Dave Riley brought back valuable knowledge and skills which developed into the UK training. Malcolm's daughters are both involved in mountain rescue, Joy as a SARDA handler with Coniston team and Kathy as a member of Langdale Ambleside.

Trevor was one of the main team drivers for his 40 years. As a local coalman, he would always know the quickest and best ways to reach places to get to the casualties. His knowledge of the tracks and lanes is second to none and, although now retired from the team, he still gives advice on the best way to reach the party by road or track. He was well known for his skills at off-road driving, vital around Coniston with its many miles of rough tracks and lanes. Mr Walker's mother also worked at the Sun Hotel, which meant he was able to give assistance to the team before he was old enough to join. He pointed out that being a member of the team was often a family affair, with several generations involved in rescue.

Coniston would like to pay tribute to the service these three members have given over the years — the team, and mountain rescue, owes a huge amount to them all.

## MID PENNINE

### LOCAL MP JOINS EXERCISE ON PENDLE HILL

Andrew Stephenson MP joined Rossendale and Pendle team members in June for a training exercise on the legendary hill. The initial briefing was that a group of three teenagers with an adult had been walking up Pendle when one of them



Rossendale & Pendle MRT's Steve Garafalo with Finn and Andrew Stephenson MP.

Three mountain rescue team members were honoured in The Queen's Birthday Honours List: Phil O'Brien of Bowland Pennine MRT and both Ian Hurst and Keith Birkett of Buxton MRT.



▶ Ian Hurst, pictured on the left with PDMRO president David Coleman, was awarded his MBE for his service to mountain rescue in Derbyshire.

For Ian, the award recognises fifty years of service to the community through a life dedicated to helping those in distress in the hills and dales of the Peak District, and follows presentations by both PDMRO and MREW to mark his fifty years of unbroken service.

Ian first became involved with mountain rescue as a Peak District volunteer warden. He joined Edale MRT at a time when there

was little in the way of an organised rescue service and the wardens were always first to be involved when a hill incident occurred. Equipment was basic and often borrowed. In 1964, the Four Inns Walk prompted change, when participants in the fifty mile hike were overtaken by appalling weather and three Rover Scouts lost their lives. Their deaths became a catalyst for change and the Peak District Mountain Rescue Organisation was founded. During his fifty years, Ian has served in nearly every capacity locally, regionally and nationally. Having joined the Buxton team in 1990, he served as team chairman for 20 years and president since 2011.

◀ Keith Birkett, pictured on the right, teaching crag skills, received the BEM for services to Buxton MRT.

Keith joined the team in 1994 and has consistently ranked in the top five members attending the most incidents each year. Since 1997, he has managed one of the team's biggest fundraising events at Chatsworth County Fair, raising over £80,000 for team funds.



▶ Phil O'Brien, team leader of Bowland Pennine MRT received the MBE for his services to the team.

'Phil is a respected leader and incident controller,' said team chairman, Tim Cox, 'regularly taking command of a diversity of operations. But, as well as the blue light aspect, he is also to be commended for his trialling of new search and rescue techniques, his support for the wider use of search dogs and for progressing the use of state-of-the-art technology into the field, including computer-aided search tools and GPS tracking systems.'

'Phil eats sleeps and breathes mountain rescue. The oft-heard expression 'when the pager goes off, so does he!' is a sentiment with which his long suffering wife Pam will no doubt wholeheartedly concur!'

All three are delighted to have their work recognised and each has emphasised that it is the spirit of teamwork within the organisation that has given them the enthusiasm to dedicate so much time to mountain rescue.





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## TEARS TO MY EYES

Thursday 16 May 2013 saw one of the largest crowds gather at the Derwent Reservoir in The Peak District. The event, to witness a very special fly past in memorial to the 617 squadron and their daring raid on Germany's Ruhr Valley some 70 years earlier (The Dam Busters). **Adrian Ashworth**, of Woodhead MRT, was amongst those there to witness it.

Peak District teams joined forces to help provide safety for such large crowds across a wide area. I was one of a small party from Woodhead, positioned on the east side of the dam, a third the way up Pike Low. We walked in from Cutthroat Bridge along with hundreds more as parking restrictions were in place around the immediate area.

The atmosphere was of anticipation and wonderment — to see such an 'antique' aircraft still able to take to the skies and retrace practice runs that were carried out all those decades ago along the same route through the Peaks, with bomb sights aimed on the twin towers of the Derwent Dam.

We sat eating our lunch as a band played and cheers from the gathered crowds along the shore side echoed through the valley as a memorial wreath was laid by Johnny Johnson, the last British survivor of the crews who took part in the Dambusters raids.

Helicopters soared high above, preparing us for what was to be the imminent arrival. Hundreds, if not thousands, of people along the east side, hands shielding eyes against the bright midday sun, for that first glimpse and then, as the atmosphere went silent, the deep roar of the four Rolls-Royce Merlin engines, tuned to a perfect synchronicity only a male voice choir

slipped and heard a crack in their ankle. Parties were organised to head up the hill for swift path searches, to establish the location of the group with Andrew tasked to the Miners' Track with a small party, including SARDA handler Steve Garafalo and Finn. Almost at the top, Finn began indicating he'd found the casualty group — perfect demonstration of the capabilities of an air scenting dog.

Initial triage revealed one potentially mild hypothermic casualty and one lower leg injury so a request was radioed back for equipment and manpower to the casualty site. Meanwhile, Andrew was introduced to cas cards, acting as scribe to fill out the casualty details. It wasn't long before reinforcements arrived with the equipment. Whilst a second group of team members took the cold casualty down the hill by foot to warm him up, the first party were 'administering pain relief' and splinting the lower leg injury when the casualty suffered an asthma attack (funny how this always seem to happen on exercises!).

The team were keen to try out a Farr All-Terrain Vehicle they've been given for a year and the vehicle immediately proved how useful it is in these

circumstances — within minutes, the casualty was down the hill and being treated at the 'exercise ambulance'. The ATV then ferried equipment (and press photographers) quickly up and down the hill.

The lad with the 'broken ankle' was put in a casbag and carried down on a stretcher, with Andrew hands-on in the stretcher carry at several points, giving him a real experience of some of the team's capabilities.

'I was delighted to join the Rossendale and Pendle team training exercise,' he said. 'I was hugely impressed by the skill and expertise of all the team members and delighted to offer my support and personal thanks to team members for the fantastic work they do.'

### MEANWHILE ON PENDLE... FUNDRAISER LYNNE MAKES IT TO THE SUMMIT IN HER WHEELCHAIR

Just as team members were packing away equipment following the exercise on Pendle, Lynne Drinkwater and her team passed by on their journey up the hill. Without further ado, Andrew



Lynne pictured by the trig point on Pendle Hill.

Stephenson was back up the hill to cheer her on. Lynne was once a regular visitor to Pendle, but after suffering a series of strokes which left her confined to a wheelchair, she's had to make do with 'just looking' at the hill. Lynne's friend Jan, who walks



Image © Adrian Ashworth  
[AdrianAshworth.co.uk](http://AdrianAshworth.co.uk)



*Pride doesn't even come close to describing the emotions felt. What these heroes gave for our sakes could never be repaid and we surely owe it to them to be better people today.*

could equal. Then it dropped down into the valley and made for the twin towers. This beautiful iconic flying machine, with its wonderful camouflage and gun turrets, looked every bit the fantastical machine I remember seeing as a child in the '70s, in reruns of the 1954 film The Dam Busters. Gracefully following the valley contours, she winged her way past the dam and down the valley over Ladybower before turning, climbing higher to make a return run.

If this wasn't enough to reduce grown men to tears of pride we were treated to the iconic styling of a light blue solitary Spitfire to commemorate the photo recon flights made before and after the raid — another memory of what

made this country so great and the envy of the skies — quickly followed by two GR4 Tornados, their tails lavishly decorated with the 70th anniversary logo and a picture of a breached dam.

By this stage our small section, along with the few thousand-strong audience, were silent — apart from the sound of snuffles and lump-in-the-throat-clearing coughs! Pride doesn't even come close to describing the emotions felt, what these heroes gave for our sakes could never be repaid and we surely owe it to them to be better people today.

After the final run and much cheering, we made our way down to the dam where we met fellow mountain rescue guys and girls

from Edale and Glossop and shared our thoughts on the day's events. All were jovial. As the crowds began dwindling away, the peace was shattered by a radio call for immediate help to locate a missing spectator — '60 years old, shorts, shirt' — was relayed, along with name and medical condition. He'd gone missing at 11.00am, after telling his wife he was 'just popping into the woods'. It was now 3.00pm, so things were not looking good. Our small party was tasked to search the west bank, from the tower for about 2-3km. Forty minutes later, we heard the recall 'Location, return to control'. We feared the worst, as details are not relayed over the airwaves.

As we made our way back to control, it transpired the weary spectator had turned up some way further along and, much to his embarrassment, hadn't been

aware of the situation he had instigated, obviously caught up in the emotion of the day's events. We can only assume his wife would not have been as understanding and sympathetic as our search teams, though it was the outcome we all hoped and prayed for.

But the perfect day didn't end there. A wonderful lady from Trent Watergave us a lift back to our cars and well earned bacon sandwiches and tea. We shared our experiences with a group of pensioners who themselves had walked a very long way to witness the event and were showing signs of exhaustion. Undaunted, they'd climbed some quite high hills, determined to see the Lancaster in all its glory. Listening to their stories and memories of childhood Britain brought tears to my eyes. All in all an amazing day. ■

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# regional News



Left to right: Northumberland National Park team members Andrew Brunt (DTL), Steve Old (DTL), Dave Waters (Chairman), Steve Hughes (Treasurer), Geoff Forrester (Secretary), Pete Roberts (TL) and Ray Hobbs (Equipment Officer)

## NORTH EAST NORTHUMBERLAND NATIONAL PARK TEAM MARKS ITS NEW HOME WITH A NEW LAND ROVER

The Northumberland National Park team took delivery of their new Land Rover in May, as they moved into their brand new base at Pegswood Community Fire Station. The move follows the closure of some buildings at the Northumbria Police headquarters site in Ponteland.

Team leader, Pete Roberts said, 'This state-of-the-art Land Rover will improve our service and add to the professional commitment the team gives to provide mountain rescue to the area of the Northumbria Police Authority. And we're very grateful to Pegswood Community Fire Station for allowing us to use its premises. The location will improve our access to the north of the county, particularly when the Morpeth Northern Bypass is complete.'

NNPMRT, with the North of Tyne team, cover all of Northumberland and Tyne and Wear, an area measuring some 5000 square kilometres.

up several times every week, promised she would get Lynne up the hill somehow, which quickly progressed from a silly conversation to wondering if it could actually be done. And so, with the help of a group of volunteers, she finally got to see the view from the top again. An achievement in itself but, not content with the challenge of getting up the hill, she's now decided that getting down too could be a 'once in a lifetime' experience. So, with the help of Sam Cullingworth an experienced paraglider based in Wakefield, Yorkshire, she plans to paraglide off the top! If anyone is interested in helping Lynne on the day, please send you details to [press@rpmrt.org.uk](mailto:press@rpmrt.org.uk).

Funds raised by this adventure and personal challenge will go jointly to Rossendale and Pendle MRT, the North West Air Ambulance and Pendle Adapted Cycle Scheme — [www.justgiving.com/Lynne-Drinkwater](http://www.justgiving.com/Lynne-Drinkwater).

Speaking about the day's events, team leader Pete Goble said, 'It was good to have the opportunity to demonstrate to one of our MPs what we as volunteers bring to the statutory emergency services, and we're glad Andrew got stuck in so he has first-hand experience of what we do. To then support Lynne, who is raising a large amount of money for us, is an honour.'

## NEW HOME FROM HOME FOR THE HOLME VALLEY TEAM



Pictured at Marsden Holme Valley Mountain Rescue Team Base: Left to right: Assistant District Commander Lee Benson (WYFRS), Gillian Howarth (HVMRT), Phillip Pogson Chair of the Holme Valley MRT, District Commander Chris Kirby (WYFRS), Tony Burrie (HVMRT) and Cllr Judith Hughes.

Holme Valley MRT have found themselves a new home, thanks to West Yorkshire Fire and Rescue Service, but the journey there hasn't been an easy one. The team has been searching for a base for a number of years now and, after a massive effort, finally succeeded in securing planning permission for a new-build in Meltham last year, launching a Buy-a-Brick appeal to help raise the necessary funds. The prospect of getting the fire station came

up when Marsden Fire Station ceased to be operational in April this year but, for a while, the team pursued both avenues — which made fundraising a bit difficult, not having a specific aim.

There was inevitably a degree of sensitivity surrounding the negotiations but now the team is looking forward to life in a new home. They now have a permanent base to garage their vehicles and carry out training and the site also offers excellent access to the rest of West Yorkshire via the A62 and motorway network which, in severe weather, is a major advantage.

Vice chairwoman of West Yorkshire Fire and Rescue Authority, Councillor Judith Hughes said, 'I am delighted to be able to support Holme Valley in establishing the services they provide at Marsden Fire Station. We look forward to supporting their fundraising activities over the next two years'.

As team spokesman Owen Phillips explains the next two years are vital to their continued fundraising efforts.

'We greatly appreciate the opportunity to purchase the building — it means security for the

future and the ability to assist the emergency services for years to come. However, we're not home and dry yet — over the next two years we must raise considerable funds to complete the purchase. Without donations, we wouldn't be here and we are especially grateful for all the support we've had so far in our appeal. Now the end is in sight, we hope the local community can help us raise the remaining funds to complete the purchase.

'We also hope the people of Marsden will be reassured that the building will still be used as a base for rescue services, and remain a valuable community asset — we know they've fought hard to support their local fire station and I believe the Fire Authority have considered this and sought to achieve an outcome that offers a benefit to the community, as well as supporting us as a charitable organisation.

If you would like more information about Holme Valley MRT or would like to make a donation to help the team continue its vital role, please visit [www.holmevalleymrt.org.uk](http://www.holmevalleymrt.org.uk).



## HAPPY ENDINGS

Back on New Year's Day this year, Scarborough and Ryedale team members began their annual count of rescues with an unusual task from North Yorkshire Police.

NORTHEAST

Owen Danter and his partner, from Beverley, East Yorkshire, had been out walking with their three Labradors. They had parked at Levisham Elbow on the North York Moors and walked off past Skelton Tower north towards the Hole of Horcum.

When they reached the high escarpment of Yewtree Scar above Newtondale Halt, one of the dogs, Ruby, got too close to the edge and slipped through the heather. Owen's partner went to see what had happened and slipped as well but managed to stop herself falling all the way to the bottom.

The team was able to call Owen for a rough location and, after about an hour's search, the 'casualty' was located, in obvious distress.

As one of their team members is a qualified vet, Ruby was soon in good hands. She was given sedatives then carried to the team Land Rover without further distressing her. Ruby had badly dislocated her hip, injured her back and was also suffering from internal bleeding. She was evacuated to the duty vet at Pickering where, by tea time, she was heavily sedated, on a drip and described as stable.

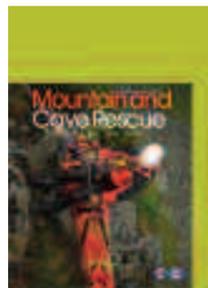
Twenty team members took part in the search and rescue which was completed four hours after they were called.

'Six months on', says Ian Hugill, the team's press officer, 'we are delighted to report that Ruby has made a full recovery. Not only that, Owen has joined the team as a trainee operational member deploying on his first live incident last month.'

'Owen also recently ran in the Beverley 10k in support of the team and raised in excess of £800 which Ruby recently 'donated' to the team at one of our training evenings.'

