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# mountain rescue

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ISSUE 48

MOUNTAIN AND CAVE RESCUE IN ENGLAND AND WALES

SPRING 2014





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# Word <sup>first</sup>

DAVID ALLAN

## WELCOME TO ISSUE 48

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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## NEXT ISSUE ISSUE 49

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

Advertising artwork must be supplied, ready prepared on CD or via email as font embedded high resolution PDF/EPS/TIFF (300 dpi).

## FRONT PAGE

Scarborough & Ryedale stretcher off a casualty during a team fundraising event  
Photo © Scarborough & Ryedale MRT

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.



The problem of preventing people getting into difficulties in the hills was revisited at the recent team leaders meeting. This has been aired on a number of occasions primarily from a position of trying to reduce the number of call-outs experienced by busy teams. On this occasion a new dimension was added: Does mountain rescue have a moral responsibility when it witnesses people repeatedly getting into potentially dangerous situations often in the same 'black spot' locations?

Earlier discussions have tended to focus on the absence of basic kit, map, compass and torch being the usual culprits. Whilst there's no doubt this is a significant factor, it's perhaps rather too simplistic. There is increasing evidence of a lack of rapport with, and understanding of, the outdoor world in general and mountain environments in particular. More than 20 years have passed since Norway identified this problem in a report to IKAR. They began a programme of trying to develop an awareness of, and empathy with, the world of hills and mountains. Unfortunately there is no means of assessing the effectiveness of this campaign and in common with many 'preventative programmes' it is carried out as an act of faith.

Not too long ago most hillgoers went through a gradual learning process. It was sufficient for Reinhold Messner to state, 'Mountains are not fair or unfair, they are just dangerous.' Climbers accepted this doctrine and learned to assess and deal with the risks. That recognition of risk and the steps to cope with it have, I suspect, disappeared from the psyche of many people now venturing forth. An aura of complacency has developed in a population who

want their forays to be free from danger of any kind and, unfortunately, have been led to believe that this is possible.

'It's a round trip. Getting to the summit is optional, getting down is mandatory.' These wise words of Ed Viesturs do not seem to resonate with many people, attested by the fact that most incidents occur during descent, often due to lack of fitness and poor time planning.

Moving toward a larger preventative role would be a large step for mountain and cave rescue not least because, in other areas, the measurement of success has only been achieved by means of rules and laws. Witness the dramatic fall in serious injury following the use of seat belts, only accomplished with legislation after several failed years of 'clunk click, every trip' intensive advertising.

Mountain rescue has always aligned itself closely with the BMC to defend the freedom of the mountains and the freedom to take risks and it is essential that we move in concert with the mountaineering bodies should we eventually decide to follow a preventative route.

Does the identification of 'black spots' act as a deterrent or a challenge? Taking steps to make 'black spots' safer raises enough ethical issues within mountaineering to balance the moral aspect of accidents referred to at the beginning.

There is still much to discuss and perhaps we can identify ways of measuring effectiveness in a robust manner before we commit time and resources to a new area of activity.

*'Oh! Let us never, never doubt*

*What nobody is sure about!' Hillaire Belloc. ■*

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## INSURANCE MATTERS

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

I joined mountain rescue to go out on the fells and rescue fellow outdoor lovers. I'm sure most of you were the same — whether your main activity is mountaineering, fell walking, mountain biking, fell running or climbing. I didn't join to spend my life doing admin work, but sadly that is now the world we live in and the burden on us unpaid volunteers seems to be ever increasing.

I know insurance isn't top of the list in sexy aspects of mountain and cave rescue, but it is a necessity we need to think about. Get it wrong and your team's trustees or directors could be facing a significant financial liability. I'll help you whenever I'm able to with your queries about insurance, but in return please help me by responding promptly when I need your help.

Many thanks to North Wales Police, who have managed the renewal of the national **personal accident** (PA) policy for us.

We're still hoping Derbyshire and Devon & Cornwall will join the scheme, so every team member has the same benefits in the event of an accident whilst on a mountain or cave rescue activity.

This cover is of real benefit to team members at the sharp end. We've had claims from a team member who ruptured his Achilles tendon on team training when he fell through snow covering, and a trainee who fractured his ankle on an event his team were covering, when he fell whilst descending the fell. It's good to know the cover is there and that the police forces are paying the premiums to cover us.

The **civil liability** policies have also been renewed. The big change this year is that cover has moved to Brit Insurance, as our previous insurers RSA changed their appetite for this type of risk. The cover is essentially the same as before and includes the Directors' and Officers' Liability cover.

My annual moan is here again as some teams just don't realise the importance of returning the annual declaration to me as soon as possible. I need to sign one declaration stating that no team is aware of an incident that may give rise to a claim, that hasn't already been notified to the insurers. The request this year went out to all team chairmen, secretaries and leaders at the start of the year. I'd hoped the new email lists direct to their inboxes would see a better return, but this seemed to make no difference. Once again we had to chase around as deadline approached and this just causes more admin work, when the load is already heavy enough. Of course, many of you respond promptly as ever and I really appreciate that — you all know who you are.

Don't forget that the liability cover is provided by MREW to cover all our mountain and cave rescue teams, and search dog associations. It is funded centrally and you have nothing to pay from your team — you get free insurance. If you had to obtain the cover for just your team then you'd be lucky to find it for less than £1,000. It's only by arranging it centrally that we can obtain very favourable premiums.

I can't emphasise enough the need to report incidents as they occur in line with the notification guidelines our insurers have given us. Breaching this could result in the liability insurance cover not responding in the event of a claim — and then the burden would lie firmly and squarely with your team's trustees or directors. We've had a number of notifications this year and many of them only made when the declaration is sent out for completion.

Please give thought to having procedures in place to deal with incidents where members of the public or team members are injured — one of which is prompt notification to the insurers via myself.

We've had to make seven notifications recently and that is much higher than usual. Six of them involved injuries to team members and just one involved a member of the public. When we join mountain or cave rescue we accept there is an element of risk involved, so it's inevitable there will be injuries to team members. These are simply accidents and no-one is suggesting the teams are responsible, but better safe than sorry in notifying insurers — just in case. It wouldn't be the first time a team member has turned around at a later date and decided to sue his team.

Work is still ongoing looking at other insurances and I hope to have something positive to report in May.

As always, if you've any queries, just email and I'll give what assistance I can. ■

## RUNNING FOR RESCUE

### THE VIRGIN LONDON MARATHON AND THE GREATER MANCHESTER 10K RUN

Six members of mountain rescue are running in the 2014 Virgin Money London Marathon on Sunday 13 April with a target of raising £10,000 for Mountain Rescue England and Wales. The places are allotted to us thanks to our relationship with Prince William, our Royal patron, and the Princes' Charities Forum. We were delighted to have found six runners to take up the places but, unfortunately, two of these were recently forced to pull out due to injury. The hope is that replacements can be found at such short notice.

The runners are Dan Case (Dartmoor SRT Plymouth), Alasdair Cowell (Glossop MRT), Dave Hadden (Kinder MRT) and Jon Jones (Derby MRT).

Dan has been on the call-out list at Dartmoor for just over a year. He is running the event for the first time — in fact, it's his first ever marathon — but he's well used to running. A member of his local running club, Plymstock Road Runners, he also plays rugby for Plymouth Arguam Rugby Club.

Alasdair Cowell enjoys fell running and takes part in many classic fell races around the Peak District and the

Lake District each year. He loves a challenge and will be following the marathon with an ultra marathon in May. Alasdair has been a Glossop team member for seven years and, apparently, says he likes to carry all the heavy stuff onto the hill!

Dave Hadden is currently balancing his running and mountain rescue commitments with a new family. A keen climber, skier and walker, this is his first time running a marathon. He's looking forward to the challenge (although not the training schedule!) and hopes to raise as much money as possible for mountain rescue.

Jon Jones has been a member of Derby team for six years. By day, he's a computer animator, working in the video games industry. This is also his first marathon and he's only been running for a year — his main activity is mountain biking.

We can only commiserate with the two who have dropped out (Pete Bradley of Calder Valley SRT and Mike Woodcock of Scarborough & Ryedale MRT) — tough to have to drop out at this stage in their training schedules.

We wish them both a full recovery. Come back next year!

The team's Virgin Money Giving page can be found at <http://uk.virginmoneygiving.com/team/mountainrescue2014>.

Still on the running theme, four runners are taking part in the Great Manchester Run on Sunday 18 May, to raise funds for mountain rescue. They are Mike O'Brien from Astley, Andrew Pearson from Exeter, Jamie Kenyon from New Mills and Jess Ellsmore from Standish. This is the first time MREW has secured places in this race and we hope the idea will grow, with supporters raising funds for mountain rescue in the future at this and other races around the country.

**TO FIND OUT HOW YOU COULD ENTER THESE EVENTS NEXT YEAR AND HELP RAISE FUNDS FOR MOUNTAIN RESCUE, OR TO SUGGEST NEW ONES WE CAN LOOK AT, EMAIL WOODIE VIA [INSURANCE@MOUNTAIN.RESCUE.ORG.UK](mailto:INSURANCE@MOUNTAIN.RESCUE.ORG.UK).**



A trip down Kildale mine with Pete Roe, during last year's Princes' Charities' Day event, hosted by the North East Search and Rescue Association © David Major.

## PRINCES' CHARITIES DAY: SOUTH WALES

This year's event will take place in South Wales on Saturday 12 July, with Peter

Howells, as recently appointed secretary of the South Wales SRA, acting as the organiser/facilitator for the day. All the region's mountain and cave teams will be contributing to the

day. An outline plan is already in place but details have yet to be confirmed. The day's events will be based in the Upper Swansea Valley, including Dan yr Ogof caves and Penwyllt caving centre as two possible locations, and will accommodate three of the Princes' charities and one of the Duchess of Cambridge's.

## TRAINING: AL READ

At recent MREW Exec meetings the importance of training has been highlighted but there are still very considerable pressures on the national training budget.

As such there were a number of cost saving items applied to the budget, with an undertaking to seek other potential sources of external funding for training. External funding would have the maximum impact at a national level in that it is easier to apply on behalf of MREW rather than a region or a team, so there is now some work into investigating external funding sources for national level training. In January, I also attended a joint meeting held at the HM Coastguard training centre where the future of search training was discussed. This stems from a number of

search incidents that have required high levels of cooperation. The attendance at these meetings has included the police (represented via the Police National Search Centre) and HM Coastguard as well as Lowland Rescue. An initial aim for the group was to propose to the UKSAR Operators group that work be undertaken to establish a search training standard. This standard could then be used by organisations to help with their training and ultimately provide greater levels of interoperability between the organisations engaged in searches for

missing persons. There are ongoing discussions about the form of search field and management skills development within this group and I've no doubt it will help shape the future of what we provide as search training. There was recognition that there needs to be graduation of knowledge and skills and the MREW Search Management Foundation Course content and the 5-day search planning and management materials will all used in this process. The role of the police and the PNSC in particular may see MREW

having wider range of interactions when running or assisting with searches — the abilities of MREW team members is key to helping provide an effective response. I was also able to visit a PDMRO regional training day in February, where team members were focused on a range of skills around search, including bank-side safety skills for use in water-related searches, the role of tracking in search, demonstrations of the capabilities of different types



...AND, FINALLY, WOULD YOU RECOMMEND THIS TEAM TO OTHER MOUNTAINEERS?



Photo © The Macdonald Aviemore Resort



## UK & IRELAND MOUNTAIN RESCUE CONFERENCE 12-14 SEPTEMBER AVIEMORE

- Friday night talk from extreme climber Andy Kirkpatrick.
- Expert tuition in small group workshops
- Workshops with Dave Macleod
- Great exhibitors
- Highland hospitality and Saturday night ceilidh
- Surprise guests
- And, much, much more.

### RESCUES ARE OUTDOORS... ...SO WORKSHOPS ARE OUTDOORS

#### WHAT WILL HAPPEN?

This two day gathering will involve nearly 30 small group workshops organised in five tracks:-

- Technical land rescue
- Water rescue
- Medical
- Search
- Human factors.

Most workshops are outdoors with highly experienced instructors, many of whom are mountain rescue practitioners. This will be an active learning, and training opportunity.

#### WHY ARE WE DOING THIS?

We're organising this event so we can update and share best practice from across the UK and Ireland to the greatest number of people in the best possible training environment in the shortest time and have the most fun.

PLATINUM SPONSOR GOLD SPONSORS

#### WHO IS IT FOR?

This event is for members of rescue teams recognised by the police and affiliated to the Mountain Rescue Committee of Scotland, Mountain Rescue England and Wales or Mountain Rescue Ireland. We will also welcome officers and staff of associated organisations and overseas visitors with a similar background. We are planning for 300 delegates and 60 staff.

#### WHAT YOU GET

- Two days training with your rescue peers
- Choice of workshops allow you to design your own conference
- Two nights accommodation (twin rooms)
- Friday night talk with Andy Kirkpatrick
- Saturday evening dinner and Ceilidh
- All transport once you're here
- Access to large exhibition space with top exhibitors
- Delegate goody bag
- Free entry to prize draw.

[www.mrgathering2014.mountainrescuescotland.org](http://www.mrgathering2014.mountainrescuescotland.org)



For members of voluntary MRTs recognised by the police and affiliated to their national body, is £220 per person.

**NATIONAL TRAINING DAY**  
Date: 28 June  
Location: Plas y Brenin

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**MREW SEARCH FIELD SKILLS COURSE**  
Date: 1-3 August  
Location: TBC

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**MREW SEARCH PLANNING AND MANAGEMENT COURSE**  
Date: 4-9 August  
Location: TBC

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**MREW SEARCH PLANNING AND MANAGEMENT REFRESHER COURSE**  
Date: 10-11 August  
Location: TBC

Contact for all above courses:  
Al Read  
trainingofficer@mountain.rescue.org.uk

**NATIONAL Training**

**meetings**

**MREW AGM, BUSINESS AND SUBCOMMITTEE MEETINGS**  
Places: 100  
Date: 17 May  
Location: Lancs Police HQ, Hutton

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**MREW BUSINESS AND SUBCOMMITTEE MEETING**  
Places: 100  
Date: 15 November  
Location: Lancs Police HQ, Hutton

Contact for all above:  
Peter Smith 01706 852335  
secretary@mountain.rescue.org.uk  
OR  
Keith Gillies 01772 335605  
k.gillies@blueyonder.co.uk

**events**

**MOUNTAIN & CAVE RESCUE AWARENESS WEEKEND**  
Date: 3-5 May

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**PRINCES CHARITIES DAY**  
Location: South Wales  
Date: 12 July  
Peter Howells OBE  
07836 382029  
peter.howells@dsl.pipex.com

## IN THE news

Image © Spaceheater. Dreamstime.com

MREW PR consultant and media trainer **Sally Seed** looks at an aspect of media coverage from the past few months and suggests things to be learnt for future media relations.

### Taking risks with media coverage.

Rescuers take risks all the time but they're also skilled in judging those risks, managing and minimising them and staying safe whatever the hazards. Dealing with the media can be risky too — headlines might bear little relation to your story, journalists might combine your story with other information that you've not provided or an inexperienced reporter might misunderstand something you've said in a telephone interview and end up making you look daft or naive in print. Is it worth the risk and how can you manage and maintain those risks?

- **No such thing as off the record** — this is my first rule, no matter how well you know the journalist nor how flattering their approach. In most cases, if you don't say something then a reporter can't include it so, if you don't want to see it in print, don't say it. Simple as that. And, to see it from their side, why make it hard for journalists to do their job by giving them information or an insight that you then don't want them to use?
- **A good journalist will use a range of sources** — if you provide a story or background information, be prepared for a good journalist to explore further, maybe talk to other people to find out more and

add it into the article. This is especially true for a specialist publication that wants to be seen to have an expertise rather than just reproducing your press release word for word. It may mean that your approved release doesn't appear as you'd planned it but it may well be a more interesting or detailed article that will attract more readers.

- **Listen carefully, I will say this only once** — but you can actually say it as often as you like. If you've completed a telephone interview, there is no harm at all in following up with an email that stresses a couple of your key points and clarifies any numbers or statistics that you've only given over the

telephone. It's what you'd probably do if you were giving travel directions or explaining some data to a colleague, so apply the same approach. Providing data or complicated information in a way that enables cut and paste is a good way of minimising errors.

- **I'm sure I never said that** — it's not always possible but having another team member sitting alongside you while you do a telephone interview can be a useful safety net. They'll notice if something comes out wrong or could be ambiguous, they can gesticulate at you wildly to let you know and you can go back over it in other words with the journalist immediately,

*Learn what you might have done differently and then move on... that same journalist could be back for more in future...*

before any harm is done. But even with all this, there is still a risk that you'll encounter a journalist with an agenda or an idea for the feature that is already set in stone. A typical example from Patterdale MRT experience concerns the edges — one local reporter seemed set on the idea that Striding Edge was the dangerous route on to Helvellyn and Swirral Edge was a nice gentle descent. The incident stats show that falls often take place on descents and Swirral Edge has had a couple of fatalities in recent years, especially in winter conditions, but the facts didn't seem to change the view nor headlines about 'killer' Striding Edge!

But does it matter? In some ways, of course it does — it's not accurate, it could give some people a false sense of security on their descent and it could put others off ever trying a fantastic route on to the summit. But it's not the end of the world — the article still communicated a strong safety message, still warned people about needing to take mountains seriously and still referenced the local team and its volunteers. The target of your media relations should always be accurate coverage and strong core messages. But, if the worst (or just not quite the best) happens and something appears that isn't 100% as you'd like it, take a step back, take a deep breath and look

at it from the perspective of the average reader. Check that your team colleagues understand what was said, learn what you might have done differently and then move on — that same journalist could be back for more in future if you've proved a useful contact and you could get the best piece of coverage ever by persevering.

'In the News' is a regular column with hints, learning and ideas for media coverage. If you have a problem you'd like to see discussed or a piece of coverage you think others could learn from, please get in touch with Sally via sally@stoneleighcomms.co.uk or via the Editor. Thanks. ■

search dogs as well as the use of technology to help manage incidents and searches. It is very gratifying to see team members giving their time to work with people from other teams and being supported by a group of keen and well motivated instructors. The National Training Day is planned for Saturday 28 June at Plas y Brenin. Details will be provided shortly about how to apply for the event. The Gathering (also known as the 'National Conference') is being run in Aviemore this year by Mountain Rescue Scotland — more details above left. The format is different with a greater emphasis on practical sessions but it still promises to be a major event for all of mountain rescue across the UK.

## SAR-H MIGRATION

JOHN HULSE

The SAR-H Migration programme is gaining pace with the construction now underway at the Humberside Base and the key crew being recruited. A huge amount of activity is underway at Bristows and the MCA as the 'go-live' date of the first base is April 2015.

The SAR-H contract is owned by the MCA and we have been asked from very high level in the MCA to link primarily with the MCA to avoid confusion. As time progresses, clearly linkages into the bases will become far more relevant and local liaison linkages will be formed. However, it would be very helpful if this could be managed in an organised way so there is a clear pathway from mountain rescue through the MCA to Bristow and conversely from Bristow back through the MCA to us.

To ensure we have a close engagement during the migration, the MREW Exec have created a SAR-H Migration Group (SMG) which is a compact team who will link with, and meet direct with key people in the MCA. This small group will negotiate with the MCA to try to ensure that MR teams get the best possible outcome from the migration process including training, insurance, confirmation of equipment fit etc. To enable a strong all-UK mountain rescue position to be taken, we will be working closely with Mountain Rescue Scotland in aspects of the programme.

Therefore we would ask that any concerns, issues, rumours or just interesting questions are fed through the SMG — however tempted members are to 'sort something out now!'

**The three members of the SAR-H Migration Group are John Hulse, Mike Park and Phil Benbow. They can be contacted via sar-h@mountain.rescue.org.uk.**

We recognise that all teams and regions are concerned about the SAR-H migration and to help ensure that you are kept aware of the progress and issues, Judy Whiteside will be working closely with us to communicate quickly to all teams, regions and members. We will provide a briefing at the May Meeting at Preston together with issuing email updates as appropriate. We are working hard to ensure that teams get the best possible service during and after the migration. Thank you for your support.



## TRUSTEES: PAUL AMOS

The Trustees continue to look at a number of key issues which affect MREW and its member teams, including the compilation of a risk register (with reference to three key areas of recruitment, finance and reputation), establishing a disputes procedure and ICT governance in terms of resilience, data protection, licensing and ownership.