## OUT, ABOUT AND DOING A JOB

The Annual Review, covering mountain and cave rescue activities in 2012 and early 2013, was published in May and has already been distributed to journalists, politicians and other key national contacts. **Sally Seed**, who worked on the Review with Judy Whiteside, explains the mix of content, how it can be used and how to get hold of copies.



The first Annual Review aimed to fill a communications gap, not only for teams without their own annual report but also for MREW, to explain the breadth of work of rescue teams across England and Wales. Take up was slow at first but then teams began to realise its value when they were working together — and national officers used it from Day One with other charity contacts, MPs, fundraisers and other organisations.

That first document really proved its worth in the Senedd (the Welsh Parliament) and with the Princes' Charities Forum and a second edition was planned to build on that foundation. As well as a summary of the incident stats, and a strong plug for Basecamp and the online shop, and a selection of stories of teams in action (from battling blizzards in South Wales to rescuing a rottweiler from Sharp Edge in the Lake District), this year's Annual Review also includes a foreword from HRH The Duke of Cambridge, a report from Machynlleth (one of the highest profile searches mountain and cave rescue teams have ever been involved in), and a review of our involvement in some of the biggest events of 2012, including the Queen's Diamond Jubilee and the Olympics.

'The aim is to cover England and Wales geographically and as many aspects of our work as possible,' says Judy. 'We're aiming for a broad readership, some of whom won't be familiar with mountain and cave rescue at all while others will be among our strongest supporters. The key messages are still about us being a voluntary service, available 24/7 and needing public support to maintain our equipment, our expertise and our availability.'

The Annual Review is available to the public through the online shop (priced £2) — but copies are also available for teams, to help promote cave and mountain rescue locally at fundraising events or with partner organisations. So, if you can use half a dozen copies — or more for a bigger event — contact Judy via editor@mountain.rescue.org.uk to arrange delivery. The main thing is to get these annual reviews out and about and in use. And that's best done through personal links and local contacts — there's no substitute.

The team was able to call Owen for a rough location and, after about an hour's search, the 'casualty' was located, in obvious distress.

## MAJOR INCIDENT TASK GROUP

### THE STORY SO FAR PHIL BENBOW

The Major Incident Task Group (MITG) – snappy title but it sort of does what it says on the tin – was formed after the Team Leaders Day in February, in response to a series of presentations reviewing the Machynlleth search for April Jones.

This was a significant event for MREW in many ways. For although there have been regional responses to major events such as the Cockermouth floods, the Grayrigg train derailment and several other flooding or adverse weather events in various regions, this was the first national response for MR since Lockerbie. The response was extraordinary both in numbers and the sustained level of response. For the first two days there were just under 100 team members deployed each day, and for the following four days more than 200, peaking at

267 on day four of the six days that a national MR presence was requested. The search area covered over 72 square kilometres. There were 1075 searcher days given with approximately 13,500 hours of time. These figures do not include the specialist water teams nor the huge effort by cave rescue who also had very significant numbers searching.

However, one of the most significant outcomes was the fact that our partner agencies and especially the media saw us as 'Mountain Rescue' — largely due to the fact that almost everyone who took part in the search was readily identified by their red jacket. The media especially saw us as a national organisation, not just a collection of teams working together. Likewise the police and other agencies were able to link our professional approach with a professional image. The fact that for the first week of the search we had more people actively involved in the search than any other agency was recognised. As far as our ability to respond to major events is concerned, the genie is out of the bottle!

# incidents

figures

## Jan • Feb • Mar • 2013

Region and Teams	Incidents	Region and Teams	Incidents	Region and Teams	Incidents	Region and Teams	Incidents
<b>Lake District</b>		<b>North East</b>		<b>Peak District</b>		<b>Yorkshire Dales</b>	
Cockermouth	15	Cleveland	17	Buxton	11	CRO	13
Coniston	11	North of Tyne	3	Derby	9	Upper Wharfedale	6
Duddon and Furness	11	Northumberland NP	3	Edale	18	(Previous quarter: 13)	19
Kendal	12	Scarborough & Ryedale	10	Glossop	9	<b>Search Dogs</b>	
Keswick	22	Swaledale	5	Kinder	4	Lakes	2
Langdale Ambleside	6	Teesdale and Weardale	1	Oldham	18	England	8
Patterdale	14	(Previous quarter: 29)	39	Woodhead	10	Wales	3
Penrith	6			(Previous quarter: 84)	79	South Wales	6
Wasdale	15	<b>North Wales</b>		<b>Peninsula</b>		(Previous quarter: 23)	19
(Previous quarter: 128)	112	Aberglaslyn	2	Dartmoor (Okehampton)	2	<b>RAF</b>	
<b>Mid-Pennine</b>		Llanberis	11	Dartmoor (Tavistock)	6	Leeming	3
Bolton	24	North East Wales	2	(Previous quarter: 2)	8	Valley	5
Bowland Pennine	12	North Wales CRO	1	<b>South Wales</b>		(Previous quarter: 5)	8
Calder Valley	10	Ogwen Valley	29	Brecon	13	<b>Total</b>	408
(Previous quarter: 46)	46	(Previous quarter: 54)	45	Central Beacons	8	(Previous quarter: 422)	
				Longtown	5		
				Western Beacons	7		
				(Previous quarter: 31)	33		

real rescues

## MISSING HERO FOUND AFTER TEN DAYS: JUNE

Sutty the spaniel, hailed as a hero when he alerted climbers to his owner's plight after a 600ft fall from a Snowdonia mountain, was himself rescued after ten days stuck on the hill.

Two climbers heard Sutty whimpering, not long after passing a 'wanted' poster for the dog, and a rescue operation recovered Sutty from his position, at the northern end of the Glyderau range in the Ogwen Valley. Rob Shepherd, of Llanberis MRT, made a difficult ascent on steep and broken ground, to find Sutty sheltering on a very small ledge. He called Ogwen Valley MRT for a small party with additional ropes but, with the assistance

of a local Ogwen member and Rob's partner, Sian, a ropeway was formed and Sutty, in remarkable condition, was lowered in Sian's rucksack.



Sutty with Sian

At the February meeting, the general consensus was that, as an organisation, MR is likely to be called upon again to respond to major incidents that are away from our ordinary function as teams. Therefore, the question posed at the meeting was 'How do we respond to major incidents in the future?'

The MITG was formed to look at and provide answers to the question. The group, comprising senior operational team members from all the regions, BCRC and SARDA, has two broad objectives. The first is to explore the lessons from previous incidents, especially Machynlleth, identify the things we did well and the areas we can improve. The second is to develop an operational framework that will allow us as to respond more effectively at regional and national level, when we're asked next time. And there will be a next time. We can't predict what or where it will be but if we have a 'cunning plan', life might just be a little easier.

The group met for the first time in April. At the MREW meeting in May, I outlined our objectives and gave a brief summary of where we were up to. We received unanimous approval from the meeting for the MITG to be formally set up within MREW and I have agreed to chair the meetings. The next meeting is in July, when we hope to be able

to establish a series of work groups to deal with areas already identified that we can improve in. For example operational mapping, search technology, inter-regional operations, improved communications and a whole host of others we will uncover as we work through the issues involved. This task has been helped considerably by the response to the questionnaire circulated to those who attended Machynlleth. The results have been analysed and fed into the discussion. The report on the Mach search, including feedback from the search managers, has also been considered. To the 237 members who did respond and wondered what happened afterwards, your thoughts and comments have been looked at and will play a significant part in shaping the way we do things in the future.

This is undoubtedly a significant step forward for us as an organisation, which will allow us to respond to the next request for assistance in a pleasantly joined-up way. Our vision is that we can scale up our response to an incident; from one team to two teams to a region, and then a national response in a seamless way! Watch this space, if I report to the November meeting with less hair than I have now it won't be my dog's fault! ■

## CHARITY WALKERS NEED TO RESPECT THE MOUNTAINS...



Aberglaslyn team member Will Hordley assists Vicky, a member of the casualty party, off the crag. Images © Jon Dobson Jones.

John Grisdale, of Llanberis team said, 'My concern about these groups is based on their lack of understanding of the mountains and the environment. For example, last week, we were called out to rescue three young men who decided not to follow the normal path. They weren't wearing appropriate clothing or shoes. They didn't have any directions, no leader and the gully they got stuck on was precarious for the rescue helicopter.'

Although most achieve their goal with a sense of satisfaction, if weather conditions are

An increase in charity events and a spate of incidents on Wales's highest mountains, prompted mountain rescue teams in North Wales to speak out in June. Walkers need to be properly prepared and fit for the challenge, and organisers should make sure the walkers they are responsible for leading are well aware of the challenges they face, they warned.

unfavourable, and there is a lack of knowledge by walkers, there's an increased risk of accidents.'

In another incident, a party of nine taking part in a charity event, had ventured into Crib Coch and been unable to continue in poor weather. Llanberis and Aberglaslyn teams members were alerted and a Sea King from RAF Valley stood by at the Llyn Llydaw causeway, unable to assist with the rescue operation due to the low visibility on the hill.

The seven, part of a much larger group, were found on the ridge, cold, wet through and afraid to continue. Once on scene, the teams set up a belay system and safely navigated the group off the steep ground. Suzanne Howard and her friend Vicky Viner (pictured with Will Hordley), were amongst the party. 'I didn't think I would see my husband and children again and know I can never repay them properly for what they did,' said

Suzanne, neatly summing up her level of fear at such a hostile environment.

Mountainsafe chair, and Llanberis team member, Phil Benbow said, 'We're eager for people to enjoy themselves as they come to Snowdonia but we ask them to remember five things before they start out.'

He said organisers and participants should prepare in advance and make sure they are fit enough and properly equipped. They should get a weather forecast and be ready to postpone their trip if conditions dictate. Group members should stick together and make sure no-one gets left behind and they should have an emergency plan.

He also reminded people that there's no guarantee of a mobile phone signal in the mountains. 'The mountain rescue service is an emergency service for emergency cases only,' he said.

## real rescues

### ...AND PACK THE MAP!

Langdale Ambleside repeated the 'map and compass' message, with feeling, in May, when it became clear a casualty had no means of determining his position other than a pamphlet describing his walk. Luckily for him, the weather was clear, so team members could spot him once they were in the area.

The injured man was found on Gibson Knott, having slipped on wet ground and hurt his leg. 'It wasn't easy to locate him,' said a spokesman, 'since he had no map or other means of determining his position and wasn't anywhere close to a path when he was located.'

'It is essential that you can navigate. Relying solely on a GPS — either free-standing, or software on a smartphone — is a hazardous strategy which can land you in trouble. Being able to orientate a map to the ground you're on, recognise features on the ground as they appear on a map and being able to identify your direction of travel and distance travelled, are skills that not only make remote area travel safer, but are also very satisfying.'

'If your party gets lost, you cannot blame someone else for navigation errors — it's everyone's responsibility. The ability to navigate and keep moving in poor visibility, extreme weather, darkness and in unfamiliar terrain is a vital skill.'

'Not taking a map and compass in the first instance is unforgivable.'



## NEW IN: MODEL LAND ROVER

The latest MR vehicle 'on the road', this 1:76 scale Land Rover from Oxford Diecast comes on a 75mm x 45mm plinth (detachable) and is fully kitted out in 'Mountain Rescue' livery. And, before you ask, no, the doors don't open and it isn't accompanied by a little mountain rescue person. Or a miniature stretcher. Proposed retail price £5 + P&P. Discounted rates available for teams for bulk orders\*.

Of course, all the usual stuff is still available: pens, teddies, ceramic and thermal mugs, badges and stickers, books, annual reviews and t-shirts...

\*Email Gail Todd via [gail@lancashirelss.net](mailto:gail@lancashirelss.net) for details of the Land Rover model and other merchandise, and details of team discounts.

Right: Dedicated Rossendale & Pendle support members Toby (pictured on the left) and Oliver Steel sporting their supporter T-shirts © James Steel.



## CHARITY CHUKKAS AND CHAMPERS IN CHESTER

Judy Whiteside Editor

National Fundraising Officer, Mike France and I travelled to Chester in May as guests at the Audi Polo Challenge. It's a tough job, mixing with celebrities and drinking champagne all day, but we were there to represent Mountain Rescue England and Wales and, of course, watch our Royal patron gallop to victory, and his third consecutive Chester Audi Polo Challenge title.

We were in good company, one of three charities — alongside ESSA and Fields in Trust — selected by William to share in the fun. Following the match, Martin Sander, Director of Audi UK, presented each charity with a donation on behalf of Audi, and the opportunity for Mike to stun the assembled crowd with a few facts about the breadth of work undertaken by mountain and cave rescue teams. It never fails! Fantastic words of support from many of the guests as the evening progressed!

Over 300 VIP guests included stars of stage and big screen, alongside Jon Culshaw, Ben Fogle and John Craven and what appeared to be the entire BBC and Granada news teams. Ballet dancer Darcey Bussell was there too.

After a delicious three-course dinner, by two-star Michelin chef Michael Caines, came even more stunning entertainment by Scottish singer-songwriter Amy MacDonald, before DJ duo Sophie Ellis-Bextor and musician husband Richard Jones had everyone (except us!) onto the dance floor.

This was our seventh year of charity polo matches and our knowledge of the game, sadly, has progressed little further than 'Oh, here come the canapes'. And sure, they're a star-studded glimpse of how the other half lives but they're also a great opportunity to network and spread the word about this amazing service. Once again, a great day out (despite torrential rain at one stage) so, on behalf of MREW, a huge thank you to The Duke and, of course, to Audi UK for their generous £20,000 donation.



HRH The Duke of Cambridge and Mike France (in full flow) © Judy Whiteside.



ITV's Lucy Meacock shows her support of mountain rescue © Judy Whiteside.

## MEGA-CHARITIES SQUEEZE OUT THEIR SMALLER RIVALS

news snip

Interesting item in June, by John Bingham, Social Affairs Editor for The Telegraph, reported that 'mega-charities' such as the National Trust and Oxfam, with powerful fundraising and marketing operations, are taking up an increasing share of donations with just five per cent of the UK's registered charities receiving 85 per cent of money given, according to a study by Charity Choice, a fundraising website.

The study, based on returns to the Charity Commission found that donations to the smaller organisations — those with incomes below £1 million — declined by ten per cent over the last five years. By contrast, the largest charities saw their coffers grow by 30 per cent. Their research indicates that people are tightening their purse strings when it comes to charitable donations, putting charities under unprecedented pressure.

Which leads us to say an even bigger thank you to all those who continue to support Mountain Rescue England and Wales nationally, as well as each of the individual teams and search dog associations. We couldn't do any of it without your help and support.

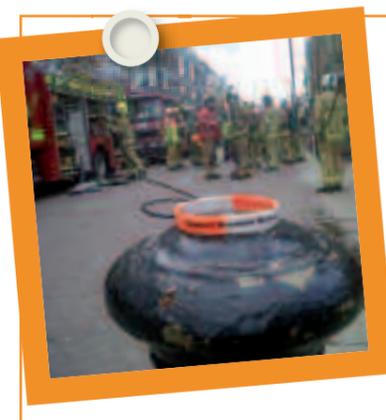
## SCHOOLBOY'S SEAT OF THE PANTS DESCENT OF WELSH MOUNTAIN: JUNE

A missing schoolboy lost the seat of his trousers making his way down a Snowdonia mountain, according to Ogwen Valley team members who came in search of him.

The team was called out when a party from a religious school in London realised they'd left one of their pupils behind. The ten teenage boys had been led up Pen yr Ole Wen by one of their religious leaders before tackling Carnedd Dafydd and Carnedd Llewelyn in good weather.

Having noticed their loss, eight of the boys continued down to the A5, whilst the leader and another boy made their way back up to Cwm Llugwy in a vain

search for the straggler. When the team arrived on scene, they spotted the lad straight away, thanks to his white school shirt, standing out clearly against the steep crags and screes — which he had already descended. Mostly, it seemed, on his bum as the seat of his pants was definitely AWOL.



## TEAM SUFFERS MULTIPLE CASUALTIES IN NIGHTCLUB BOMB BLAST: JUNE

A disused nightclub was the scene of a major emergency incident in Scarborough in June, with Scarborough and Ryedale team members right there in the thick of it. The exercise, run by North Yorkshire Fire and Rescue Service also included seven or eight fire engines, ambulances, police, a HART team and decontamination units.

'The scenario was that a device had exploded on the first floor

trapping people on the upper floors and injuring people on the first and ground floors. Everybody was suspected of being contaminated by some white powder. All this, along with real actors as badly injured casualties, made it very real,' said Ian Huggill.

'Ten of our team were asked to occupy the top floor and act as awkwardly as possible. Somebody mentioned this might be typecasting. Of course, I couldn't

possibly comment but always play to your strengths, I say!

'What I hadn't realised is that, when contamination is suspected, the fire service has to lock any building down to stop the spread until everyone has been through the decontamination centre. So we spent the next 45 minutes trying to escape and then, once out, trying to get back into the building to disrupt the fire officers in their job!

'I don't think we made much impact on them, although I must apologise for the singing, and to the one fireman who got the job of watching me.

'It was an exceptionally well run exercise with some good learning points. It was clearly a different scenario to those we usually have to deal with but it was good to see how other agencies react to difficult situations.'

## NORTH WALES

### CALL FOR HELP FROM ABERGLASLYN

The Porthmadog-based team has launched a search for volunteers to join their newly formed Supporters Group, in the hope that support group members will help out with fundraising events, including publicity, raffle ticket sales and raising valuable funds for the team.

Secretary Gethin Edwards said, 'It's a great way for anyone to be involved in the team's activities and to support the invaluable work of mountain rescue in whatever way they can.'

They are appealing for supporters with any non-mountain skills they think may be of use — perhaps IT skills, PR or journalistic experience. Support members will receive a membership card, entitling them to discount in some equipment shops, along with a T-shirt and car sticker. They will also receive a newsletter every quarter with information on the team's news, incidents and upcoming events.

Anyone interested in joining the support group should visit [aberglaslyn-mrt.org](http://aberglaslyn-mrt.org) or contact the Gethin via [secretary@aberglaslyn-mrt.org](mailto:secretary@aberglaslyn-mrt.org).



Old boots © Judy Whiteside

### OUTDOOR FANS BOOT UP AT THE LLANBERIS CAR BOOT SALE

These days the ubiquitous 'car boot' is a far from novel means of reselling unwanted stuff, but that hasn't stopped Llanberis team turning them into a profitable fundraising device. Over the last couple of years, their regular car boot sales (usually held May Bank Holiday and late September) have attracted outdoor fans from far and wide — thanks to some judicious marketing through UK Climbing, the BMC and Grough. Their May sale, once again at The Heights Hotel in Llanberis, followed on the success of two similar sales last year, raising over £600 for the team. And this time each stall holder also raised £400 for themselves and many of the stalls donated profits to the team.

The team fundraising officer, Tanya Berks, said, 'The event isn't your standard muddy field affair. Our pitches are within the very large car park area of The Heights bar and kitchen at the centre of Llanberis itself. It's a great opportunity to clear out old and unused kit — to make way for more! There are always bargains to be had: anything from brand-new mountaineering boots, rucksacks, ice-axes, tents, freeride ski sets and even downhill mountain bikes.'

It's also an opportunity to talk about mountain safety and about how the rescue team works. Sometimes, there's even a barbecue, weather permitting. Definitely worth keeping an eye out for news of any further sales! And, incidentally, the team is also on the look out for fundraisers — email is [fundraising@llanberismountainrescue.co.uk](mailto:fundraising@llanberismountainrescue.co.uk) if you're interested.



Aberdyfi team member, Graeme Rothery, ready to roll on his long bike ride in aid of the team.

singie malts and a bath! The team is currently fundraising for a new team van so it made sense to do the ride for that.'

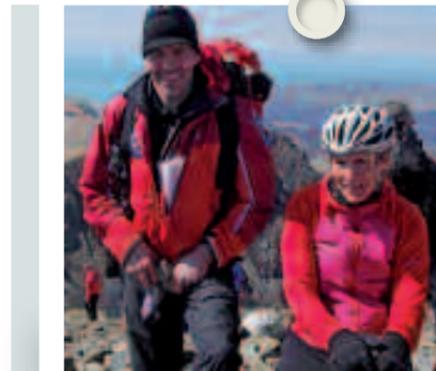
Graeme has been a member of the Aberdyfi team for over two years. 'It's all about the challenge, the scenery, the people and the journey whilst doing some good for a cause I care about,' he concludes. 'I've never ridden anything like this far before!'

### KINDER LONG SERVICE AWARDS

Three Kinder team members received their 40-year Long Service Awards in May: Bob Whittall, Ken Blakeman and John Mottram. All three are now honorary vice presidents and still active on the call-out lists. Phil Ridley also received his 25-year Long Service certificate.



Left to right: Long-serving Kinder MRT members Bob Whittall, Ken Blakeman and John Mottram.



### HANDBIKES AT DAWN!

In April, Aberdyfi team members played a vital support role in the 'Handbikes at Dawn' challenge on Cadair Idris, Southern Snowdonia which saw four handcyclists attempt the mountain bridleway, with two achieving the summit, including Paralympian Karen Darke (pictured on the right with team member and ride coordinator Graham O'Hanlon).

### LAND'S END TO JOHN O'GROATS

Aberdyfi member Graeme Rothery was planning his own challenge in late May/early June, to raise funds for a new team van. He was looking for a challenge and an adventure and also fancied a couple of weeks just for himself. He was doing the ride solo and unsupported and planned to take three weeks, allowing him to go his own pace and stop at points of interest without feeling too rushed. 'I'll be camping as much as possible to cut down on costs and give me flexibility in my daily distances and I'll also be staying at my Dad's house in Clitheroe en route as he has a fine selection of

## PEAK DISTRICT

### UNEXPLODED BOMB DISCOVERED ON MOORS ABOVE LANGSETT

Woodhead team sent out a warning in May after dangerous unexploded shells were found on moorland. The discovery followed a tip-off by a fell runner who noticed the piece of ordnance while running above Langsett.

Team members were sent up onto the moor to investigate. Thankfully, the runner had provided an excellent description of the location and the item was found immediately. However, they didn't just find one shell they found three. Experts described the shells as '75mm armour-piercing shells dating back to pre-World War Two'. The shells were removed to safety by bomb disposal experts. Given their size, they could have caused serious injury. The moors above Langsett, crossed by the Cut Gate path, were used as firing range between both world wars. Unexploded ordnance is often found at the end of winter as the shells are forced to the surface from the movement of the peat bogs.

Woodhead leader Keith Wakeley said, 'Anyone who finds a suspicious object in the Peak District should contact police immediately, advising them of what they believe they have found and where they have found it. Under no circumstances should anyone approach these objects as the devices are known to be volatile and could cause serious injury.'

The call-out capped a busy five days for the team, which also helped provide safety cover at the other end of the country in the spirit of inter-team cooperation, assisting Dartmoor team members with the Ten Tors challenge event.



## SOUTH WEST

### DARTMOOR TEAM MEMBERS WORK WITH PLYMOUTH UNIVERSITY TO ENHANCE THE STUDENT EXPERIENCE

A long standing mutually beneficial partnership between Dartmoor Search and Rescue Team Plymouth (DSRTP) and Plymouth University is delivering some exciting outcomes, particularly enhancing the student experience at Plymouth.

Early June saw students from Plymouth University tackle a demanding leadership course across rugged Dartmoor in blistering sunny conditions. With the finish line in sight, the DSRTP sprang a surprise search and rescue exercise on the students. Now the heat was really on, leadership would be tested along with the ability to learn fast. They were briefed on the history of MREW and the Dartmoor Rescue Group, and provided with a crash course on stretcher assembly and line search techniques.

Organised into three teams consisting of two search teams and one stretcher team, they deployed quickly and efficiently to their assigned areas. After a short search the first casualty was located and administered first aid. Good questioning provided the second search team with vital information on the whereabouts of another casualty, who had a suspected fractured ankle. The second casualty was promptly located and the stretcher team was deployed to the casualty site. A medical student provided the required treatment before the casualty was loaded onto the stretcher. The students also got to experience the riggers of a tough stretcher carry to the awaiting team ambulance.

As the students demonstrated a high level of competence and learning, they were introduced to radio procedure, CHALET and ATMIST protocols. Great leadership was shown throughout the exercise and the teamwork was excellent, maybe team members of the future?

### PETZL ELIA: NOW AVAILABLE WITH MREW LOGO

In response to requests from female team members the PETZL ELIA helmet is now available to mountain rescue teams in the familiar white and reflective orange colourway pioneered on the PETZL VERTEX and ALVEO helmets.

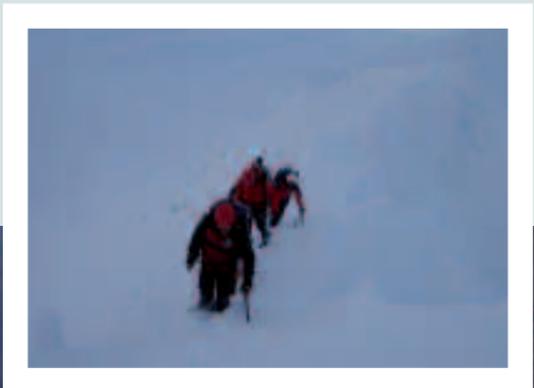
The ELIA is an EN 12492 UIAA mountaineering helmet specifically shaped and sized

for the female head. Unique to the ELIA is our patented 'horseshoe' OMEGA rear cradle which allows the helmet to be fitted and adjusted easily even if the user has long hair. The ABS shell and polystyrene liner construction weighs only 285g and covers a headband size range of 52-58cm.



FOR FULL DETAILS ON THE PETZL ELIA WITH MOUNTAIN RESCUE MARKING, PLEASE CONTACT LYON EQUIPMENT.  
[WWW.LYON.CO.UK](http://WWW.LYON.CO.UK) • [WORK.RESCUE@LYON.CO.UK](mailto:WORK.RESCUE@LYON.CO.UK)

# How can we do better?



## Peer team review and quality assurance in mountain rescue



Recently, in a new American magazine, my friend and colleague, Park Ranger Ken Phillips, Team Leader of Grand Canyon SAR, wrote an article called 'Speak up!' Many of the points he raised resonated with me and appeared to possibly be evident in MR teams, MREW and the regions. In particular, Ken highlighted what he called the Dirty Dozen of Human Errors.

- 1 Lack of Communication**  
A failure to exchange information.
- 2 Complacency**  
Loss of awareness and the development of over-confidence.
- 3 Lack of Knowledge**  
Lack of experience or training in the task.
- 4 Distraction**  
Anything that takes your mind off the job.
- 5 Lack of Teamwork**  
Without teamwork, we are only a group of individuals in a similar task.
- 6 Fatigue**  
Considered to be the number one contributor to human error.
- 7 Lack of Resources**  
Insufficient or not fully operational equipment and manpower to safely perform a task.
- 8 Pressure**  
External as well as self-imposed psychological pressure.
- 9 Lack of Assertiveness**  
Failure to speak up when things do not seem right.
- 10 Stress**  
Overwhelmed by stress leads to human error.
- 11 Lack of Awareness**  
A lack of alertness and vigilance in observing. Failing to ask the 'What if?' question.
- 12 Norms**  
The 'normal' and accepted way things actually are done in an organisation, regardless of whether their practices are valid and safe.

So how do we evaluate our performance and move forward? What quality assurance do we have in place? How can we make sure, as a charity, that we're offering best value? Rescue 2020 made many valid points and gave food for thought for the Lakes teams, the region and MREW. But what about your team?

I believe auditing by peers is an invaluable learning process for any organisation. The best people to monitor and evaluate the work of teams are those actively involved in delivering an effective service themselves. Our colleagues in Ireland are audited over a weekend on an annual basis and work closely with members from Scotland to ensure the process is clear-sighted and robust. The Ogwen team have put themselves through a peer audit assessment process at least twice in recent years. Bill Batson and I have audited Teesdale and Weardale's rope rescue techniques, which they found to be a useful learning process.

It is important we begin to develop a facility that is effective, trusted and robust. To move this forward I would like to instigate a working group and arrange an initial meeting. I would welcome contact by email from anybody who would like to help and support this key development in MR governance and quality control.

**MIKE MARGESON MREW VICE CHAIRMAN**  
vice-chairman@mountain.rescue.org.uk



# regional News



## FULL TEAM TURNOUT FOR 'DOCTOR BEX'

Still in Plymouth (and not wanting to open the floodgates for wedding tales!), a mountain rescue story with a different ring. The mountain rescue badge was out in force in May as Dartmoor members gathered to witness the marriage of team doctor Rebecca Nicholls (Dr Bex) and RAF Squadron Leader Nick Lane.

The day got off to a flying start as a proud father walked his daughter down the aisle, flanked by a number of bridesmaids including her sister Sarah Nicholls (a trainee team member) and a page boy dressed in full RAF rig complete with sword. A guard of honour provided by Nick's RAF comrades later saw the happy couple emerge from the church. A gleaming team Land Rover — thanks to the efforts of equipment officer and chauffer Colin, a bevy of team members and a hundredweight of elbow grease — proudly served as the bridal carriage. The team would like to take this opportunity to wish the happy couple all the best for the future.



## PLYMOUTH MEMBERS LACE UP THEIR RUNNING SHOES FOR NEW BASE FUNDRAISE

And, staying with Dartmoor Plymouth, six team members kicked off a major fundraising initiative for the team in April, with the Plymouth Half Marathon. Preparations the night before were less than perfect with the team called out to assist Tavistock after a member of a Ten Tors team in training sustained an ankle injury. But, blurry-eyed and undaunted, the six lined up on race day in perfect weather conditions for running. David Handley, Simon Applebee and Dan Case hit the course hard, achieving 1:33, 1:42 and 1:44 respectively, all personal best times. University lecturer Richard Yarwood achieved 1:58. Dave Northcott, a seasoned runner, demonstrated excellent team spirit to motivate Rob Heath around the course and both achieved 2:00. Rob has promised to train next year! And, whilst on the topic of running, the team would like to congratulate training officer Steve Rose for completing the London Marathon in 3:3.



Tony Jones centre, with (left to right) Huw Birrell, Dave Worrall, Bill Dean, John Hulse, Phil Benbow, Iain Ashcroft and Derek Roberts (HM Coastguard).

## DR ANTHONY JONES MBE RETIRES

Team members and emergency service personnel from across North Wales gathered in March to mark the retirement of a man who has spent many decades in mountaineering and mountain rescue.