## THE TELEGRAPH OUTDOOR SHOW: JOHN PARISH



Mountain rescue had a presence at the show again this year, thanks to the offer of stand space from Paràmo — so a huge thanks to them

for their continued support. We had lots of interest from members of the public, showing their appreciation for the service teams provide. One such was the walker struck by lightning in Snowdonia earlier this year. Having made a full recovery,

he came to the stand to personally thank 'us'. We were also approached by a couple of bikers planning to ride from Land's End to John o' Groats to raise money for mountain rescue.

The Outdoor Show moved to Excel, in London, a couple of years ago. Access is extremely good as the underground and overland railways service the area and parking is extremely easy — albeit very expensive. (I'd recommend the rail option!) Alongside the outdoorsy bit there were two other exhibitions you could attend using the same ticket: water sports (diving in particular) and the London Bike Show with all types of road-going and mountain bikes. A good two days promoting MR to a wider public and definitely worth a visit next year.

## BMC TECHNICAL COMMITTEE: JOHN PARISH

My role on this committee is to act as a link to MREW and provide feedback from the investigations the BMC undertakes. The main purpose of the BMC Technical Committee is to investigate equipment failure and to

reach a conclusion that all members of the committee agree on. Failed equipment is sent to the BMC for investigation from anywhere in the world. A recent example was the rope and climbing harness found to be contaminated by acid.

This could have been due to their being in close proximity to cleaning facilities where cross-contamination could have taken place over time, weakening the rope and harness to failure point.

The committee has at their disposal a number of specialist personnel and university facilities around the globe for testing materials to help establish the root cause of failure. At a recent meeting, we were told by one committee member that we now have the facility to test individual fibres from ropes and harnesses and this service will be provided by a committee member who works in a laboratory in Europe.

New for this year is BMC TV, a library of short videos explaining the fundamental principles of climbing safety. Other key projects for 2014 include publishing e-books and videos on the website and in 'Summit' magazine.

## THE TEAM LEADERS' MEETING, FEBRUARY 2014

DAVID ALLAN

The annual team leaders' meeting was hosted by Bowland Pennine MRT this year, chaired by Phil O'Brien, and held in Preston in early February. A collection of very good presentations led to discussion of some important issues.

John Hulse talked about the ever-expanding SARCALL. Concerns raised in respect of the robustness of the server provision have since been satisfactorily resolved.

Phil Benbow outlined experience to date with the new SAR helicopter provision but events have moved on considerably since the meeting. We now have a well established link with the MCA (the contract holders) and a small working group will work with both the MCA and Bristows to ensure transition to an effective new service (see John Hulse's report, left).

Iain Nicholson talked about tracking with particular reference to courses available in this field (see page 45).

Mike Margeson described the position of peer review of teams. There are some different views about how this will proceed and it will be interesting to know what has been learned from the first actual review. There remain a number of teams who have serious reservations concerning the whole exercise and question the necessity for the process. Some will remember that when the idea was first floated three or four years back, one of the arguments in favour was that it would be far preferable for mountain rescue

to undertake things rather than an outside body. At the most recent UKSAR Operators' Group meeting, that concern became a reality in the form of a paper from Scottish Police representatives setting out a risk strategy for MR teams. Being able to refer to our own process was a vital part of an argument against this pathway.

A discussion around the need for an 'operations' subcommittee within MREW also took place. This opens a number of matters relating to the team leader meetings. These meetings were established in 1996 when the first was held at Preston Royal Hospital. The declared purpose was to create a venue dedicated to operational topics and driven by team leaders with MREW officers as 'bystanders' responsible only for the mechanics of arranging the communications etc. In the early meetings, all the presentations were made, or arranged, by team leaders and experiences of problems and successes on actual rescues featured prominently.

More recently, there has been a gradual drift away from the original pattern. Meetings have come to rely more on topic presentations with

team leaders featuring less prominently. It is difficult to point to a reason why this has occurred but it is possible to return to the original model this would assume the role of an operations group again. The early meetings were limited to one team leader from each team with the purpose of keeping a small group in which informal discussion was easier. Latterly there has been a much more open approach with many attending who are neither leaders nor deputies. Perhaps a return toward the original should be considered.

Attendance at recent meetings appears to be very good when looking simply at a head count. However, if the number of teams represented is counted the picture is much less encouraging. In the past three years, less than 50% of teams have been present. In an attempt to spread the burden of travel, meetings were taken from a central location and rotated around the regions. Interestingly, this has had little effect on the teams who attend. Holding the event in any one region does not result in more teams from that region appearing than when it is elsewhere.

Perhaps these are matters for discussion at the next meeting (Swaledale, February 2015) but I believe that giving the team leaders' meeting more of its operational flavour should be considered before pursuing the establishment of a new group.



## INTRODUCING THE NEW GARMIN GPSMAP 64s GB 1:50K DISCOVERER BUNDLE: NEW TO COTSWOLD OUTDOOR

New to Cotswold Outdoor, Garmin's GPSMAP® 64s handheld navigator features a high-sensitivity GPS and GLONASS receiver with a quad helix antenna for superior reception and it comes with a barometric altimeter and a 3-axis compass. It connects wirelessly to your smartphone, allowing LiveTrack and Smart Notification. It comes with paperless geocaching and preloaded with 250,000 caches, including hints and descriptions from

geocaching.com, available now. As the UK's largest retailer of climbing kit, offering brands such as Black Diamond, Rab, La Sportiva, DMM and many more, Cotswold Outdoor caters for every type of climber. Whether you're a beginner just starting out or a veteran climber with countless summits under your belt, Cotswold Outdoor staff are on hand with expert knowledge and experience, especially as many of their staff are keen climbers themselves.

Cotswold have dedicated the last 40 years to sourcing cutting-edge technology, providing expert service and bringing you an unrivalled range of top quality brands, helping you to get the most out of your time outdoors. Innovation is everywhere from their most advanced jackets, engineered for the most demanding of conditions, to their humble karabiner, full of hidden features. When it comes to innovative kit, they're leading the way.

In store, customers can also benefit from free services such as expert boot and rucksack fittings to ensure maximum comfort and the best possible fit, whatever adventures you're planning.

### 20% discount for all mountain rescue members

Mountain Rescue England and Wales members receive 20% off\* top quality outdoor clothing and equipment all year round.



STORES NATIONWIDE  
COTSWOLDOUTDOOR.COM

\*Not to be used in conjunction with any other offers or discounts. Only valid on production of a Mountain Rescue England and Wales identification card in store or discount code online. Offer expires 01.10.14.



## CAMBRIDGE VOLUNTEERS PRAISE VIEWRANGER

Fast, accurate map reading is vital and, thanks to ViewRanger, search and rescue volunteers in Cambridge have been able to equip themselves with the very latest in GPS mapping, tracking and navigation technology. Deputy Unit Commander Wayne Bent explains, 'Traditionally we've used paper maps, but we cover a wide area so during an emergency call-out it is difficult to ensure all team members have the maps they require. However, most have their own smartphones so, with the ViewRanger app, it is possible to have all the mapping on their phones ready for use.'

ViewRanger is used extensively in all kinds of search and rescue situations. Search managers can circulate RV points as coordinates for rescuers to follow using the GPS navigation. The location of individual rescuers can also be seen at all times using BuddyBeacon — ViewRanger's location sharing feature — which allows team members and search dogs to be accurately tracked and viewed live on a smartphone, tablet or the web. The free app has become Europe's leading outdoor navigation app for smartphones and tablets, used and trusted by outdoor enthusiasts worldwide. The ViewRanger VSAR (Voluntary Search and Rescue) Programme — which donates detailed OS mapping to team members of accredited search and rescue teams — started as a simple way in which we, as outdoor enthusiasts, could give something back to those who go out in all weathers to aid those in distress. The programme now supports over 100 teams across the UK, Ireland, Canada and USA.

FOR MORE INFORMATION, GO TO [WWW.VIEWRANGER.COM](http://WWW.VIEWRANGER.COM).



# 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. There are changes on the horizon in May, but in the meantime...

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. Stands down from the role in May 2014.



## 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 minutes at MREW meetings and generally deals with reams of admin. Stands down from the role in May 2014.



## ASSISTANT SECRETARY: KEITH GILLIES

[assistant-secretary@mountain.rescue.org.uk](mailto:assistant-secretary@mountain.rescue.org.uk)  
Works with the executive to develop a range of duties including representing MREW on the organising committee for the next UK MR conference. Set to take on the role of MREW Secretary in May 2014.



## 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 management of the Government grant monies. Currently working with experts advisers to review and streamline the financial systems used across MREW.

specialist officers



## 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: [ian@sardogs.org.uk](mailto:ian@sardogs.org.uk)



## EQUIPMENT: RICHARD TERRELL

[equipmentofficer@mountain.rescue.org.uk](mailto:equipmentofficer@mountain.rescue.org.uk)  
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)



## 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. Set to take on the role of MREW Chairman in May 2014.  
Vice chair: Bill Whitehouse: [billrh@aol.com](mailto:billrh@aol.com)

specialist officers



## 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: MIKE GREENE

[medical@mountain.rescue.org.uk](mailto:medical@mountain.rescue.org.uk)  
Appointed in November, 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

[training@mountain.rescue.org.uk](mailto:training@mountain.rescue.org.uk)  
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) • 07802 878666  
Appointed in November, represents MREW at CFOA, JESG, DEFRA etc, and is responsible for forging links with ALSAR and the RNLI, improving interoperability and incident management. Responsible for developing the water strategy, ensuring that necessary guidance and standards ensure the safety of MREW members.

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

[vice-chairman@mountain.rescue.org.uk](mailto:vice-chairman@mountain.rescue.org.uk)

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## LEGAL: ANDREW GILLET

[legal@mountain.rescue.org.uk](mailto:legal@mountain.rescue.org.uk)

## UPDATE PEER TEAM REVIEW



## MIKE MARGESON

Images: Patterdale MRT, national training day, rescue rigging

On 5 January, 48 team members, representing 23 teams, met at Bowland Pennine base. A full set of minutes has been produced and circulated, thanks to Tim Cain (Swaledale MRT and MREW training committee vice chairman).