## NORTH WALES

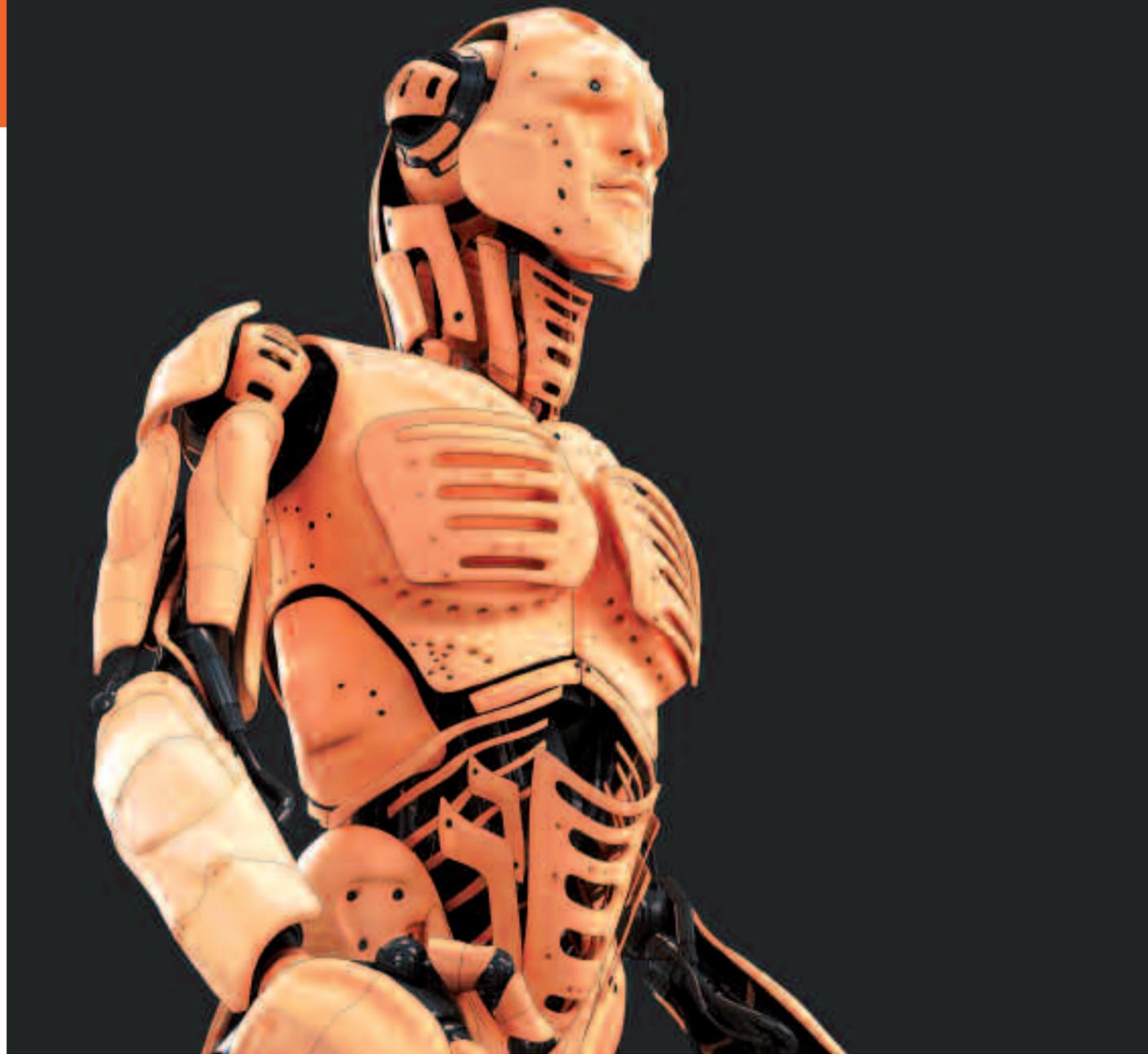
Tony Jones, whose first involvement in mountain rescue was in South Africa, in 1954, was retiring as chairman of North Wales MRA. Amongst many 'thank yous', from friends and colleagues, was a framed citation presented by Ian Shannon, Deputy Chief Constable of North Wales Police, in recognition of the immense amount of work Tony has done for mountain rescue.

Mr Shannon said, 'Tony is held in high regard. He has been a member of the UK SAR Operators Group, chairman of the Medical Group, secretary of the Inland Consultative Committee and chairman of the Communications Working Group and attended the Maritime and Aviation Consultative Committee, since 2000. 'No one else has given so much of their life and commitment to volunteering as a rescuer, a team leader and executive officer. It was with the utmost pleasure that I was able to personally thank Tony for his outstanding service.'

Over the years he has seen many changes, including an increase in people taking to the hills, and the equipment they use. Increased foot fall, coupled with an over-reliance on technology for navigation and communication, impacts on mountain rescue teams. 'Before mobile phones, if there was an accident someone would have to come down the mountain to get help. Mobiles speed up response, but they can also deter people using their own initiative to get down. We find that many young people rely on technology, without having the fundamental skills. The range of work has increased too.'

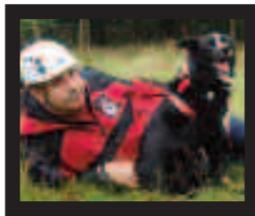
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Tony joined the Ogwen Valley team in 1964 and was made an Honorary Life Member in 1998. His remarkable mountaineering career has taken him all over the world, involved him in over 900 rescues, won him many accolades and made him the subject of BBC's 'This is Your Life' in 1993. Beside the UK, his search and rescue operations have been carried out in Western Cape, South Africa, Norway, Austria, New Mexico and Washington State. Yet Tony remains modest about his achievements. 'I've been involved in over 900 search and rescue operations, but I didn't do any of it alone. It is critical in these circumstances to work as part of the team,' he said.



Robotic man with human skin © Vladislav Ociacka, Dreamstime.com

## THE HUMAN BODY: A SCENT MACHINE



In the last issue, we looked at the dog's nose and how it works. The next step is to look at what the dog is sniffing to follow people, and the theories and ideas about what's going on! **Iain Nicholson** continues the series.

We all know people smell, in one way or another! Scent is a complex item, generally regarded as 'combinations of odours and smells that help characterise a particular individual'<sup>1</sup>. Many who have researched into the field of scent generally conclude that there is no clear differentiation between scent, smell and odour and, hence, the 'complex scent' idea is generally accepted.

### LAYING THE SCENT TRAIL

Human skin is typically around 9°C warmer than the surrounding air at room temperature. This causes a steady convection process from the body to the environment, so a steady current of air is formed around the human body. This current is

considered as being approximately half an inch thick, and travels up and over the body at a rate of 125 feet each minute, generating a free-convection boundary layer about the body and a thermal plume above it. The air in contact with the human body can never be stagnant, and is in a constant state of upward motion. This motion is such that every location on the body contributes chemical traces to the human thermal boundary layer. These chemical traces include hundreds of bio effluents and millions of skin flakes containing rafts, each raft being composed of one or more dead cells carrying circa four microbial bacteria. It's also believed that a minute vapour cloud, resulting from the bacteria acting upon the cells, surrounds each raft.

What is important is that all components of the raft are characteristic to a person. So we have the concept that human odour (scent) is produced through bacterial action on dead skin cells and secretions, with the movement of the warm air currents providing the vehicle for the emission of human odour to the environment.

We discussed the olfactory cells in the previous article, and we've mentioned skin rafts above. So if we bring these together we have a concept of particles invisible to the human eye that are deposited by a person, and subsequently detected by the cells within the olfactory membranes of the nose<sup>2</sup>.

### OUR FRIENDLY, AND NOT SO FRIENDLY INHABITANTS

One of the main theories of human scent concerns the way bacteria act upon skin rafts, in an environment created by skin secretions, amino acids and proteins, each with their own odours, and each contributing to a person's scent profile.

With trailing, we aim to use scent articles from the upper body, due to the high concentration of bacteria found there, and the fact that most bacteria distributed will be from that area — the body, the face, neck and axilla, has dense populations of the

bacteria we are looking to obtain for scent articles. As a guide to density counts of bacteria per square centimetre, the armpit (axilla) has 2.4 million, scalp 1.4 million, and the forehead around 200,000. The human body has a varied population as well.

Generally, it is accepted that a typical human has circa 370 bacteria present at any one time but, unsurprisingly, other visitors are there too! We have a number of resident bacteria, belonging to a group of five families, and other organisms present can include yeasts and the likes of the cold sore virus. Finally, we have those referred to as 'the frequent visitors' — mites, lice, fungi, ringworm, pathogenic yeasts, and a few unwelcome viruses such as the wart virus.

Researchers estimate that the human skin has a similar bacterial content to soil. The varying combinations of subspecies and population density, along with the interaction of these organisms with the by-products of the human body provide a level of bacterial individuality unique to each human being.

### CLOTHING

A body needs to dissipate heat and other by-products via the skin to survive. As long as this is occurring, we have a mechanism by which scent escapes into the environment. There are theories that loose-fitting clothes will allow more scent to escape, however, it's generally accepted that in warm environments, when body temperature is raised, a similar amount of scent may escape when lighter, less permeable, clothes are worn. Clothes may pick up toiletry odours and smells from the household environment and laundry products. Footwear has a number of inherent scents too such as leather, fabric, glue, polish and cleaners. With the huge number of possible permutations, measuring clothing odours is pretty well impossible. One experiment<sup>3</sup> found that the scent of a person's foot could be detected by a dog only eight minutes after a rubber boot was worn, so we can assume odour impregnation is reasonably rapid.

### TOILETRIES

The use of anti-perspirants, soaps, shampoos, creams, perfumes and colognes is part of the civilised world. These all affect the skin in one way or another and, hence, have an effect on the scent deposited.

With most soaps and shampoos, the alkalinity of the skin is increased, however, it is generally recognised that the skin's response may well include an increase in microbial activity to repopulate the bacterial colony following washing.

### DIET

It's not surprising that what we eat will affect our scent and body odour. The foods we eat, the body's metabolism, and the volume we eat are all individually different. Whilst the effect on our scent may be unnoticeable much of the time, even the human nose can detect foods eaten on a regular basis. Garlic, fish and foods high in vitamin B are generally regarded as items which have characteristic odours given off in body secretions and are, therefore, carried with our scent.

### GENETICS AND PHEROMONES

This is an area of information that has expanded vastly in recent time continues to move at a fast pace.

It's accepted that we all inherit genetic factors from parents. These have an effect on the body in relation to hormones, physiology, and racial differences in sweat glands and secretions. Obviously this role in the functioning of the human body has a great affect on a number of factors that contribute to scent; the distribution of sweat glands, a person's respiratory rate, the circumstances in which we respond with nervous perspiration and, of course, pheromones.

Pheromones, in the context we are considering, were best defined in work done in the 1950s by FEMA<sup>4</sup> as 'substances released into the environment by an animal, which are then subsequently received by other animals.'

Pheromones, as per the other scent constituents we discuss, are inhaled through the vomeronasal organ and into the olfactory cells. The 'information', however, is passed to the hypothalamus, triggering emotions, which drive behaviours in animals and humans.

Speak to most dog handlers and they will tell you that their dogs can detect fear in people, and generally will thrive on it, which can be helpful in looking for a missing or injured person. If we look at the prey drive and hunting nature of a dog, it will naturally follow and show interest in an injured animal, and many believe this is due to the pheromones produced through fear and anxiety. Likewise, I've seen a dog's behaviour change to people who are afraid of them, and have approached them for some reason.

In summary, scent is a complex beast. We as humans have a scent that is constructed and controlled by a number of factors: genetics, diet, pheromones and emotions, metabolism, diet, exposure to environments and, of course, the bacterial flora feeding on our by-products.

Whilst it is generally accepted that there is a 'base' odour for humans, the scent we produce is very individual due to these complex interactions, so we have millions of variations of human scent.

NSARDA's scent-specific trailing dogs are taught to discriminate the scent of the person we wish the dog to follow from all others present. I always think this is an amazing feat for a dog to perform, but it demonstrates the capability, power and usefulness of a trained canine nose in a search environment.

### REFERENCES

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# dogs



## GUT INSTINCT IN HUMANS: IT'S NOT ALWAYS RIGHT...

MICK GUY LAKE DISTRICT  
MOUNTAIN RESCUE SEARCH DOGS

Tuesday nights are training nights for the north Lakes search dogs training group in Whinlatter. For some reason or other, they are also often call-out nights. In fact, at one point last year we had searches on four successive Tuesday nights.

So I'm sort of prepared for the pager or phone to erupt into life at the precise moment I'm briefing the dogsbodies as to where they need to be, how they are to react to different dogs, and so on. Then there is a sort of breathless pause whilst we try to find whether this is the real deal and whether we need to retrieve everyone from the hill or forest. This one was a real one.

The police had been informed that a car had been parked in the same location for ten days, next to the Thirlmere reservoir. The owner had been reported as missing from home, possibly vulnerable. Would we like to go and search the area for about 400m round the car, just to allay their concerns? (Nice touch that... 'would we like?' Which sort of assumes that this is just the sort of job one would like, as an enthusiastic MR sort of person.)

Okay, we were willing — not happy, you understand — but willing to go and search a few hectares of Thirlmere forest which houses some of the biggest bloodsucking midges known to man. At this point, my gut instinct was that we might be looking for a deceased, given the length of time the vehicle had been there and the scenario mapped out by the police.

So our four Lakes search dogs pitched up at Dob Gill car park to be briefed by the local sergeant. Conventional wisdom surrounding those who might self harm, seems to suggest that they are often found in woods or near water, and within about 300 metres from their car. Now some of the information supplied was at odds with what I knew — for a start, the car had not been parked there on the previous Thursday, when I had parked there myself to go and check out some land above the forest for training. A different car had been close by, but not the vehicle

in question. The police were interested in that, but requested we carry on with the plan.

We divided the patch up and I suggested that, if I were going out with self-harm in mind, I'd have walked up the path to Harrop Tarn, or even out on to the fell, where the spectacular view might have made me change my mind. So Ginny (pictured) and I got the job of checking out Dob Gill and the path, and having a look round Harrop Tarn. All went well, until we broke out of the forest near the tarn about 25 minutes later. Ginny suddenly took off towards the forest edge and the deer gate which leads out on to Birk Rigg. She actually yipped as I got there, to encourage me to get the gate open quick. Off she went again and was out of sight in seconds — obviously a 'strike' of some sort. I kept going uphill, and within a minute she was back, barking furiously, before shooting through a gap in the sheep wall and heading back uphill.

As I looked up to where she was going, I could see a body lying against the foot of a large boulder. The dog arrived at it, and proceeded to bark continuously. There was no movement from the figure and, as I updated the team that I had a find, I could see that the eyes were open. There was still no response to Ginny's raucous bark, and mentally I prepared myself to check whether there were any signs of life. The gut instinct seemed to have been justified.

Then, as I got to within two metres, he abruptly sat up. Now I was checking myself for signs of life, because I had been absolutely certain he was dead! How could he not react to the racket set up by the dog? Once I recovered my composure, and made sure I still had a pulse, I asked the usual questions, and his story was revealed. When I relayed the

result down the hill, I could hear the incredulity in the coordinator's voice. He too had been certain from my initial message that the misper was deceased.

As it was, he had had bad sunburn, possible heatstroke, and was obviously not in a good place emotionally. We filled him with fluids, and assisted him down to the tarn, where we got a Land Rover up the track. It took him down to the police, from which point he became their responsibility. It turned out later that he'd been bivvying in a clearing in the forest, and that the car had been moved a number of times, but always in the same general area. He had no hat or sunscreen, and had been out on the surrounding fells in the baking heat for most of the ten days.

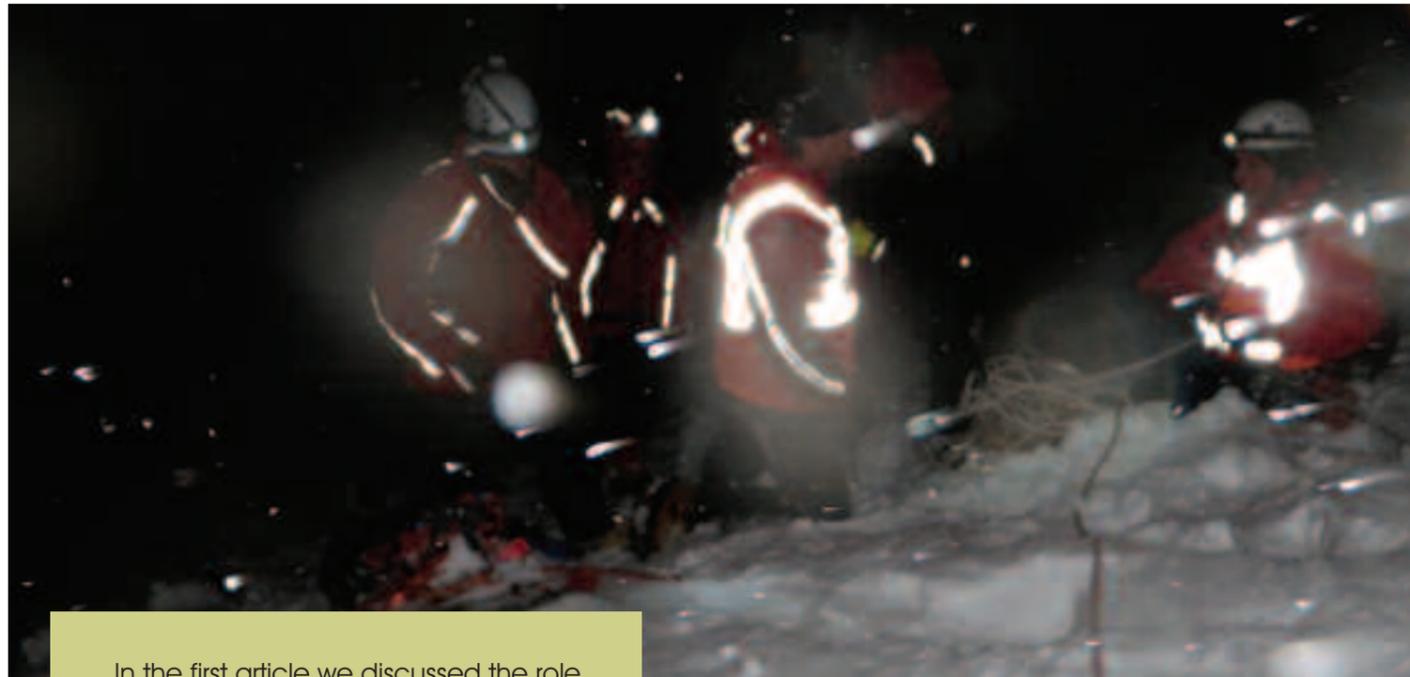
Searches, I feel, bring out the best and worst in rescuers — 'best' as in events like the search for April Jones, where many selfless individuals put in hours of time, scouring acres of countryside in an effort to bring comfort to the family, and 'worst' where you go out, not being quite sure whether the misper is there at all, or is anywhere near where you are likely to be searching... and hence lose some of the edge which a definite search brings.

Every year, we get a number of searches like this one. However much you go out with a positive approach, and hope for a good outcome, it is very easy to convince yourself three hours in, as you fight your way through the brashings, or grind your way up the fell in the inevitable drizzle, that this misper is possibly dead before you even started, or has left their car and disappeared elsewhere.

Fortunately, my dog doesn't have the same gut instinct — in fact, her gut instinct is that if she works long enough, she gets to play with the squeaky tennis ball. She doesn't make value judgements about what is worthwhile, just what will get her what she wants.

And her gut instinct is always right — just as mine is nearly always wrong. ■

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 WHOA



A difficult lower © Ogwen Valley MRC

In the first article we discussed the role of communications and briefing in particular, and how it can impact a high risk rescue or activity. If we have a common understanding of the language being used and can get a widely understood perception of what is going to happen, then there is a better chance things will operate as we expect.

This article looks at other factors we are likely to experience and examines the impact they have on the safe running of a rescue. Although the focus is on rope rescue it can be applied to a number of other domains such as water rescue, or even just driving to an incident.

## WHERE ELSE CAN IT GO WRONG?

Language and brief is only part of the solution and, as Flin et al (2008) highlighted, there are a number of other factors that all pressurise us to make operations less safe:—

- Briefing
- Fitness for work
- Minimising distractions
- Focus on critical phases
- Updating team members
- Monitoring
- Speaking up
- Management of time pressures.

## FITNESS FOR WORK

In a technical rope rescue environment, things can get difficult in a number of ways that make us feel uncomfortable. These could be our own personal skills being challenged, the feeling associated with the lack of

practice with the technical skills being asked of us, or the situation requiring us to use well-practised skills in an unusual manner (amongst many other things).

If we become uncomfortable in the environment, we tend to focus on being safe for ourselves (assuming we recognise the hazards and risks). Even experienced team members will check equipment multiple times before committing to systems on big crags and faces. How many times have you checked your own harness before stepping off (and you know you did put it on right!)? And the number of checks seem to increase with increasing exposure!

If things go beyond the normal for our training it can add additional pressures. Operating at night makes it much more difficult to gain that overall view of what is happening. Even identifying a route down to a casualty becomes more difficult.



## STOP! DO IT RIGHT ONCE!

AL READ MREW TRAINING OFFICER

If it's snowing heavily, we may struggle with things such as operating a lowering device because the rope is covered in icy layers, or perhaps we are wearing gloves or have cold hands.

Putting these two conditions together will compound these challenges and make it significantly more difficult to operate effectively. Safety could be compromised.

Underpinning our 'fitness for work' is training. When we start training we often have to learn the mechanics of a system, for example, how to use a lowering device or the way in which the stretcher is tied in to the rescue systems. As our knowledge increases and becomes embedded, we move on to applying it in increasingly complex situations so, when we have an incident, we are usually comfortable ie. we have reached a 'fitness standard' for the rescue work we are being expected to do.

The more complex or difficult environments we train in will usually be turned into a reserve of capacity

technical rescue and we are better able to deal with particular challenges of any one incident.

## DISTRACTIONS... ...DISTRACTIONS... DISTRACTIONS...

We are increasingly aware that distractions contribute to the causes of accidents. It is even recognised in law — if you use your mobile phone for making and taking calls when you are driving, then you are more likely to have an accident. If you get caught using a non-hands-free phone, you may receive penalty points and a fine.

In the rope rescue environment, we are also subject to a range of distractions. Having a badly injured casualty making a lot of noise, team members busy chatting away on the radio about other aspects of the incident, having a lot of people come up to you to ask for advice can all be a distraction from the job in hand.

Other distractions may be less obvious — out of breath and feeling

without a full check and leave behind the radio need to communicate because people are not focused on the particular requirements.

It is interesting to compare the time it takes for a small team of two or three people to build an anchor system and then do the same with a team that is double or three times the size (six to nine people). Usually the larger team is slower and less efficient and they experience numerous distractions that occur within the team.

Removing the distractions or managing them away from key periods of the incident can mean we operate with a high level of safety. The pre-operational brief is one area that should have minimal distractions for all involved as it will set the tone for the incident.

## FOCUS!

If our understanding of the process and systems used in rope rescue is good, we can help to minimise the impact of distractions and make the whole rescue safer. Some critical areas that often need focus include:—

- Initial set up and access (time pressure to get there).
- Pre-operational brief (ensure that everyone understands the job and their role).
- System checks before loading the system (is it all built right and can operate as expected).
- Approaching the edge and edge transition (change of system orientations with highest load potential).

However, we also need to be aware of how hazards change as a rescue proceeds and focus on managing them before they can cause harm.

As an example, on long lowers the stretch in the rope system increasingly becomes a hazard to the rescuer. They tend to bounce more and are

subject to greater pendulum effects. If the rope system is not being managed effectively they could also be subject to significant stopping distances in the event of a load rope failing. Even ledges become more of a problem as the temporary unloading of the system to move the stretch to the next edge can lead to longer than expected drops as the system takes up the strain again.

However, we must remember that the incident is not over until we are all back and the equipment put away for the next job. Many accidents, incidents and issues occur when we are tired and have let our guard down and the same is true for rope rescue. Recovering equipment and ropes can be difficult especially when the stretcher party has moved away and the focus changes from the technical aspects to being with the casualty.

## SO WHAT!

With technical rescue there is often pressure applied to us from a number of different areas. A good briefing and having an understanding of what we need to do will all help. Avoiding and minimising distractions will focus the team on the job in hand and help to develop an approach that will detect when a person is experiencing a problem — early.

If we can stop problems developing we may make rescue safer for all involved, not least the team members who are most exposed to hazards.

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# A DIFFERENT ACCENT ON WINTER SKILLS TRAINING



## GRANT WHITESIDE PARAMEDIC BERGWACHT BLAUTAL & EDALE MRT

For four of the past five winters, as members of Bergwacht Blautal, a small mountain rescue team in southern Germany, my wife Sigi and I have been fortunate to be able to attend their annual winter skills training course in Kühtai. A small ski resort, but one of the highest in the Alps at 2020m above sea level, Kühtai nestles in a high valley 35km to the south west of Innsbruck in the Sellrain Alps of western Austria.

'Injured skier' scenario in deteriorating weather conditions (2013) © Grant Whiteside.

allow. New team members are encouraged to attend, even if the alpine winter environment is new to them, and guests are also made welcome. Indeed, in 2010, we were joined by Dr Kat Rivett from Woodhead MRT.

The course content varies slightly each year, depending on the training needs of the attendees, and priority is usually given to the needs of any members who are preparing to take the Bergwacht winter rescue exam.

Usually on the first day, once the logistics are taken care of, the remaining daylight is used for a short 'familiarisation tour' of the surrounding area for the benefit of those new to the area. Snow conditions at that time of year require the use of snow-shoes or touring skis in order to venture even a few feet off the beaten track — as I had learned on my first visit, when I politely stepped off the path to let someone past with a load, only to disappear into over 6 feet of the white stuff, much to the amusement of other team members who managed to control their laughter for the ten minutes it took to extract me unceremoniously from the snow!

As daylight starts to fade, thoughts usually turn to the construction of the 'snow-bar' to facilitate the drinking of ice-cold schnapps under the stars for the rest of the stay. Sorry, did I mention we are actually there for training?

Attendees consist of a core of team members that attend almost every year who are responsible for the majority of the organisation, planning and logistics, with others joining as and when work/family commitments

Each spring the Blautalers migrate south from Blaubeuren, in the Schwäbisch Alb, to Kühtai, in order to hone their winter mountain, skiing and rescue skills in terrain and conditions not found in Blaubeuren. Or Edele.

The course is based at the Mittergrat huts, just to the west of Kühtai village. Situated in an elevated position at the mouth of a hanging valley, high above the main valley, Mittergrat is a 25 minute walk in from the road up a steep zig-zag path through coniferous woodland. This means that all

equipment and supplies, including fire blocks, must either be carried, or taken up via the small cargo lift — no mean feat in itself, especially when you consider the amount of not only food, but also beer needed to sustain twenty Bergretters with no car keys! A significant part of the first day is devoted to logistics which certainly acts as an icebreaker for first time visitors, and led to the development of 'beer sledging' in order to liven up the proceedings!

Mittergrat consists of three different

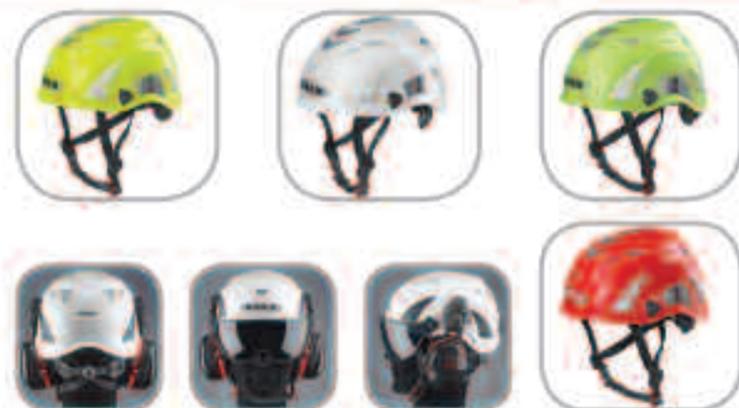
sized accommodation huts, and the all-important upper station for the cargo lift, nestling within a clearing surrounded by mature woodland. The clearing commands fantastic views of the surrounding mountains, and along the valley to Kühtai village and ski area. The Blautalers usually occupy the medium sized hut which consists of a decent sized living/dining area with adjoining kitchen, bunk accommodation for twenty in four rooms, a wash room, toilets and showers. The hut is solely heated by a modern (computer controlled!) wood-burning stove which requires a continuous diet of fire blocks, made from compressed wood, in order to maintain comfortable living in the midst of the alpine winter.

Course attendees are sustained by a substantial diet of Bergsteigeressen (hearty mountain food), a combined effort with preparation and cooking, both on site and pre-prepared, by team members.

Attendees consist of a core of team members that attend almost every year who are responsible for the majority of the organisation, planning and logistics, with others joining as and when work/family commitments



Two of the Mittergrat huts (as seen from the third) and nearby peaks © Grant Whiteside.



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Left: Ralf Schilling demonstrates Rutsch-block testing (2009) © Sigi Whiteside. Below: Ralf Schilling and Grant transceiver searching simulated avalanche area (2009) © Sigi Whiteside.



Below left: Wolfgang Pfetsch and Tom Winkhart evacuate the 'patient' in whiteout conditions (2013) © Grant Whiteside.



evacuate injured skiers in alpine regions.

Sometimes, if there is a surplus of energy, the snow bar construction triggers the building of snowholes, an igloo or various other shelters, with hardy people forgoing the comfort of the hut to prove that their construction is fully functional.

The socialising is an important part of the course and, as you know, a team environment can construct and reinforce bonds between members that prove invaluable during rescue operations. This 'team building' is something the Blautalers invest a lot of time and energy in. This 'work hard, play hard' mix of training and socialising delivers a course which is both demanding and enjoyable, educational and fun. Hopefully work commitments will allow us to attend again soon!

You can keep track of the happenings in Blautal at bergwacht-blautal.de. ■

Core subjects of the course include avalanche risk assessments and snow-pack testing, including the use of snow profile trenches, Rutsch-blocks, avalanche search and rescue using both transceivers and manual probe search techniques and, of course, appropriate treatment of any recovered casualties.

Practical trauma/medical and navigation workshops can be incorporated into the daytime programme when required. Casualty management scenarios can be slotted into most aspects of the course, which is especially relevant (and fun) when training to use the Akja, a two-skier-operated stretcher commonly used to

Weather permitting, mountain tours either on touring skis or, for the non-skiers, snowshoes are incorporated, with the focus on the development of personal winter mountaineering skills such as navigation, route selection and movement over varying terrain. In addition, the skiers of the piste persuasion usually find the time to sample the delights of the 44km of prepared surface Kühltal has to offer.

Other subjects/sessions can be added into the course depending on attendees' requirements. These may include evening training/workshop sessions which can be delivered to provide an introduction to, or revision of, a wide range of subjects such as avalanche or navigation theory, casualty assessment and management, splinting and packaging etc.



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# A small revolution takes place: a leadership course

“Great material and personal knowledge... Very well communicated, well paced at right level and informative. ...very thought provoking.”

The expectations of the participants, brought out in our first discussions, were very interesting. Two main themes were inter-agency working and different styles of leadership. There are very few places where leaders of several emergency services can discuss these important topics together. We are proud and happy we are clearly achieving our aim, to provide such a space in Ireland and now abroad. Guest speaker, Colin Murray of Howth Coast Guard unit, spoke with honesty and candour of the task of leading a volunteer unit and the leader's need to show commitment to their team, to put all into the advancement of their team. He saw leadership in articulating high standards and norms such as the need to make exercises realistic so that accidents are like exercises. It was striking how many times he used the phrase 'the job', showing a professional commitment to it and its ethos, while still being a volunteer. His clarity and task orientation were a perfect starting point for the course's exploration of the balance between task, process and relationships.