The meeting started with John Hulse describing Ogwen's experiences of peer review, followed by Bill Whitehouse with an update on an initial BCRC questionnaire to cave teams. Finally, Al Day of Calder Valley SRT talked about his experiences, having assisted Ireland in their team audit process. The group divided into three working parties and the following notes are a precis of Tim Cain's minutes of the meeting.

### MAIN OBSERVATIONS

Key points are that this process is:—

- Not assessment but a developmental 'holding up of a mirror'.
- Voluntary.
- Not intended to be a pass or fail situation.
- Aimed at continuous improvement through the sharing of good practice.
- Team-focused and led — FOR the teams BY the teams.
- Intended to be a review of as many aspects as possible of team business — as agreed by the team.
- Modular, using sampling as agreed by



the team and trusted peers/critical friends.

A list of respected and trusted peers from around the country would be created, for teams to select from. Any benchmarks or standards used would be from existing competency documents already agreed within mountain rescue.

An ongoing review cycle was suggested, over a three to ten-year period, with a feedback report produced in conjunction with the team, for the team. An executive summary, produced for MREW, would be agreed by the team.

It was agreed that a steering group should be set up to take this project forward. There was also considerable agreement about what should be out of scope which included pass/fail, assessment, enforced external view or any sort of top-down process or compulsion. Everybody was of the view this must be an internal process.

Following this meeting, feedback was given to the February meeting of team leaders at Preston. There was constructive debate with the usual variety of views expressed. The proposal to take this project forward was put to a straw poll and there was

overwhelming consensus from teams, leaders and deputies.

### NEXT STEPS

We now intend to set up a small steering and development group. A number of individuals have already offered their services and I am still receiving expressions of interest and offers to assist in the working party. The group's objectives will be to produce and create a pilot model process and recommend how this can be trialled and tested. The vision would be that we undertake a number of team reviews over the space of a year and then review the process.

At present, a number of individuals have offered their services and two teams (Wasdale and Rossendale & Pendle) have volunteered to be part of the first pilot process. If you or your team are interested please get in touch. There is considerable work yet to be done before the first team peer reviews take place but I am encouraged by the progress so far. I remain convinced that this is an essential and vital step for us as an organisation and believe it will help strengthen our governance as a whole. ■



## MAJOR INCIDENT TASK GROUP: THE DEVELOPING STORY

Those who were present at the Team Leaders' Day in February were updated on the progress so far from this working group, in the twelve months since its formation. **Phil Benbow**, chairman of the group, shares those notes here with the wider readership.

The group has met four times since we were formed and we've made remarkable progress — pretty much entirely due to the members of the group who have put in a significant amount of work both at the meetings and back home in their regions. Without their willingness to get on and do stuff we'd still be sitting around a table wondering who was going to pay for the coffee!

We established early on some basic principles to ensure our response to major incidents works well, these being:—

- The scale up from single team incident to a 'major incident' should be seamless.

- We should use the same methods, tools and procedures for a major incident as we do for our day to day 'business as usual'.

- SARCALL would be the operational network.

Our thinking was that even the biggest incidents start off in a local area and escalate, sometimes very quickly. We felt that our response should be able to grow organically to match this escalation, so the first team involved calls on their neighbour for support and then the next team and so on until the region as a whole is involved. If the region then needs additional resources, an adjoining region is involved and so on.

SARCALL facilitates this very effectively with its ability to share 'situational awareness' using the logging facility — which most teams now use routinely. We asked each region to establish a regional Silver Command structure so that team leaders could communicate and manage MR resources both within our own organisation but, more importantly, with our partner agencies, especially police, fire and ambulance. As part of this development we have also encouraged each region to

develop strong links with their local resilience forum. This has happened across every region bar one. Some regions still have work to do in building these relationships and, to be honest, the LRF structure nationally is also a bit like the proverbial Curate's Egg, but nevertheless the framework is mostly in place and there is active engagement to make it work better.

The way it will work is illustrated in the diagrams opposite (with thanks to John Hulse and Judy Whiteside). The last part of the National Silver structure is still to be developed but we know what it will look like and I understand it should be straightforward to set up on SARCALL.

### REGIONAL RESPONSE GROUPS

The second part of establishing a better response to major Incidents was to look at the way the additional support could be identified, and fed into the incident. We felt we could be smarter than a stressed team leader simply saying, 'Just send a lot of people and stuff!'

So Tim Cain and Al Read looked at how we could send the right people and the right stuff to the right place at the right time, by studying models from other agencies. The initial thought was to develop a team-typing structure but this very obviously clashed with DEFRA models so, to avoid confusion, the model being built is structured as regional response groups. At the moment ten groups have been identified. These are:—

1. Surface search and rescue.
2. Swiftwater and flood.
3. Underground search.
4. Rope rescue.
5. Mass casualty evacuation.
6. Air mobile search and rescue.
7. Helicopter landing zone.
8. Off-road transport.

9. SARDA.

10. MREW media.

The structure around the regional response groups is still being developed and the ten groups will be worked through, but it will help the requesting region identify the resource they require, and the regions supplying the support to know what it is they are sending, in an organised way.

The management of any major incident is dependent on good communications. SARCALL allows effective communication at Gold and Silver level, however, it is important that Bronze level communications are equally effective. VHF radio communications are clearly important and will remain so, our ability to communicate when other systems are down has been well demonstrated. However, we also need to ensure that our ability to communicate via the Tetra network is uniform across all regions. At the moment the provision of sets is patchy but there is ongoing work to improve this.

### INTEROPERABILITY

A recent development was the formation of a link with the Joint Emergency Services Interoperability Programme (JESIP). This major national initiative was launched in November 2013 and includes all the Cat 1 Responders, the Home Office, the Cabinet Office, the Department of Health and other similar agencies. It's a two-year programme with strong ministerial support. The aim of JESIP is 'to help our emergency services save more lives when we experience major and complex incidents.'

According to their website ([www.jesip.org.uk/what-will-success-look-like](http://www.jesip.org.uk/what-will-success-look-like)) they aim to:—

- Ensure the blue light services are trained and exercised to work together

as effectively as possible at all levels of command in response to major or complex incidents so that as many lives as possible can be saved.

- Ensure major incident plans can be instigated quickly and have efficient methods to escalate an incident across all services.

- Agree on how to assess risk and share information enabling deployment decisions to be made quickly.

- Introduce new and improved ways of working in control rooms.

- Revise usage of the shared radio technology (TETRA).

- Help establish understanding of each others' roles and responsibilities for those who are first at the scene.

- Initiate common language and terminology when working together.

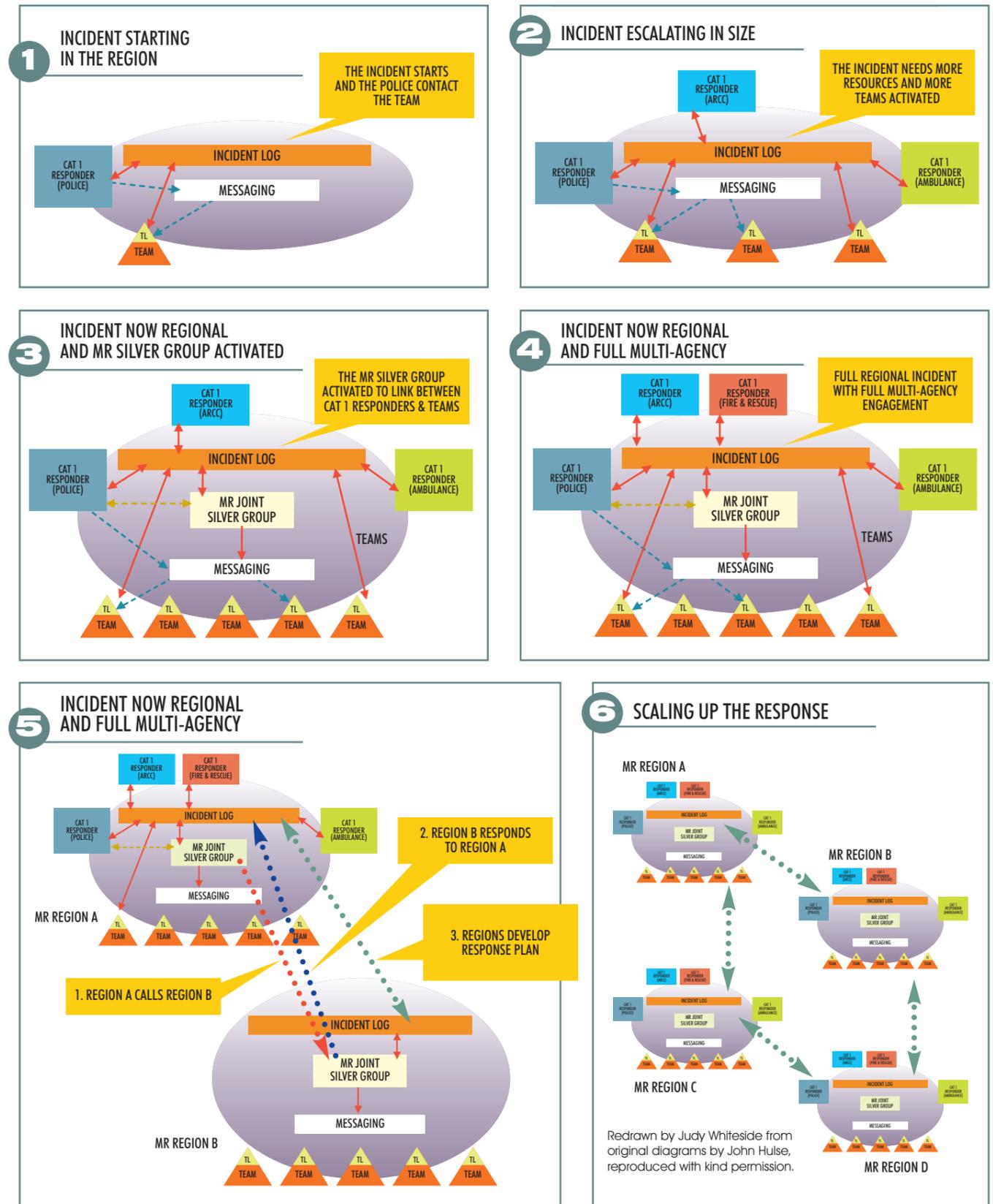
- Ensure future guidance, procedures or protocols take into account situations where they have to operate together.