Evaluation and self-knowledge are two of the themes running through the course and this year benefited from the course team applying them to ourselves. We looked at the course syllabus critically and dropped one module, but kept core modules such as leadership values and team culture as well as our group discussions, trademark scenarios and practical psychology from Transactional Analysis. We made clearer our use

of the Leadership Triangle and heightened the focus on Task, added a focus on inter-unit relationships and demonstrated the process of group coaching. We added more demonstrations of the Drama Triangle and other models and further emphasised the role of the fundamental agreement between a volunteer and their unit. Positive feedback, together with the results of the survey which we did late last year (where 60% of responding participants noted they had made changes to their leadership style/methods since the course), have confirmed for us that we have a valuable and valid concept and product. We are using a life/business coaching ethos as the foundation for a course incorporating short formal teaching, lots of group discussions and some mild acting in scenarios based on the concepts.

Alongside providing a space for leaders and future leaders to have discussions, our aims include to 'provide senior emergency service

“...the 'Rescuer-Victim-Persecutor' triangle makes a lot of sense... 'Parent-Adult-Child' very effective... never done that before.”

and community leaders with appropriate leadership knowledge, skills and self-awareness'.

Fundamentally, however, this course is about change, about showing leaders how they might

In April, Mountain Rescue Ireland's Emergency Services Leadership Course took place for the fifth time. Once again a very experienced group of participants, from the Coast Guard, Order of Malta Ambulance Corps, Civil Defence, Mountain Rescue and An Garda Síochána attended and found the course rewarding. **Pat Holland** explains the aims of the course and how it works.



Participants of the MRI Leadership Course 2013

change, about us showing how relationships between services might change, by bringing people together in a neutral space and presenting them with information and powerful questions. In a small but vital sense the course is revolutionary. It not only challenges the usual evaluative method of training but consciously brings people together outside the vertical silos of our state and volunteer apparatus. It challenges them to consider what kind of leaders they want to be in the company of others from different services but with the same questions. Can we be better leaders and create better organisations? Does bringing a better service to the casualty require thinking outside the established norms?

This sense of deeper questioning surfaced in the group coaching session this year, where issues concerned with better inter-agency working, governance and the structures of voluntary bodies as well as the need for more inter-

“...Although role play was at first daunting, it was a great teaching experience which incorporated a real sense of involvement, some of the questions and scenarios very relevant...”

“...the Task Process Relationship division all excellent... makes you think...”

participants have to go back and work with their existing structures in a realistic and positive way.

As always, participants were generous with their feedback. Our own 'lessons learned' meeting was particularly rich this year and we will work to further improve the course. We will provide more time to groups to feed back at the end of their sessions, especially with regard to their discussions around their chosen 'hero' and his or her attributes, values etc. This seems to have struck a real chord for this year's attendees and they clearly wanted more time to discuss it. The time available in a weekend is limited, however, and we may have

to extend it to a third day. We've also committed to try to further improve our material and publicity as well as setting out a course team CPD list of training topics for ourselves.

The course team would like to thank the participants, their agencies, our own teams and Mountain Rescue Ireland. We also want to gratefully acknowledge the South Eastern Regional Working Group of the Major Emergency Management process for its financial support towards the holding of the course in the Horse and Jockey, Co. Tipperary.

## RESPONSE FROM A PARTICIPANT

*'A month later, I find myself reflecting on the course. It struck me that, while there was plenty of relevant and interesting theory involved and some very practical exercises, the real value was in the actions and behaviours we carried away with us. The leadership spotlight enabled us to look inside ourselves and examine how our leadership skills and behaviour can influence situations and people around us.'*

*'Equally it gave an insight into how we are often impacted by what and who is around us. Leadership is essentially about understanding people and their behaviour and choosing our own behaviour accordingly to motivate and lead with a mutually beneficial outcome. Leadership requirements vary from person to person and situation to situation and, therefore, so does leadership. Where better to start this process of examining leadership than with yourself, and that is what the Leadership for Voluntary Emergency Services course does. It's a modern look at leadership, exploring the key elements of leadership in the voluntary sector in a way that brings the learning to life.'*

*'It's a positive opportunity to develop friendships in fellow organisations, fostering a sense of shared experiences and challenges, and a very worthwhile personal development experience. It is certainly a learning experience that makes an impact long after the final session has ended. Thank you Mountain Rescue Ireland for being real leaders and sharing your professionalism.'*

*Asst Comdr Brian Coote. Asst National Director. Training & Development. Order of Malta Ambulance Corps.*

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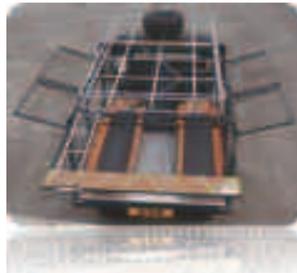
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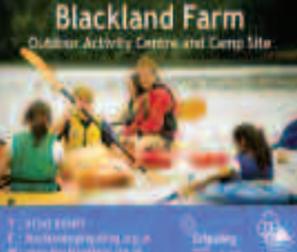


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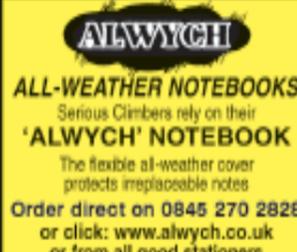
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# life online

Our social media presence continues to grow apace, thanks in no small measure to the newly titled Social Media Editor!



Neil Hayter (pictured above, on the left, with Stuart Maconie) has been doing some sterling work helping to build our Facebook and Twitter profiles over the last few months, so it seemed only right he take on the role a bit more official, like. He now has an email address and everything! But who the devil is he?

A member of Edale MRT since 2001, he's been their fundraising director for five years and is currently vice chairman. He is also a member of Edale's water rescue section and a blue light driver for the team. Oh, and he look after the team's social media. Which is sort of where he came in nationally, having gamely volunteered to 'help out' with the MREW Facebook page whilst basking in the Leeds sunshine at last year's conference. And now he has a title, we rather hope he'll be

'helping out' for some time into the future! You can now email Neil via [socialmedia@mountain.rescue.org.uk](mailto:socialmedia@mountain.rescue.org.uk).

So, what's been happening on Facebook? Well, at the time of writing, we were up to 5381 likes. The last few weeks have seen a couple of competitions — details of the winners and a thank you to those who contributed the prizes can be found on page 55. We've several more stunning prizes waiting to go, so keep watching for news of further draws.

Speaking of prizes, the gong for the strangest story of the last quarter — which had everyone reaching for their calendar to check the date — had to be the octopus found next to Scafell Pike's trig pillar in June (when everyone knows they only swim up there in the winter months). A team of volunteers on a litter pick organised by mountain leader Dave Ascoug came across the creature amongst the usual collection of cans, bottles and banana skins. No explanation has been offered as to how or why the octopus came to be there — an exotic Three Peaker lunch maybe? **JW**



Image © Dave Ascoug

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Twitter: @mountrescueuk

**NEW TO THE MEMBERS AREA:**  
MINUTES FROM THE MANAGEMENT MEETINGS, FROM JANUARY 2011 TO DATE

Great to see these minutes uploaded. 'Off the Record' will, however, continue to appear from time to time, for a more personal take on proceedings from magazine editor Judy Whiteside.

**DOCUMENTATION AND APPLICATIONS FOR DRIVING EXEMPTIONS UNDER SECTION 19**

The culmination of weeks of work. Thanks should go to MREW Vehicles Officer Daryl Garfield for the many litres of midnight oil burned on this one.

**AMBULANCE GRANT APPLICATION GUIDELINES**

Uploaded in June the guidelines explain the background to this tranche of money (granted to MREW towards items of medical equipment and equipment specifically used for the extraction of a casualty) and the process for teams to apply.

## LUNA THE GLOW WORM HITS THE LAKELAND TALE TRAIL



Patterdale team member Anja Phoenix recently launched the eighth in her Tale Trails, aimed at getting kids interested in the countryside around them.

'Luna the Glow Worm of Coppermines Valley' is based around the Coniston area — Anja's first tale for the South Lakes — and it also features a mountain rescue slant, with a mention for the



Coniston team. Tale Trails are one to two-hour family walks, based around a fun story and a hand-drawn map so the kids can follow their own colourful map and use the story to spot things and search for clues along the trail. Each Tale Trail has a map on one side with a fun story on the other, with links to features on the map.

For the adults, they also contain helpful information such as directions and parking, the best time to visit, an overview of the walk, the terrain, route length and height gained, and the wildlife. They're laminated too so you can use them in the rain. Find out more about Tale Trails from [taletails.co.uk](http://taletails.co.uk) or look out for them in the local shops.

## MOUNTAIN RESCUE ON THE DISCOVERY CHANNEL

No strangers to the spotlight, the Chamonix PGHM are about to take centre stage again with a film for the Discovery Channel.

Last year, the team was the subject of two documentaries by France 3, following the team's rescue efforts through the winter and summer, including footage of the Mont Maudit avalanche which claimed the lives of Roger Payne and two BMC climbers. Filming will begin in January and the six one-hour TV shows are expected to air on June 2014.

## EIGHTY YEARS OLD AND ON TOP OF THE WORLD

Anyone who worries about what might be an appropriate age to retire from an active mountain life should take inspiration from the achievements of 80-year-old Japanese extreme skier Yuichiro Miura, who summited Everest in May — with his 81-year-old Nepalese rival snapping at his heels!

In the event, Min Bahadur Sherchan had to turn back due to worsening weather. It wasn't the first time the pair have battled their way to the title of oldest summiteer — Sherchan pipped Miura to the top just five years ago. And, as if climbing Everest twice (first time aged 75, second at 80) wasn't achievement enough, Miura was doing it against even greater odds, having undergone heart surgery in January for an irregular heartbeat — his fourth heart operation since 2007. And he'd fractured his pelvis and left thigh bone in a skiing accident in 2009! Miura, however, is no stranger to the daredevil pursuit. He skied down Everest's South Col in 1970, using a parachute to brake his descent (the feat was captured in an Oscar-winning documentary film, 'The Man Who Skied Down Everest') and, in 1964, he briefly set a world speed skiing record in the Italian Alps, reaching 172 kilometres per hour. He also skied down Mount Fuji using parachutes. So... no more age-related excuses now then...

## BEWARE OF THE COW!

The Ramblers advised walkers to take care around livestock, when a dog was killed and its owner injured after they were attacked by cattle in the Yorkshire Dales in June.

The advice was aimed particularly at walkers with dogs. 'If you feel threatened by animals protecting their territory or young, don't run, move to the edge of the field and, if possible, find another way round,' said the NFU's Charles Sercombe. 'Most cattle will stop before they reach you. If they follow, just walk on quietly. And don't hang onto your dog. Let it go as the cattle will chase the dog rather than you.'

# FROM WASDALE TO MACCHU PINCHU, LEZA AND JOHN'S LONG AWAITED ADVENTURE FOR MOUNTAIN RESCUE: THE INCA TRAIL



## LEZA MALONEY

Having never walked further than the end of the road, and between us carrying far too much weight, it was time to make a few life changes! So, five years ago, we decided to take up fell walking. It started with a book I picked up from Windermere, with walks no longer than five miles, flat and with a pub half way round. Perfect!

It only took a couple of walks before we looked up at the mountains and decided we needed to be up there. So we bought a set of Wainwright books and a few OS maps and set off, one mountain at a time. It wasn't long before we took on another challenge — to complete all 214 Wainwrights — and it was while we were conquering a few of the biggest mountains, that we fell in love with Wasdale.

We'd heard about the work of Wasdale MRT, and set about devising an appropriate challenge to raise funds for the team. We settled on a target of £500, the amount it costs to

clothe a team member for two years. But what to do?

The answer came with a TV programme about Machu Picchu, one of the Seven Wonders of the world. I turned to John and said quite simply, 'I want to go there but not by train.' I wanted to trek up to 13,776 feet at the highest point (Dead Woman's Pass). My only concern was how I'd cope with the altitude. Well if we didn't go we'd never know so, 24 hours later, it was booked.

The night before the trek, we returned from a pre-trek meeting with our head guide Ivan, each with a little

blue duffle bag we could fill to the weight of 5kg. This was to contain all our clothing, sleeping bags and personal items for four days. With no wash facilities, all we needed was the minimum clothes and the wet wipes!

## DAY ONE: KM82 TO HUAYLLABAMBA

The ramshackle minibus, roof loaded sky-high, collected us. Our companions for the next four days were a couple from New Zealand, a couple from London and a family from the US with their two daughters. Then it was a good three hours to Km82 to

meet our porters, have our documents checked and passports stamped, and then walk across the suspension bridge over the vast Urubamba River.

Our porters set off ahead of us, loaded up with packs, gas bottles, tents, food — some of the packs looked as tall as them, and they were actually running off into the distance wearing sandals!

Once over the bridge, we were officially on the dusty trail at 8,528 feet. The heat was already unbearable and it was clear this wasn't going to be as easy a first day as we'd hoped. We followed Urubamba for a while, slowly gaining height. The views and the roar of the river were amazing. Ivan kept telling us to go 'slowly, slowly, slowly' and it was clear, with the heat and altitude, we weren't able to do anything else. I'd wrongly thought that being up in the big mountains in the Lake District every weekend would be enough. How wrong I was!

After a couple of hours, we reached the first archaeological site at

Llaqtapata. The porters clapped our arrival and gave us each a cool drink and bowl of warm water to freshen up. Forty minutes later, we were off again to our first night camp. Apparently, we were on the 'Peruvian flats' — something of a joke for the rest of the trip as flat it certainly wasn't! Starting to ascend again, it was clear I was struggling with the altitude. Every step was painful on my chest. Ivan insisted on taking my pack. What on earth had I let myself in for?

We descended downhill, then across a river before another steep climb up. A fantastic vantage point greeted us with views over the valley to the ruins and many terraces of Patallaqta Qentimark. Just amazing! How on earth did the Incas build such beautiful temples and forts in such hard to reach places? A brief rest and water stop then we were off again reaching our overnight stop at 10,137 feet, some two hours later.

It's surprising just how good a wet wipe session at the end of every day can feel! After another delicious meal,

and not quite believing we'd all survived our first day after seeing some very fit people turn back with altitude sickness, we were tucked up and drifting off to sleep by 8.00pm, to the sound of the Urubamba and the harmony of millions of frogs.

## DAY 2: HUAYLLABAMBA TO PACAYMAYO

Coca tea, another bowl of warm water and a hearty breakfast later and we were on our way at 7.00am for Warmiwanusca, the highest pass on the trek, Dead Woman's Pass, at 13,776 feet.

It seemed a million miles away and the heat was unbearable even though most of the first section was under the shelter of trees, glimpses of the Andes jungle peeking through. A wonderful lunch greeted us — though we all struggled to eat it — then we were on our way again. We could see the top of the pass — so high and so far away. Our ascent, cutting its way up the mountain, was going to be long, hot and hard with no shade at all. Then, as if by divine intervention, a cloud came over, putting us in the shade for two hours — just enough time to get to the top.

The higher we climbed, the bigger the Inca steps and the more effort required. I kept wondering how tall were these Incas, to have managed all these big steps, or did they make them this way to keep people away?

Slowly, slowly, slowly... if I'd gone any slower, I'd have gone backwards! And still I wondered what I was doing, taking on this challenge and in so much pain with every breath but, taking in one of my many 'view stops', I knew it wasn't just for me but for a worthwhile charity, so best just get one foot in front of the other and do it!