- Help establish ways to train and prepare together for major incidents.

- Continue to learn from major incidents and training exercises.

In a recent conversation with David Allan he asked me whether our response would be any different, if the April Jones search were to happen again tomorrow. I believe our response would be similar but more effective in that we would be able to manage our resources and maintain our 'business as usual' cover in a much more organised way.

The MITG have two more scheduled meetings in April and July. By then we hope to have the work completed and we plan to test the system with a table-top exercise in the autumn. If the exercise is successful, we'll have one final meeting. The group will have done its job and Mountain Rescue England and Wales should have a robust system to facilitate our major incident response. ■



## SECURE DIGITAL RADIO NETWORK FOR RESPONDER GROUPS

Radio Communications are vital for safe coordination of search and rescue teams over distances, a fact that has been recognised for many years. Until recently, the equipment has varied depending upon the level of funding available to the group involved. It may have been ex-military, or from police sources, or from the civil private mobile market including Citizens' Band. This led to a piecemeal approach with larger organisations having a national network, others just making do in their local area. With the advent of Airwave, security and coverage improved, but restrictions on coverage and usage – not to mention handset security make it difficult – for non 'blue light' services. Digi-Call ([www.digi-call.co.uk](http://www.digi-call.co.uk)) are providing a cost effective secure national digital VHF network based on proven Motorola DMR technology, which is available to all levels of responders. This growing network of linked repeaters have built in resilience, and allows for interoperability between ALSAR units, 4x4 responder teams, and other user groups.

FOR NETWORK DETAILS, OR TO CHECK FOR COVERAGE IN YOUR AREA, PLEASE CONTACT [INFO@DIGI-CALL.CO.UK](mailto:INFO@DIGI-CALL.CO.UK) OR VISIT [WWW.DIGI-CALL.CO.UK](http://WWW.DIGI-CALL.CO.UK), EQUIPMENT SALES ENQUIRES TO [SALES@SARCOMM.CO.UK](mailto:SALES@SARCOMM.CO.UK).



## WHAT'S HAPPENING AND WHO'S WHO IN THE MOUNTAIN RESCUE ICT WORLD

MARK LEWIS MREW ICT OFFICER

The majority of people outside mountain rescue think mountain rescue team members just sit there waiting for their pagers to go off so they can rescue a casualty then return home waiting for the next call!

Not quite true because, quite apart from the call-outs, weekly training, equipment maintenance and fundraising there's an extended level of commitment undertaken by one group of people, putting technology into areas where teams can improve the outcome of a rescue for their casualties.

Right now there are members toiling away in the background, utilising their skills running servers, writing programs, testing new technology, assisting partners with development etc.

Within the last twelve months Mountain Rescue England and Wales (MREW) has been slowly moving its email system and group emails over to Google Apps. This will help with executive officers' succession planning, resilience, security and document sharing. MREW currently utilises no less than five servers hosted by premier hosting companies and supported by experts from within the organisation.

### MRMAP: DAVID BINKS

MRMap allows real-time tracking of mountain rescue personnel and assets, both locally and nationally, on various map scales (1:10000, 1:25000, 1:50000, 1:25000 and Aerial imagery). It was primarily developed to improve the safety of team members when on the hill but very quickly it was found to be a useful tool for coordinating rescues, especially when multiple teams were involved. The concept of tracking personnel on the hill was developed over ten years ago and, although it worked, the hardware was very bulky, unreliable and there was no suitable mapping software. When GPS units became available for the Simoco radios many

developed in the Lake District by Dave Binks. Although ideal for tracking MR troops, Russ wanted a system that could be used to locate the large number of people who phone MR teams because they're lost. Russ's aim was to avoid having any software pre-installed. SARLOC was born.

The way it works is simple. The MRT sends a text message to the LostPer, which contains a link to a page on the SARLOC servers. When the LostPer clicks on the link, SARLOC uses features of the lost person's smartphone to query its location and sends that location to the MRT, displaying it on a computer map. As of February 2014, SARLOC has been used

teams. The secure SARCALL platform also provides an exceptionally strong multi-agency incident logger which is increasingly being used by air assets, including RAF SAR and Helimed, who can benefit from and contribute to an enriched and shared operational picture. All of this has resulted in much better-informed and efficient multi-agency operations during the recent flooding and storm events.

### GEO SERVER: MREW

The MREW map server project will be the master source for all geo-spatial data used by MRTs. The server uses open source software to deliver geo-spatial data using industry standard protocols, enabling MRTs to develop innovative applications without the significant costs incurred using proprietary systems such as Google Maps or Bing. The server software, GeoServer, is backed by a PostgreSQL/PostGIS database providing industry leading GIS services. The Map Server is not something the end user will use directly, rather it will supply mapping data in a standard format to any MREW projects that wish to use it.

### SARMAN: MAPYX

Sarman® is a search and rescue management planning and operational tool. Originally designed by Mapyx Limited and Mountain Rescue England and Wales, it is currently in use across

multiple SAR organisations, police forces and the MOD across the UK, improving interoperable working between key agencies. Since its inception Mapyx Sarman has evolved, taking on feedback from user groups, and a new release will permit operations in multi-user environments to further aid interoperability and sharing of information. Mapyx Sarman permits the planning of waypoints, routes, circles and areas on multiple OS Mapping and resource allocation to specific search areas.

### COMMS

Mountain rescue teams operate their own stand-alone radio system without having to rely on vast infrastructure. Teams are allocated UKSAR channels with resilience and SAR compatibility paramount. They are able to communicate with partner agencies, such as ALSAR, HMCG, RNLI and various air assets etc. When power fails, sub stations are flooded or networks fail, teams can still do their job using simplex, and to extend coverage, repeaters or human repeaters can easily be deployed. Without doubt teams will have to move technology and migrate from analogue to digital, but there's little doubt they will opt to stay with standalone systems. With more and more technology based on internet access, teams will have to consider the use of satellite comms for working in remote areas should the internet infrastructure fail. ■



## SARCALL IN A MULTI-AGENCY SEARCH & RESCUE WORLD

JOHN HULSE SARCALL

Volunteer SAR teams are supporting an ever-increasing number of more complex operations including missing persons, flood response and adverse weather events. These challenging and dynamic events place new demands on the teams and our professional partners.

*No other organisation – statutory or volunteer – has anything like the Incident Logger, giving all the agencies involved full situational awareness. SARCALL is the only true multi-agency tactical logger in the UK*

Recently, several key new partners, including RAF SAR, North Yorkshire Police, Devon & Cornwall Police, Police Service of Northern Ireland, together with several Helimed joined the SARCALL platform, ensuring better collaboration during SAR operations.

These larger, multi-agency operations need teams to have up-to-date situational awareness of not just their own assets but also the actions and decisions of other teams and our partner agencies. If the team leaders can attain this best possible situational awareness, then they are able to make more effective deployment and tactical decisions. SARCALL provides a simple incident log that has been used in more than 2,000 SAR operations to share tactical, non-confidential data between teams and partners. This shared information capability has been an unexpected success and is now a critical part of the SARCALL system helping everyone concerned work closer together.

Regions and partners are now using SARCALL in more creative ways to enhance the overall operational response. For example, within LDSAMRA, Cumbria Police and NWS now directly call out teams using SARCALL and new partners such as the Great North Air Ambulance, the RAF Sea King flight at RAF Valley and the ARCC at

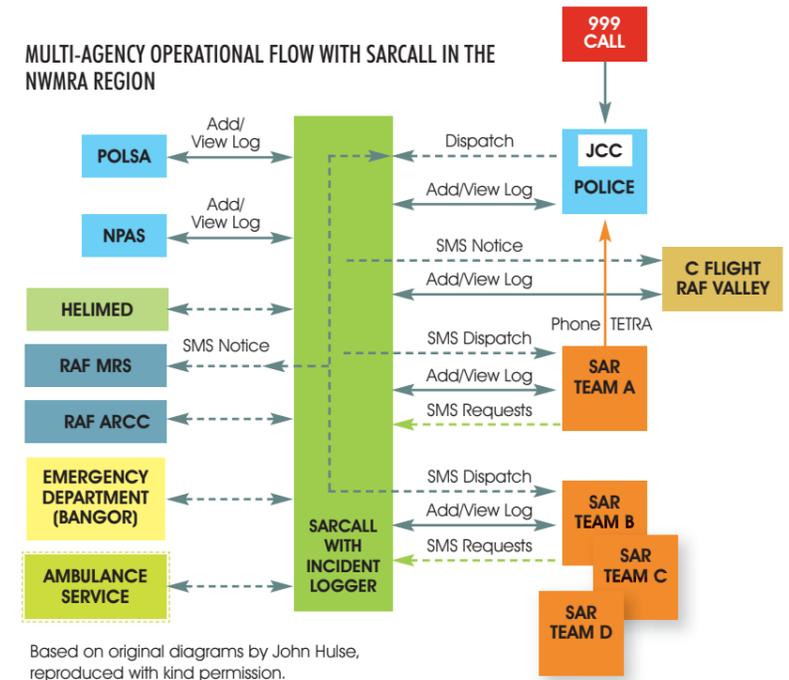
Kinloss are able to share and contribute to the live incident log. This multi-agency environment is helping deliver faster, smoother and more efficient SAR operations which directly benefit the casualty. In North Wales, another multi-agency model is used where a call-out SMS message sent from the

Police Control Centre to the required NWMRA team is also sent to the Flight Ops Desk of C Flight, 22 Sqn RAF Valley and to the RAF Valley MRT. With this early notice of call-outs, the Sea King crew can often react more quickly to serious incidents, obtaining a high level of information about the operation from the log

before they deploy. This new use of SARCALL has helped reduce the response time of the Sea King for mountain operations by up to fifteen minutes. SARCALL is also used in North Wales by the NPAS Air Support Unit and PoISAs to support teams in

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### MULTI-AGENCY OPERATIONAL FLOW WITH SARCALL IN THE NWMRA REGION



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cutting-edge fabric. A monolithic membrane provides all the protection you need yet measures a minuscule fifteen microns thick. It allows us to make jackets light enough for fell runners, packable enough for alpine hikers and tough enough for serious mountain routes. Another first from Mountain Equipment.



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# incidents

figures

## Oct • Nov • Dec • 2013

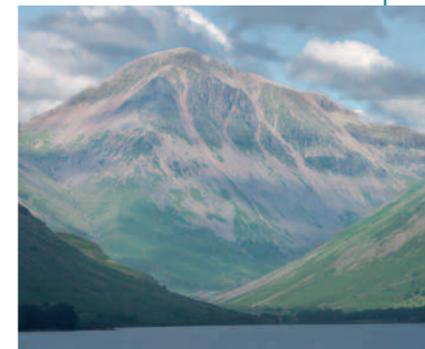
Region and Teams	Incidents	Region and Teams	Incidents	Region and Teams	Incidents	Region and Teams	Incidents
<b>Lake District</b>		<b>North East</b>		Edale	20	<b>Yorkshire Dales</b>	
Cockermouth	10	Cleveland	5	Glossop	12	CRO	5
Coniston	7	North of Tyne	5	Kinder	11	Upper Wharfedale	7
Duddon and Furness	5	Northumberland NP	7	Oldham	2	(Previous quarter: 26)	12
Kendal	10	Scarborough & Ryedale	12	Woodhead	4	<b>Search Dogs</b>	
Keswick	17	Teesdale and Weardale	1	(Previous quarter: 86)	56	Lakes	6
Kirkby Stephen	1	(Previous quarter: 45)	30	<b>Peninsula</b>		England	8
Langdale Ambleside	22	<b>North Wales</b>		Cornwall	3	Wales	3
Patterdale	12	Aberdyfi	6	Dartmoor (Okehampton)	1	South Wales	6
Penrith	4	Aberglaslyn	2	Dartmoor (Plymouth)	1	(Previous quarter: 28)	23
Wasdale	10	Llanberis	16	Dartmoor (Tavistock)	2	<b>RAF</b>	
(Previous quarter: 139)	98	North East Wales	6	(Previous quarter: 25)	7	Leeming	3
<b>Mid-Pennine</b>		Ogwen Valley	23	<b>South Wales</b>		Valley	7
Bolton	11	South Snowdonia	2	Brecon	13	(Previous quarter: 7)	10
Bowland Pennine	10	(Previous quarter: 105)	55	Central Beacons	8	<b>Total</b>	352
Calder Valley	8	<b>Peak District</b>		Longtown	2	(Previous quarter: 556)	
Holme Valley	3	Buxton	3	Western Beacons	5		
Rossendale & Pendle	1	Derby	4	(Previous quarter: 43)	28		
(Previous quarter: 52)	33						

## real rescues

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### SEVEN LAKES TEAMS INVOLVED IN 18-HOUR SEARCH FOR MISSING SELBY MAN

Sadly, the man's body was found on the slopes of Great Gable. Wasdale MRT was called out initially, but had to search a huge area because the walker had left no intended route. At 5.35am they enlisted the help of colleagues from Keswick and Cockermouth, which put twenty team members on the hill, along with three search dogs.



The search, stretching from Eskdale to Great Gable, also involved teams from Duddon and Furness, Coniston, Kendal, Penrith and Kirkby Stephen and a Sea King from RAF Valley. Around 1.00pm, a member of the public reported seeing a body in a waterfall, south-west of Great Gable. It transpired that 53-year-old James Lonsdale, of Selby in North Yorkshire, had left home the previous day to head out for a walk on Scafell Pike.

Picture shows Great Gable from Wasdale, on a summer's day © Nigel Corby. Licensed for reuse under the Creative Commons Licence.

certain types of operation, typically missing person searches. Welsh Ambulance Service Trust and the Welsh Air Ambulance Service will join the system within the next few months.

Incident log systems must be easy to use otherwise they will quickly fall into disuse. In recognition of this, the SARCALL team has spent a lot of time in Category 1 Responder control rooms learning what really works. The result is a total focus on ease-of-use and even simple colour coding of the entries by different types of users such as police, ambulance, fire, RAF, MRTs etc. In addition, users can upload and share files such as images, maps and documents. All this capability matches or exceeds the functionality of many of the command and control systems used by our partners.

In a further novel application, the Emergency Department at Bangor Hospital is evaluating SARCALL to enable the trauma team to view and interact with SAR teams and partner agencies when a seriously injured person is being treated on the mountains of Snowdonia. This multi-agency capability of having all the partners in the 999/112 call emergency chain (Police, RAF, MRTs, NPAS, Helimed, ambulance and the receiving hospital) all sharing the same incident log is probably unique in the SAR world.

The very experienced team of SARCALL administrators will be very happy to work closely with teams and partner agencies to help you get the best from the SARCALL system — just let us know how we can support you! ■

Patterdale team members helped reunite a walker with his dog, after he survived a 500ft fall in a white-out on a Lake District mountain, with only minor injuries.

The worried man walked into the Brother's Water Inn at Hartsop about 2.45pm, after descending from the fell where he'd been walking solo. It transpired he had walked up to Caudale Head, but found himself in white-out conditions on the summit. He decided to take a compass bearing to take him north and back to the safety of the bunkhouse where he was staying but, whilst walking on the bearing, he slipped and fell down a very steep snow slope. While he was falling uncontrollably he lost Bonnie, a crampon and both walking poles but, unbelievably, sustained only cuts, bruises and a sore shoulder.

He made a concerted effort to climb back up to find Bonnie but rightly turned back when the terrain became too difficult. With darkness falling, and severe weather forecast, the team took the difficult decision to wait until morning before starting a search for Bonnie.

There were concerns that the area might be prone to avalanche so five team members set out appropriately equipped. They climbed for an hour and half to reach the corrie, then formed a line to search the area — in some places waist deep in snow — armed with snow shovels, probes, transceivers and ice axes. Initially, there was no sign of Bonnie, but after an hour of searching — and much slipping and falling — a dog was spotted sitting on a small rocky outcrop. Minutes later they found a broken walking pole, a crampon and eventually another pole. The line that the man had fallen down the day before was clearly evident. As a team member later said, 'He was indeed very lucky to have escaped relatively unscathed.'

Amazingly, Bonnie had survived the night and, with a bacon sandwich inside her and some dog treats, she was able to walk down the steep mountainside to be reunited with her master. They were both extremely pleased to see each other and quietly recognised how lucky they had both been. The team walked off the mountain and everyone went for a well earned pint of ale in the local pub.



Photo © Mike Blakey.

## DOG REUNITED WITH HER OWNER AFTER 500 FOOT FALL



Photo © Aberglaslyn MRT.

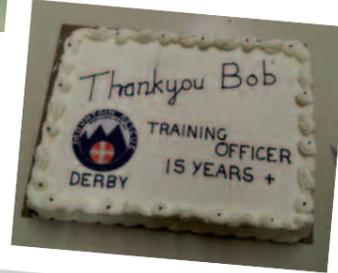
## WALKERS IN 1000FT AVALANCHE FALL ON SNOWDON

Avalanches don't just occur in Scotland, as walkers in Snowdonia discovered in February. One man was knocked unconscious by an avalanche which swept him and his girlfriend down the mountain towards the Pyg track.

The pair were left buried in four foot of snow and six other people walking nearby were also carried various distances by the same avalanche. The rescue operation took place in full winter conditions.



## DERBY TEAM THANK BOB SWAIN FOR 15 YEARS AS TRAINING OFFICER



A team training session in March involved a search with a difference for the evening's 'casualty', team training officer Bob Swain, who was standing down after fifteen years in the role. Bob was quickly located (suspiciously quickly some might say), 'treated for his 'wounds' and evacuated by stretcher... to a hut at Drum Hill Scout Camp, where a surprise party had been arranged by the team to say thank you for all his years of dedicated service. Nice rendition of the logo on the cake, too!

6 MARCH [WWW.FACEBOOK.COM/DERBYMOUNTAINRESCUETEAM](http://WWW.FACEBOOK.COM/DERBYMOUNTAINRESCUETEAM)



from the archive

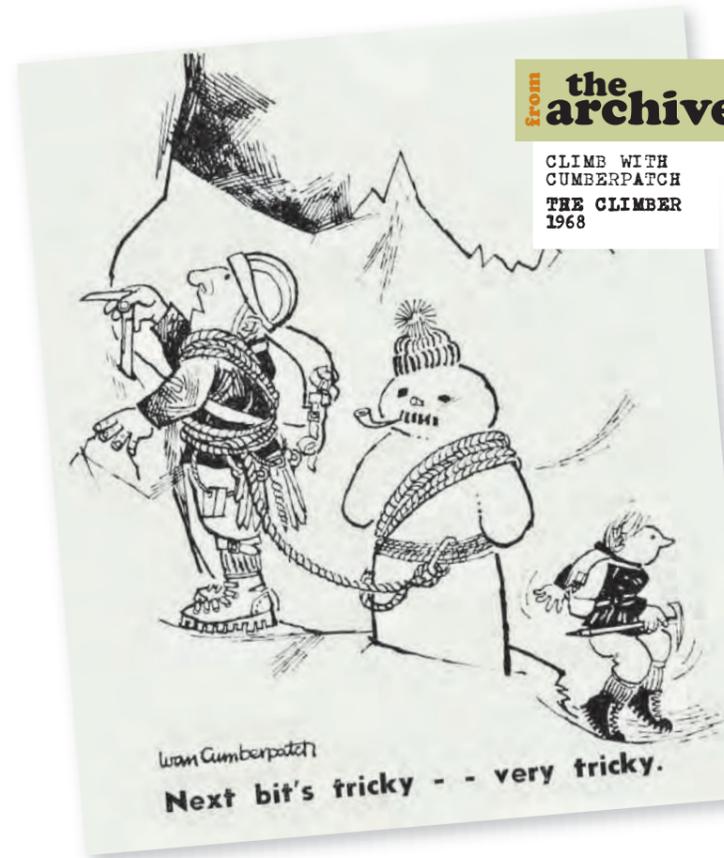
SARTORIAL ELEGANCE WITH A DASH OF TOM SELLECK CLIMBER AND RAMBLER 1971



## ABERDYFI TEAM MEMBERS SHOW OFF THEIR NEW JACKETS, SUPPLIED BY MREW

Spotted on Facebook: 'What, these old things? New jackets from Mountain Rescue England and Wales. A big thanks to all involved'.