Finally the summit was in sight. John went on ahead to video my final few steps. The nearer I got, the more everyone cheered and clapped, but his was the only voice I really heard — he was clearly so pleased for me making the hardest and most painful experience of my life to date. I was too overwhelmed to speak! The sense of achievement was like nothing I've ever experienced.

We descended steeply down thousands of Inca steps — with no chest pain or breathlessness. Every so often I'd look back to my nemesis, Dead Woman's Pass. Finally, after eight hours, we arrived at Paqaymayu at 11,480 feet, our highest camp.

## DAY 3: PACAYMAYO TO WINAYWAYNA

This was our longest day, off at 7.00am to Runcuracay at 13,800 feet. Another very hot day with lots of Inca steps and amazing views. A few hours of rugged steep terrain, we came to a brief rest at the ruins of a temple before descending steeply for two hours to the magnificent ruins of Sayacmarca. We'd plenty of time to explore before a trek along the original stone path of the Incas, through the semi-tropical cloud forest to Phuyupatamarca, the third pass at 13,600 feet. It was like something out of a film, with huge jungle plants and long vines dropping from the trees down into the jungle wilderness hundreds of feet below. You wouldn't want to stray off the trail here as it was a long way down before you'd hit the bottom. For me this was probably the best part of the trek so far.

From Phuyupatamarca, our trip took us on a very long steep descent to our third camp at Winaywayna. The abilities of our group were showing now. John and I were flying on the descents — many weeks of carefully picking our Lake District walks with as many step-type situations as we could find had certainly paid off! After a very long day we arrived at 8,829 feet at 5.30pm and it was great to take the boots off!

This was the most beautiful place by far. An hour later, the final four arrived with Ivan — who always stayed with the last members of the group. After the longed-for wet wipe wash, we had a few more steps to climb to the meal tent and a surprise 50th birthday cake the chef had prepared for one of the group — a very special treat for us all.

In fact, all the staff and porters were amazing. They work so hard, never complain, and always so friendly and willing to help. This was the last time we'd really see them as we had to be up at 3.00am next morning. Turning in for our last overnight camp I felt a mixture of emotions — sad that our trip was coming to an end but elated we'd almost reached our goal.

## DAY 4: WINAYWAYNA TO MACHU PICCHU TO CUSCO

We were up and wide awake by 3.30am but Ivan decided we'd delay leaving for the Sun Gate checkpoint until 4.30am, by which time the queue should have dispersed. Then, finally, we were off into the darkness,

listening to all the animal sounds in the cloud forest, carefully making our way up towards Intipunku. Two hours later, after a bit more 'Peruvian flat', we were at the Sun Gate. Walking through was a dream come true. I'd tried to imagine myself there many times but never really believed I'd be standing there with Machu Picchu below.

Machu Picchu was shrouded in mist with just the tip of the peak of Wayna Picchu peeking out, Ivan assured us the mist would lift and we'd get that magnificent view we'd all worked so hard to see and he was right. An hour later, the magical lost city of the Incas, Machu Picchu, appeared out of the mist. Words cannot describe it, truly one of the most magnificent wonders of the world. And then the mist was back, so off we set downhill.

Ivan gave us such an informative tour of the lost city, we were mesmerised by his knowledge and detail. A truly wonderful guide, he's been guiding for 32 years, leading four treks a month. It was evident he'd not lost his passion for the Incas and all they'd achieved.

What an amazing end to an amazing trip! We'd miss the shout of 'Porters!' as another porter came running by in his sandals, with his 25kg load. We'd miss dodging the odd llama. And we'd definitely miss our guides, the views, our new friends and, most of all, the whole experience.

We're both so glad we chose this challenge. It was undoubtedly the hardest thing we've ever done and suffering from altitude sickness is not to be underestimated. I write this some four days after arriving home and I am still suffering. I've also spent a day in hospital, under observation. If the trek hadn't been for charity I may just have turned back but, being stubborn, I couldn't do that. I'd made a promise to our sponsors that we'd complete the challenge, and complete the challenge we did. In the end, with Gift Aid we just made our target, raising £542.50.

Every step was worthwhile and, for anybody interested in mountains and the history of the Inca people, this is a trip you should take. You won't be disappointed. Trouble now is, what will our next adventure be and how will it top trekking to the Lost City?

Thank you so much Hiram Bingham for bringing such a wonderful place to the attention of the world.

**THE END.**

Do you have a support or fundraising story you'd like to include in the magazine? Email [editor@mountain.rescue.org.uk](mailto:editor@mountain.rescue.org.uk)



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No sooner has the parcel arrived on his doorstep, a very happy Ben puts his winnings into action. Photo courtesy of Ben.

Craig Wareham, of ViewRanger, was delighted to be able to help out with the Facebook plans, saying simply, 'We're proud to support mountain rescue.' For those of you unfamiliar with ViewRanger it's the app for adventure – how outdoor enthusiasts worldwide discover, plan, navigate and share their adventures on smartphones, tablets and online. It's also trusted by search and rescue teams and outdoor professionals. ViewRanger combines a navigation guidebook app with a social networking

website and a digital trail guide marketplace. More than 100 search and rescue teams have deployed ViewRanger to their members under the ViewRanger VSAR scheme, including more than 85% of Mountain Rescue England and Wales teams, along with many other teams in the UK, Ireland, USA, Canada and Germany.

Facebook fans will have noticed a couple of prize draws of late, all part of our drive to expand our support base and spread the word about the work of mountain and cave rescue teams. The draw ran in early June and the lucky winner, Ben Davenport, should be well-practised in using his shiny new toy to navigate his way round the hills, by the time you read this. 'Thanks again,' emailed a very happy Ben, after hearing the news. 'It's always a nice treat from such a worthy charity such as yourselves. As always I will continue to support and promote you. You just made my Sunday!!'

**TO FIND OUT MORE, CHECK OUT VIEWRANGER.COM.**



### THANKS ALSO TO LYLE BROTHERTON

...for his 'Ultimate Navigation Manual' – a copy of which was won by a delighted Alastair Jones. Watch out for future Facebook draws for a chance to win more exciting goodies!

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*What's on Offer*

# GLACIAL SCULPTURE

JOHN GORDON

The broad configuration of the Scottish mountain landscape was largely in place before the onset of the Ice Age, reflecting the long geological history outlined in the first two articles (*Issue 33, July 2010 and Issue 35, January 2011*).

The Ice Age glaciers, however, were responsible for shaping the details of the landscape and enhancing its diversity of landforms, including the cliffs, ridges and buttresses that hold great appeal to climbers and hillwalkers.

As noted earlier, the present landscape reflects the cumulative impacts of many periods of glaciation during the last 2.6 million years of the geological period known as the Quaternary. However, the effects of the glaciers on the mountain landscape were not uniform. In places, they extensively scoured and roughened the entire landscape; in others they carved deep glacial troughs and corries, forming an 'alpine' type landscape. Elsewhere, they selectively cut troughs and

**For the moving of large masses of rock, the most powerful engines without doubt which nature employs are the glaciers.**

*John Playfair  
(1802)*

corries, leaving adjacent plateaux surfaces relatively unmodified. To understand these variations, we need to consider the processes involved in glacial erosion and recall some of properties of glaciers outlined in the previous article (*Issue 39, January 2012*).

## PROCESSES OF GLACIAL EROSION

Glaciers erode their beds through a combination of the processes of abrasion and quarrying (also known as 'plucking') that take place underneath the ice. As a glacier slides over its bed, rock particles embedded in the base of the ice scratch and groove the underlying bedrock, with an action like an enormous rasp. Such abrasion results in scratched or 'striated' rock surfaces that have a smoothed, polished appearance and scored by scratches and grooves. They often occur on rock slabs on the lower slopes and floors of glens and corries. They are sometimes accompanied by crescent-shaped gouges or

'chattermarks', that are up to a few centimetres across and occur in lines up to a metre long. These were created when boulders in the ice impacted sharply with the underlying bedrock and were dragged across its surface. Particularly good examples of striated bedrock occur on ice-smoothed gabbro at Loch Coruisk and in the corries of the Skye Cuillin, and on the Torridonian sandstones of Applecross and Torridon (*Figure 1*). The

orientations of striations have been widely used to help reconstruct the former directions of flow of the glaciers. Glacial

abrasion frequently formed streamlined knolls of ice-moulded bedrock that are elongated in the direction of the former ice movement, and whose surfaces are typically smoothed and striated on all sides. Good examples occur in the Skye Cuillin. For obvious reasons, these landforms are sometimes referred to as 'whalebacks' (*Figure 2*).

Glaciers also crush or fracture the underlying rock as they flow over it, both creating new fractures and exploiting existing weaknesses such as joints, particularly on the down-ice sides of bedrock obstacles (in the lee of the ice flow) (*Figure 3*). If water is present at the glacier bed, fluctuations in the water pressure inside any joints can further reduce the strength of the rock. The fractured rock is then quarried or plucked away by the glacier, a much more effective process of erosion than abrasion. As a result, bedrock outcrops become abraded and smoothed on their up-ice sides, but quarried and cliffed on their down-ice sides (*Figure 2*). Such asymmetric forms are called 'roches moutonnées'

because they were thought to resemble 18th century wigs that were slicked down with mutton fat. They can vary greatly in size ranging from rock knolls a metre or so high to hills a few hundreds of metres high. Good examples of the former occur widely, but are well displayed around Polldubh in Glen Nevis, in the Skye Cuillin and on Rum. Larger features of this type occur on both sides of the River Dee between Braemar and Balmoral, and in Strathspey south of Aviemore.

The presence of meltwater greatly facilitates these processes. Consequently, warm-based, temperate valley glaciers and ice streams within ice sheets are much more effective agents of erosion than slow flowing, cold-based polar glaciers because they are sliding over their beds and are faster flowing; the latter achieve comparatively little erosion. This contrast between the different types of glacier has played an important part in shaping Scotland's diverse mountain landscapes.

## LANDFORMS OF GLACIAL EROSION CORRIES

Corries are probably the most distinctive glacial landform in the Scottish mountains. These mountain hollows have a steep headwall and a more gently sloping floor. Although they have been buried and sometimes modified by ice sheets, their distinctive forms were largely produced during periods of less extensive glaciation when they were occupied by small mountain glaciers or larger valley-head glaciers. The steep headwalls were shaped by intense frost shattering of the exposed bedrock above the glaciers and by rockfalls; the lower headwalls and floors were eroded beneath the glaciers. Some corries contain small lochs that have formed in rock basins deepened by the ice or where the outlets have been dammed by moraines.

The distribution of corries extends from Hoy on Orkney to the Southern Uplands, but their density is greatest in the Northern and Western Highlands due to higher snowfall there during

periods of mountain glaciation. Corries also occur at lower altitudes in the west and north than in the east, ranging from near sea level on Cuilags on Hoy, to over 1100m in the Cairngorms, reflecting an eastwards decrease in snowfall. They typically, but not exclusively, face north through to east, since redistribution of snowfall by the prevailing south-westerly winds, and greater shading, would have favoured the development of glaciers on these slopes. Some of the most spectacular corries are hewn from Torridonian sandstone in the Northern Highlands, notably Coire Mhic Fhearchair and the great corries of Beinn Bhan in Applecross, but many excellent examples also occur in the Skye Cuillin and in the Cairngorms. Where the walls of adjacent corries were eroded back by a combination of frost shattering and glacier erosion, narrow, sharp-crested ridges, known as 'arêtes' were formed. The main ridge of the Skye Cuillin and the ridge between Carn Mór Dearg and Ben Nevis are notable examples.



**ABOVE LEFT TO RIGHT: FIGURE 1:** Striated bedrock surface on Torridonian sandstone, Coire na Poite, Applecross. Crescentic chattermarks occur in the upper left. (Circle inset) Polished and striated Torridonian sandstone, Coire Mhic Fhearchair, Torridon. **FIGURE 2:** Ice-moulded bedrock showing 'whaleback' and 'roche moutonnée' forms, north of Rois-Bheinn, Moldart. The ice flowed from right to left. **FIGURE 3:** Glacial quarrying beneath a modern glacier in North Norway. A fractured block has been removed from the cavity in the bedrock and a fresh fracture occurs below it. A quarried block is frozen into the bed of the glacier on the left. **FIGURE 4:** The truncated spur of the Devil's Point rises above the Lairig Ghru, Cairngorms.



**MAIN IMAGE FIGURE 6:** Landscape of areal scouring in Assynt. The Torridonian sandstone mountain of Sùilven rises abruptly above 'cnoc and lochan' topography formed on an ancient platform of Lewisian gneiss heavily scoured by warm-based ice sheets.

**ABOVE LEFT TO RIGHT FIGURE 5:** The glacial breach of the Lairig Gartain between Glencoe and Glen Etive. **FIGURE 7:** Ice-scoured landscape south-east of Mam Bannisdale, Knoydart. **FIGURE 8:** Landscape of 'selective' glacial erosion in the Cairngorms. Plateau surfaces with tors, like those on Beinn Mheadhoin (top right), have been little modified by glacial erosion and contrast with the glacial trough of Glen Avon. This contrast reflects the former presence of active, warm-based glaciers in the glens, whereas the ice covering the plateaux was cold-based and relatively inactive.

# MANAGING THE INITIAL RESPONSE TO A SEARCH AND RESCUE INCIDENT

DAVE PERKINS and PETE ROBERTS

[www.searchresearch.org.uk](http://www.searchresearch.org.uk)

This course has been presented by the Centre for Search Research since 2000 and received MREW recognition last year. Following extensive review of search management courses throughout the UK, US and Canada, we concluded that a specific course was needed, aimed at those who receive the 'first notice', and simple and logical to implement. The Initial Response Phase of an operation is the foundation for other search management concepts and every incident has an

can be key to incident outcome.

- Every incident has an Initial Response Phase.
- Search management training had become overly complex and inappropriate for managing this phase.
- A new, more cohesive and logical approach was needed.

The course is practical, and hands-on, focusing on the needs of those with responsibility for managing the Initial Response Phase but it is also relevant to all involved in an incident so everyone has a grasp of

management is achieved through clear processes and clearly defined tasks. Course participants work individually. The instructors provide the necessary theory and lead students through a series of table top incidents, supported by a manual and documentation designed by the authors. By the end of a course, students are able to manage these incidents with minimum input from the instructors. The initial course has been developed to incorporate UK Missing Person stats, UK-based map problems and documentation acceptable to the police and also used as standard in Ireland.

We feel it is best delivered regionally with a mix of volunteer and statutory bodies to reflect a multi agency response to a SAR incident. This also provides an opportunity to customise courses to local needs and to include local map exercises. Experience has shown this to be the most cost-effective way of delivering this fundamental of SAR to a broad local group rather than restrict it to a small, exclusive group of individuals.

It allows for a broader understanding of search management principles for a larger group of individuals who will be involved in an incident so everyone is involved and understands the process. If a variety of the local agencies attend, valuable liaison can be achieved and any local issues dealt with. This bespoke approach is unique to what we offer. For details on courses and free publications, contact Pete Roberts via [peteroberts@brinkburn.net](mailto:peteroberts@brinkburn.net).

the 'big picture'. This includes both volunteer and statutory bodies.

The method:—

- Practical rather than theoretical.
- Logical and sequential.
- Support documentation provides an audit trail of decisions made.
- Map exercises are based on UK incidents.
- Explores detailed use of the UK Missing Person Behaviour Study.