16 MARCH [WWW.FACEBOOK.COM/ABERDYFISART](http://WWW.FACEBOOK.COM/ABERDYFISART)



from the archive

CLIMB WITH CUMBERPATCH THE CLIMBER 1968

Ivan Cumberpatch Next bit's tricky - - very tricky.

PSSST... THEY'RE OVER THERE BEHIND THE BIG ROCK. BUT DON'T TELL 'EM I TOLD YOU!

The secrets of the successful dog, revealed by SARDA England, courtesy of Iain and Alison Nicholson... we think we suspected this all along.

30 DECEMBER 2013 [WWW.FACEBOOK.COM/PAGES/SEARCH-AND-RESCUE-DOG-ASSOCIATION-ENGLAND](http://WWW.FACEBOOK.COM/PAGES/SEARCH-AND-RESCUE-DOG-ASSOCIATION-ENGLAND)



# life online

## NORTH YORKS MP URGES TRANSPORT SECRETARY TO GO DOWN A CAVE

Former coal miner Patrick McLoughlin was told to follow up his bike trip round Skipton and Ripon by joining the constituency's Tory MP, Julian Smith, in a cave.

The invitation was extended after it was announced that the Government grant to mountain rescue across the UK is to be increased to £250,000 for the year 2015/16. Transport Minister Stephen Hammond told the Commons that the money goes towards equipment and training, but Mr Smith pushed for more. As he rightly said, 'It's not just mountain rescue but cave rescue organisations in Grassington and Clapham in my constituency that will benefit. Mr McLoughlin has been on his bike in Skipton and Ripon so will he now commit to coming down a cave with me in the near future?' Speaker John Bercow told Mr Smith he posed 'a very serious challenge to even the most vivid imagination in the House.' It remains to be seen whether Mr McLoughlin will pick up the gauntlet.

[WWW.ITV.COM/NEWS](http://WWW.ITV.COM/NEWS) THURSDAY 20 MARCH

## SIX-YEAR-OLD JAKE GETS ROYAL SEAL OF APPROVAL

Young Jake Dolman has warmed the hearts of the Duke and Duchess of Cambridge, after a copy of his book, 'My Best Grandad', which began as a way to express his feelings about the death of his grandfather, was sent to the royal couple.

William and Kate, it seems, were particularly touched that Jake had decided that any profits should go to mountain rescue — particularly pertinent for William, as a former RAF SAR pilot and patron of Mountain Rescue England and Wales. Jake's Mum said, 'It's a moving book and it's all his own work, everyone who reads it cries. We sat down and decided what charities to pick and chose mountain rescue as it was a bit different. We knew of Prince William's involvement but didn't realise he was patron.' The family was delighted to receive a letter from the Palace and amazed at how personal the message. As his Mum said, 'It shows they've actually held it in their hands!'

THE BURTON MAIL SATURDAY 15 MARCH. [WWW.BURTONMAIL.CO.UK](http://WWW.BURTONMAIL.CO.UK)

## TEDDY BEARS GO MISSING IN WOODS

Last issue the focus seemed to be firmly on dogs, with teams everywhere gaining the 'ah' factor with a number of high profile pooch rescues. This time round, one South Wales team upped the ante searching woodland for even cuddlier creatures...

Longtown helped local schoolchildren search for the missing teddies in Hereford, as part of the Holmer Church of England Academy's 'survival week'. Luckily, team members were on hand when the bears went missing, speaking to pupils about what happens during a rescue. Teacher Katie Williams said, 'We're very grateful to the team for teaching the children so much about the work they do. The children were able to put all they learned into practice when the teddies went missing. Thanks to the team, they were able to bring the teddies back safe and sound and then present an assembly about their search to the rest of the school.' Graeme Adkin from Longtown said, 'We loved meeting the children. It's so important for them to learn about safety so they can enjoy the outdoors and, hopefully, won't need to call on our services.'

[WWW.HEREFORDTIMES.COM](http://WWW.HEREFORDTIMES.COM) THURSDAY 6 MARCH

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**Silver** — at £36 per year for single and £54 for joint, this option gives you all the above but includes the opportunity to donate a further sum of £12 to mountain rescue.

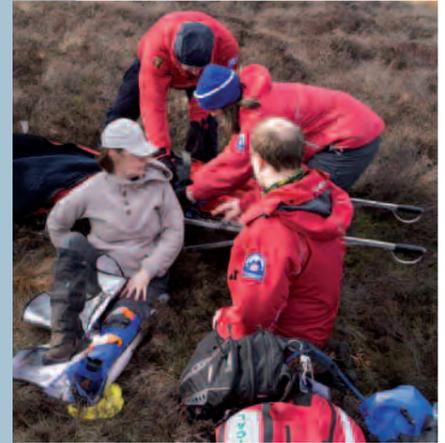
**Gold** — at £48 per year for single and £66 for joint, provides the opportunity to add £24 onto your basic subscription.

GO TO **MOUNTAIN. RESCUE.ORG.UK/ SHOP**

## FUNDRAISING CHALLENGE TURNS REAL FOR WALKER

Halfway through Scarborough and Ryedale's Falcon Flyer — a key fundraiser for the team — one of those taking up the challenge got herself a full scale stretcher carry off after suffering a lower leg injury.

Fortunately, with the casualty's location inaccessible even by team vehicle, the walk sweepers were quickly on hand to administer immediate casualty care. Other team members were rapidly pulled from checkpoints and walked in to the site, while team vehicles drove round to a point from which team members could carry in essential medical equipment and a stretcher. Once sufficient numbers were on hand, the sweepers returned to provide cover for the rest of the walkers, and team members stretchered the lady around two kilometres to the waiting vehicles. The team runs three challenge events each year to raise funds for just these type of incidents and would like to thank all 136 people who supported them by entering this year's Falcon Flyer. A full set of results for the event can be found on their website, at [www.srmrt.org.uk](http://www.srmrt.org.uk). The injured lady kindly let the team use images from the rescue to show the various stages of treatment and evacuation. All at Scarborough and Ryedale MRT wish her a speedy recovery.



real rescues

With many media reports of rescues seeming to focus on casualties being ill-prepared for the conditions they face, it's good to hear this isn't always the case. In many, many cases, hillgoers are very well prepared, but accidents happen. As this incident proves, what the casualty and their party do next is equally as important as carrying the right kit.

## PARTY OF PEAK FELL RUNNERS DID ALL THE RIGHT THINGS

After a quiet start to 2014, Woodhead and Edale teams were called to rescue the party of four who had come into some difficulty in the Cartledge Stones Ridge area of the Peak District, in driving rain and gale force winds. It took the advance party just under an hour to get to the runners, who were found to be very well prepared for the conditions. One of the party, a female from the Manchester area, suffered leg bruising after a fall which had subsequently let to mild hypothermia setting in. She was given food, a hot drink and warm dry clothes whilst waiting for the stretcher party to arrive. Two of the group were walked off the hill to safety by team members whilst the remaining runner kindly aided the fifteen mountain rescuers who took it in turns to carry the casualty — by now snug in a casbag and on the stretcher — the five kilometres back to the road head. Woodhead team member Ian Winterburn said, 'The runners were very well prepared for the conditions. They had extra clothing, shelter and food and the good sensible decisions they made early on combined with being prepared for the worst case scenario saved a bad situation becoming so much worse'.

*They had extra clothing, shelter and food and the good sensible decisions they made early on combined with being prepared for the worst case scenario saved a bad situation becoming so much worse.*



*These books have been published in support of both the Mountain Rescue Teams and the various Air Ambulances and make great gifts, especially for 'Grumpy Old Men'! 50% of the sale price, £14.99, goes to MREW. The books are available from [www.mountain.rescue.org.uk](http://www.mountain.rescue.org.uk)*

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Floods © Paul Burke

## FLOOD FORECASTING

### BRIDGET BEER THE FLOOD FORECASTING CENTRE

We all know that rescues in and around flooding can be more complex and dangerous as we may be contending with severe weather conditions while dealing with the casualties.

The Flood Forecasting Centre (FFC) is a successful partnership between the Environment Agency and the Met Office that specialises in providing professional emergency responders with flood risk guidance.

Andy Lee, national Water Officer for Mountain Rescue England and Wales, went along to the centre — based in the Met Office in Exeter — to find out more about what they do and how MREW can maximise the use of their information.

The FFC is at the forefront of forecasting science. The team of 24 use the best expertise in weather from the Met Office and flooding from the Environment Agency to produce risk-based flood guidance indicating the likelihood of flooding and the potential impacts it will cause up to five days in advance. This approach is the same whether it is flooding from rivers, the sea, surface water or groundwater — the four natural flood sources — and even when they are all happening at once.

'A key role for us, is to increase responders' awareness and understanding of potential flooding so



The Flood Forecasting Centre in Exeter © FFC.

that they can do their jobs effectively, and confidently make vital decisions before, during and after flooding', said Neil Taunt, one of the FFC's hydrometeorologists.

To meet that need, the daily Flood Guidance Statement (FGS) is produced specifically for emergency responders.

'Every day we forecast five days ahead across England and Wales, identifying the flood risk by county and giving an overview of the developing situation,' explained Neil. 'Our flood risk guidance complements the Met Office National Severe Weather Warning Service and the Environment Agency and Natural Resources Wales local flood warnings giving a complete (as possible) picture.'

As you'd expect there's a huge amount of data and information on weather, river catchment and coastal factors to take account of when assessing flood risk. This includes:—

- **Recent weather conditions** — any prolonged rain?
- **Rainfall forecast** — is it expected to be localised, short duration and high intensity or more widespread over a longer period and less intense?

- **Knowledge of catchment conditions** — saturated ground, height of rivers, underlying conditions?
- **Detailed coastal flood forecast models** showing surges and large waves, as well as river flood flows.
- **Seasonal factors** such as snow or fallen leaf cover.
- **Combined effect** of river flow and high tides.
- **Other factors** such as strong winds which may blow over trees or damaged flood defences.

The flood likelihood and potential impacts are then used to assign a flood risk level from a variety of combinations. It is important to understand that, although it uses Green, Yellow, Amber and Red, the Flood Guidance Statement is not a progressive traffic light system. Users should use the text and maps to get a full picture of the flood forecast to help them make the right response to minor, significant or severe flooding.