A Six Step Process gives a simple yet versatile template for response to an operational problem, a framework to hang search management concepts on. And it can be developed and used beyond the initial phase. We believe good

## GLACIAL TROUGHS AND RELATED FEATURES

Where bigger, faster-moving valley glaciers and ice streams flowed along the glens formed by the pre-glacial rivers, they carved out deep glacial troughs, much deeper than normal river valleys and with wider floors. These are often described in textbooks as 'U-shaped' valleys, although most Scottish glens have a more open, parabolic shape. Good examples of glacial troughs include Glencoe, Glen Docherty in Wester Ross, Glen Clova in Angus, Glen Muick and Glen Callater in the Mounth, and Glen Avon and Gleann Einich in the Cairngorms. Glacial erosion frequently sliced off the ends of spurs along the sides of the original glens, so that glacial troughs are usually relatively straighter than the pre-glacial valleys would have been. The Devil's Point above the Lairig Ghru in the Cairngorms is a classic example of such a 'truncated spur' (Figure 4), but there are good examples in many other glens including Glencoe and the Angus glens.

Glacial troughs often contain deep rock basins excavated in their floors by the ice. These have sometimes been filled with fluvial deposits and appear relatively flat, but many have since become occupied by lochs. Well known examples include Lochs Lomond, Ness and Morar. All along the western seaboard of the Highlands, the sea has drowned the lower reaches of glacial troughs, forming spectacular fjords such as Loch Hourn and Loch Nevis.

Where the amount of erosion and downcutting in the main glens exceeded that in tributary glens or corries, the latter were left perched as hanging valleys. The Lost Valley in Glencoe is a good example. Waterfalls often plunge over the resulting rock steps, notably in upper Glen Nevis above the Steall flats and at the Gray Mare's Tail in Moffatdale.

Glacial troughs frequently follow the lines of major faults or other lines of geological weakness. This is the case in the Northern

Highlands where, for example, Loch Maree, Loch Broom and Loch Laxford take their north-west to south-east alignments from the structural grain of the Lewisian rocks. The Great Glen is also a large glacial trough excavated along the line of its namesake fault. In the Southern Uplands, the trough of Moffatdale similarly follows the line of a fault. In the Cairngorms, the major troughs of Gleann Einich, the Lairig Ghru and the Lairig an Laoigh all follow zones of hydrothermal alteration in the granite. This alteration by hot fluids circulating in the granite pluton weakened the rock and allowed it to be readily exploited by the pre-glacial rivers and then by the glaciers.

The glaciers often created new glens by carving through the pre-glacial watersheds. There are numerous examples of such 'glacial breaches', particularly in the Northern and Western Highlands (Figure 5). In the former, the ice divide lay to the east of the pre-existing watershed, and a series of glacial breaches were cut through to the west. These often now provide important transport routes, for example, along Glencoe, Glen Shiel and Glen Docherty. In the South West Highlands a very striking radial pattern of glens and loch-filled rock basins indicates the movement of ice streams out from major ice accumulation centres over Rannoch Moor and the mountains to the south. Some of these ice streams breached the pre-existing watersheds, for example at Glencoe, Loch Treig, Strath Ossian and Loch Erich.

To the east, the Lairig Ghru and Lairig an Laoigh are spectacular glacial breaches in the west-east watershed of the Cairngorms. In some areas, watershed breaching has completely altered the directions of river flow. For example, the present headwaters of the River Feshie formerly flowed east to join the Dee, but now turn sharply west to join the Spey in an abrupt dog-leg that is conspicuous on the 1:50,000 map. Similarly at Inchroy in the eastern Cairngorms, the River Avon was formerly the headwater of the Don, but now flows north through a glacial breach to join the Spey.

In some areas, such as Lochaber and Arrochar, where the pre-glacial relief was probably highly dissected, glacial troughs form a highly interconnected pattern of glens.

## LANDSCAPES OF GLACIAL EROSION

Glacial erosion has formed several characteristic types of mountain landscape that vary across the country according to a combination of several factors. The power of the ice was most effective where the glaciers were fast-flowing and warm-based. These conditions occurred where steep, narrow glens channelled the ice flow, where the temperature and snowfall were relatively high and where the ice was thick. Generally, therefore, the intensity of erosion was greatest in the north and west and least in the south and east. Higher snowfall in the north and west favoured the development of extensive ice cover in this part of Scotland. The pre-existing landscape here was also more intensively dissected, with steeper glens and more potential sites for corrie formation. These factors would have favoured the development of thick, relatively fast-flowing, warm-based glaciers, that were able to scour the bedrock extensively and excavate deep troughs and rock basins where the ice was channelled into the glens. In the east, by contrast, there was more cold-based ice, particularly on the plateau surfaces, and it was only in the glens that the ice was sufficiently thick and fast flowing for warm-based conditions to develop. This pattern would have been repeated throughout the Ice Age, so that the landscape today reflects the cumulative effects of glacial erosion over many glacial cycles.

Extensive erosion by warm-based ice sheets produced landscapes of 'areal scouring', typified by the ice-scraped and ice-moulded surfaces of the 'cnoc and lochan' terrain on the Lewisian gneiss of Sutherland (Figure 6) and parts of the Outer Hebrides, but also present in other parts of western Scotland (eg. in the Galloway Hills east of Merrick). The depth of erosion has probably not been great, but the action of the ice

has emphasised the irregularities in the underlying bedrock.

In the Northern and Western Highlands, a combination of ice sheet and mountain glacier landforms has produced a predominantly heavily dissected 'alpine'-type of landscape dominated by a high density of corries, arêtes and valley-glacier heads. They are spectacularly developed, for example, in the Skye Cuillin, the north Arran hills, the Rum Cuillin, Lochaber and the An Teallach area of Wester Ross. In many places, the ice has extensively scoured much of the lower ground, and ice-roughened surfaces even extend up to the summits in Knoydart and Ardgour (Figure 7). The mountains are also heavily dissected by glacial breaches and troughs, and pre-existing watersheds have been lowered by powerful ice streams. The glens are therefore highly interconnected, isolating the main mountain massifs and ridges. This is most evident in the mountains between Knoydart and Assynt. The glens and straths have been significantly steepened and over-deepened, and many have rock basins excavated in their floors. There is often a spectacular contrast between the more open glens and straths to the east, such as Glen Moriston and Strath Bran, and the deep, narrow glens like Glen Shiel and Glen Docherty that lead down to the west coast.

In contrast, in the Central and Eastern Highlands, the landforms of glacial erosion are juxtaposed sharply with extensive remnants of older plateau surfaces into which they are cut. This type of landscape is described as one of 'selective glacial erosion'. Here, the glens and straths were deepened by powerful, warm-based ice streams, but the adjacent watersheds and plateau surfaces remained little modified under a cover of cold-based ice. Such landscapes extend eastwards from Ben Alder and Creag Meagaidh to the Cairngorms, the Gaick and Drumochter Hills and the Angus glens. The best example is the Cairngorms (Figure 8), where a cold-based ice cover helps to explain the survival of some older

features such as tors and deeply weathered bedrock on the plateau surfaces only a short distance from the deep glacial troughs of Glen Avon, Gleann Einich and Glen Geusachan.

Further south, in the Midland Valley, resistant igneous rocks, in the form of lavas, sills and volcanic plugs, form conspicuous hill masses and individual hills where the weaker overlying and adjacent sedimentary rocks have been removed by differential erosion by frost, rivers and glaciers over many millions of years. They include the lavas of the Pentland Hills, Ochil Hills and the Campsie Fells, and the spectacular volcanic vents of Arthur's Seat, Edinburgh Castle Rock, North Berwick Law and Dumbarton Rock. Many of these volcanic hills have been moulded by the ice sheets, forming streamlined spurs and 'crag and tail forms' where the more resistant volcanic plugs protected weaker sedimentary rocks on their lee sides from the full force of the ice. Edinburgh Castle rock (crag) and the Royal Mile (tail) is a classic example. Stirling Castle and the Wallace Monument also sit on top of crag and tail landforms developed on the resistant dolerite of the Midland Valley Sill.

## CONCLUSION

The Scottish mountain landscape has overall been significantly shaped by the processes of glacial erosion during the course of the Ice Age, but the modifications have been spatially variable. In many areas of the north and west, glacial erosion has been a dominant influence in sculpting the form of the present landscape, whereas further to the east the mountain landscape reflects more selective glacial erosion. The next article will explore the landscape changes produced as the glaciers melted.

TO READ JOHN'S PREVIOUS ARTICLES, YOU CAN DOWNLOAD ISSUES 33, 35 AND 39 OF MOUNTAIN RESCUE MAGAZINE FROM [MOUNTAIN.RESCUE.ORG.UK/MOUNTAIN-RESCUE-MAGAZINE/BACK-ISSUES](http://MOUNTAIN.RESCUE.ORG.UK/MOUNTAIN-RESCUE-MAGAZINE/BACK-ISSUES)



Course participants at Longhirst Hall in 2012

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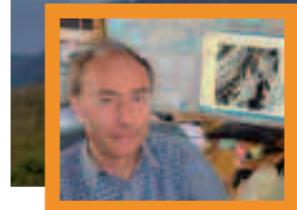
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# UNDERSTANDING HAZE



Why is the visibility almost unlimited one day, and so hazy on others that you can only just see hills a few miles away? **Geoff Monk** of the Mountain Weather Information Service explains.

Revisiting one of my old haunts recently — the Malvern hills. I was reminded, by the summit panorama map on the Worcestershire beacon, that I should be able to see half the counties in England and Wales (slight exaggeration perhaps), but it was disappointing that the distant hills faded into a haze. This article looks at the causes of haze, and offers guidance in looking for periods of superb visibility.

Haze is due to tiny particles in the air — more often than not, in Britain and Ireland, sea-borne salt. Water droplets and salt particles are readily ejected from the sea when sufficiently windy for frequent 'white-horses'. The effect is best viewed on a beach with heavy surf, where a white haze may extend to perhaps 20 or 30 feet into the air. Scaling this effect up, vast areas of oceanic gales (resulting in frequent breaking waves) causes a dense haze that often extends well up into the atmosphere. After making landfall this will thin out only slowly, as a proportion of salt particles gradually drop to the ground.

Thickest salt haze occurs where there is no rain (or snow). When precipitation develops, initial tiny cloud droplets or ice crystals (that become rain drops or snow flakes) nearly all form on an impurity in the air such a salt crystal. This is most noticeable in a windy but very showery airstream when, between showers, the visibility is very good.

Haze also forms over continents. Dust can be lifted by the wind, and episodes where dust from the Sahara

reaches Britain occur about once a year. Particularly in winter, there will also be particles such as coal dust from fires. Indeed, winds arriving over Britain from the east a few decades ago used to bring constant thick haze, but with the decrease in fossil fuel burning across Europe, the haze level can now be low. However, even in summer, air that 'sits' over Britain and the near Continent for many days can become very hazy indeed, as more and more dust is lifted. Sometimes, the dust can be elevated, with good visibility on the hills (but very weak sunshine), or in the winter, the haze all at low levels (with mountain tops in superb visibility above). Also, dust tends to be converged into plumes near fronts, or sometimes in summer ahead of thunderstorms.

Northerly winds overall have best visibility. Whilst the Arctic remains frozen, there is no source of haze, and over the open sea between the Arctic ice sheet and northern Scotland, haze forming over the sea is often removed, again by showers. However, the visibility is most stunning when winds over the sea are so gentle that white-horses are absent.

Forecasting haze is usually successful, although we can be caught out. For example, rarely air coming down from the north actually started life over a hazy Central Europe, looping just into the Arctic via Scandinavia, before heading back southwards to Britain. Some dust will stay in the air, despite its convoluted



route. Another complication is anticipating the level of additional human-generated smoke — or haze emanating from around cities or vehicle exhaust.

Haze forecasting is most difficult near 'old' fronts. Most rain and low cloud may have broken up, but haze may persist. Although strictly not a front, in summer, partly due to the topography of western Europe, air sometimes converges to form a plume of very thick haze more or less south to north across Britain. The visibility may be only a few miles at best and often thunderstorms develop within these so-called 'Spanish plumes'.

So the most spectacular mountain top views occur in gentle northerly winds, most commonly in late spring.

On the other hand, persistent haze can occur in 'fine' anticyclonic looking conditions, where winds have been fairly light for many days, or near the 'footprint' of fronts that have recently weakened.

MODIS satellite image: 7 May 2013 at 1341 GMT (Courtesy University of Dundee). Although not over the mountain areas, it shows haze across SE England and the North Sea. Where cloudless over the sea, images are normally 'black'. Thus, for example, there is a difference in shading between the plumes of haze showing up over the North Sea and the haze-free Irish Sea. Generally, haze shows most clearly on satellite images when the sun is very low in the sky, as the sun's rays, being nearly horizontal travel through more of the haze.

Haze © Santiago Rodriguez Fontoba. Dreamsstime.com

# caves



On Wednesday 24 April, a combined team comprising fifteen Gloucestershire CRG and Midlands CRO members and a similar number from Severn Area Rescue Association (SARA), were part of a total of 400 people who took part in a major search and rescue exercise set up by the Gloucestershire LRF Group to test their Emergency Response Plan.

Police, fire, ambulance, military, Raynet and MVS were all represented at the Cotswold Water Park at South Cerney Gloucestershire. The scenario involved a mid-air collision between a helicopter and a fixed wing aircraft, which resulted in debris, casualties and body parts being spread over a significant area of land and water.

The initial response was carried out by Gloucestershire Fire and Rescue Service who very quickly deemed it a 'Major Incident' requiring significant additional resources.

As this was only a one-day event those resources had already been invited but held at a strategic holding area away from the incident. This was on the edge of a nearby military airfield

and, being very open, it was not long before our red jackets were being brought out and put on to combat the cold wind!

Once the initial work of the Fire and Rescue Teams had been undertaken, the secondary support resources were moved into place and the various search teams brought in as required by the Incident Command and Control to carry out the large area searches.

This was where GCRG, MCRO and SARA fitted into the plan, with the cavers working alongside SARA land search managers and team leaders

For a number of years, Gloucestershire Cave Rescue Group has been involved with the Gloucestershire Local Resilience Forum, holding a place on the Voluntary SAR Group. They also work in very close relationship with Gloucestershire Fire and Rescue Service, the group's calling authority, and have undertaken a number of joint training exercises. **Paul Taylor** reports on a recent exercise.

keeping their feet well and truly dry undertaking a search of quite a large area of land around the lakes. Meanwhile, SARA water-trained

members covered both the lake edges and the lakes themselves. This gave a good opportunity for the honing of interteam skills and comms.

All the debris, casualties and body parts were extremely realistic. A lot of work had been put in beforehand to ensure that everybody had a role to play.

A Sea King brought in some of the HART team members and to carry out searches over the water and the land.

With limited time available, and wishing to ensure everybody had a chance to take part, the time allocated for the search was limited to the morning so those who needed to undertake the casualty recovery, treatment, identification and incident investigation could carry out their part of the exercise.

Once stood down from further involvement in the exercise — and after a very nice lunch — this gave the opportunity to observe all of the other groups in action.

Equipment on site ranged from small six-wheeled almost 'golf buggy'



units through to a Major Incident control unit, demountable pods loaded with all manner of rescue equipment and even two hovercraft.

This was the largest exercise any of the cave rescue teams had been involved in to date. It showed that, when an incident of this magnitude occurs, a multi-agency response is the way forward — and it was a great opportunity for teams to show that skills learned within the cave rescue world can be applied on the surface and that we can respond, fit in and work alongside all of the other organisations.

GCRG, MCRO and SARA continue to build on the event with further joint land search training to further enhance our working relationships.

Main image: GCRG, MCRO, SARA Team Shot © Paul Taylor.  
Inset: Emma Porter from MCRO examines a Crashed Helicopter



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