In your emergency responder roles you can receive the Flood Guidance Statement. Simply go to [www.ffc-environment-agency.metoffice.gov.uk](http://www.ffc-environment-agency.metoffice.gov.uk) and click on registration, complete the form indicating which level of risk and what counties you need. Your request

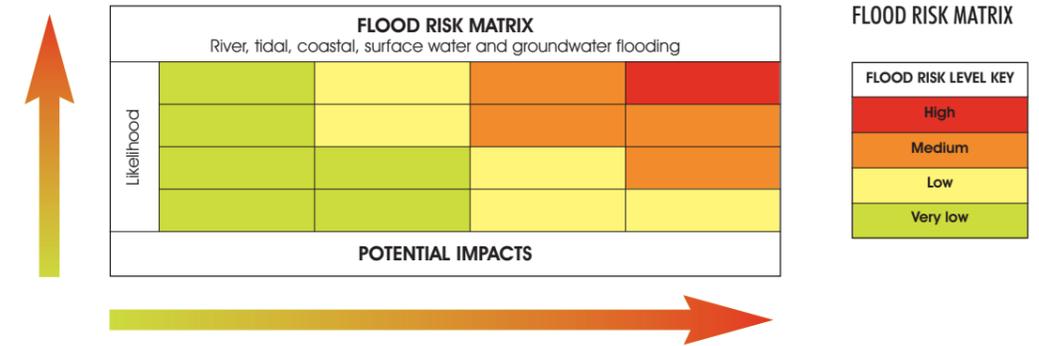


Residents in Egham, Surrey, rescued from their home (top), and town centre flooding in Worcester (above) in February this year.

will be checked and implemented usually within a few days.

During the visit, Andy met with the FFC team. 'The demonstration of information available and capability of the FFC is remarkable. Their support and positivity was hugely responsible for the success of the day. Future aspirations are being looked into to develop information for use by MREW to provide the right information to the right people at the right time. For a start I'd encourage all teams to now register with the FFC utilising 'Mountain Rescue' and their 'Team Name' to receive flood guidance statements for their area.' ■

**FOR MORE INFORMATION ABOUT THE WORK OF THE FLOOD FORECASTING CENTRE AND FOR FURTHER DETAIL ABOUT THE FLOOD GUIDANCE STATEMENT PLEASE EMAIL: [FFCENQUIRIES@ENVIRONMENT-AGENCY.GOV.UK](mailto:FFCENQUIRIES@ENVIRONMENT-AGENCY.GOV.UK).**



POTENTIAL IMPACTS KEY TO BE USED BY FFC (FGS), EA (FLOOD AWARE) AND MET OFFICE (WEATHER ALERTS / WARNINGS OF HEAVY RAIN) AS AN OPTIONAL LINK ON WEBSITES — VALID FROM 30 NOV 2010 (BUT APRIL 2011 FOR MET OFFICE)

	Very low	Low	Medium	High
<b>Typical impacts</b>	<p><b>Minimal disruption</b> Generally no impact, however, there may still be:</p> <ul style="list-style-type: none"> <li>• Isolated and minor flooding of low-lying land and roads.</li> <li>• Isolated instances of spray/wave overtopping on coastal promenades.</li> <li>• Little or no disruption to travel although wet road surfaces could lead to difficult driving conditions.</li> </ul>	<p><b>Minor disruption</b> • Localised flooding of land and roads – risk of aquaplaning. • Localised flooding could affect individual properties. • Individual properties in coastal locations affected by spray and/or wave overtopping. • Localised disruption to key sites identified in flood plans (eg. railways, utilities). </p>	<p><b>Significant disruption</b> • Flooding affecting properties and parts of communities. • Damage to buildings and structures is possible. • Possible danger to life due to fast flowing/deep water/wave overtopping/wave inundation. • Disruption to key sites identified in flood plans (eg. railways, utilities, hospitals). • Disruption to travel is expected. A number of roads are likely to be closed. </p>	<p><b>Severe disruption</b> • Widespread flooding affecting significant numbers of properties and whole communities. • Collapse of buildings and structures is possible. • Danger to life due to fast flowing/deep water/wave overtopping/ wave inundation. • Widespread disruption or loss of infrastructure identified in flood plans (eg. railways, utilities, hospitals) • Large scale evacuation of properties may be required. • Severe disruption to travel. Risk of motorists becoming stranded. </p>

PUBLIC ADVICE KEY TO BE USED BY EA (FLOOD AWARE) AND MET OFFICE (WEATHER ALERTS / WARNINGS OF HEAVY RAIN) ON WEBSITES AND BROADCASTS — VALID FROM 30 NOV 2010 (BUT APRIL 2011 FOR MET OFFICE)

	Very low	Low	Medium	High
<b>Public Advice</b>	<p><b>No action required</b> • Keep an eye on the weather.</p>	<p><b>Flooding is possible – be aware</b> • Remain alert and ensure you access the latest weather forecast for up to date weather information. • Be aware of conditions and drive accordingly. • Check flood warning page. • Call Floodline 0845 988 1188 for the latest flooding information.</p>	<p><b>Flooding is expected – be prepared</b> • Remain vigilant and ensure you access the latest weather forecast. • Consider re-scheduling your journey. Don't drive or walk through flood water. • Think about preparing for flooding and take precautions where possible. • Check flood warning page. • Call Floodline 0845 988 1188 for the latest flooding information.</p>	<p><b>Significant risk to life – take action</b> • Remain extra vigilant and ensure you access the latest weather forecast. • Avoid all non-essential travel or postpone journeys if at all possible. • Follow advice given by authorities under all circumstances and be prepared for extraordinary measures. • Check flood warning page. • Call Floodline 0845 988, 1188 for the latest flooding information.</p>



Above: Cockermouth team members tackle the floods which overtook the town in 2009 © Cockermouth MRT.



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Early 2014 saw unprecedented flooding across England and Wales during one of our wettest periods on record. Consequently, it proved an eventful period for mountain rescue teams in several areas, kept busy responding and supporting many water incidents, alongside their routine incidents. **Andy Lee**, MREW Water Officer summarises the past few months here, in an article first written to inform the wider emergency services in the Emergency Services Times.



Photo © RNLI.

## MULTI-AGENCY RESPONSE TO FLOODING

Members of the Severn Area Rescue Association (SARA) have been working together with the Gloucestershire Fire and Rescue Service, Coastguard and the RNLI Flood Response Team — over several weeks of sustained flooding in south west England.

Much like the statutory services we've found ourselves responding to water incidents for many years. The experience and lessons learned from this have seen teams operate during times of widespread flooding. Responding to large incidents isn't new for mountain rescue, with involvement at major incidents such as Lockerbie, the Grayrigg train crash, the challenges brought by heavy snowfalls and widespread flooding incidents across the country. It's for this reason that many teams have responded by developing systems, water training and investing in necessary safety and rescue equipment.

It's well-known that all emergency

services and responding agencies operate with variations to match the need of local population and risk profiles. Mountain rescue, whilst working at a national level, also operates with various approaches depending on many drivers including Local Resilience Forum (LRF) involvement. Throughout the last three months teams have responded nationally, regionally and locally, at times working through the LRF or indeed many just upgrading their own state of preparedness at team level.

Nationally, we've seen some of the teams who are on the national Water Asset Register deploy as part of national mobilisations, with other teams on standby. One deployment saw eight swiftwater technicians from the Lake District completing an 800-mile round trip as part of the preparation for the East Coast inundation in early December.

Close communication between the myself (on behalf of mountain rescue) and the FRSNCC continued for many days. During this period, plans were developed should additional water or

mountain rescue deployment have been requested.

Whilst teams have supported and been on standby for the past few weeks with the flooding in the south of the country, a large number of more local incidents continued to be managed. Sadly a number of these resulted in those we responded to being found deceased. On the afternoon of 23 December, both the Langdale Ambleside and Ogwen Valley teams were mobilised to separate incidents where members of local MRTs responded to work alongside members of other emergency services in efforts to locate missing people washed away in rivers. In South Wales, Brecon MRT mobilised to locate a missing kayaker who went missing shortly after lunch on 8 February. The gentleman was found on day two of the rescue efforts though sadly he was deceased. In the Peak District, Glossop MRT was called to assist two walkers swept away through a culvert under the A57 Snake Pass. Both walkers received treatment — one for a broken back.

In addition to responding, I have been supporting officers from NRAT with the DEFRA assurances visits across the UK, spending time in North Wales in January and Devon and

Cornwall during February and at the height of the flood.

This is a clear demonstration of emergency services and organisations such as mountain rescue working together. Years of planning and development of response standards supported interoperability between the many statutory and voluntary emergency services. This can be seen at a national or local level from hillside or river bank, to control or operations room — a clear marker of continuing success.

Whilst there are variations, one common factor is, of course, that we are volunteers and given the number of members across the country this is something to be proud of. Our response has been professional and robust, and a credit to us.

It's not only a huge effort by those who respond to these incidents, but a huge effort by MREW and the individual teams to continue to fundraise in order to support and maintain this response capability. Mountain rescue teams have responded to incidents relating to adverse weather for many years and, with public support and our partners' support, it is hoped this will continue for many years to come. ■

## OPEN INVITATION CALLING INTERESTED WATER TRAINING PROVIDERS

Mountain Rescue England and Wales is looking for a training provider with the ability to deliver a package to develop MREW members to a level that enables internal water training to meet the requirements of MODULE 2. A tendering process will follow.

INTERESTED PARTIES ARE ASKED TO EXPRESS AN INTEREST BY EMAIL TO:  
ASSISTANT-SECRETARY@  
MOUNTAIN.RESCUE.ORG.UK  
AND WATEROFFICER@  
MOUNTAIN.RESCUE.ORG.UK BY 30 APRIL.

Continuing heavy rain and persistently high water levels in the South West have prompted a sustained multi-agency response and a constant flow of work (excuse the pun) which attracted substantial media interest, with SARA members frequently on camera and in the news. Incidents included the evacuation of residents by boat from flooded homes, search and rescue of casualties whose boat had capsized whilst travelling between flood-isolated areas, the delivery of oxygen supplies to a patient who relied on it for a medical condition and helping visitors on a traveller site affected by the floods.



Photos © Edale MRT.

## LUCKY ESCAPE FOR WALKERS

Both Edale and Glossop teams were called out in early February, to help the ambulance service rescue two members of a group of walkers from Sheffield who'd been swept away in a moorland stream and carried through a culvert under the A57.

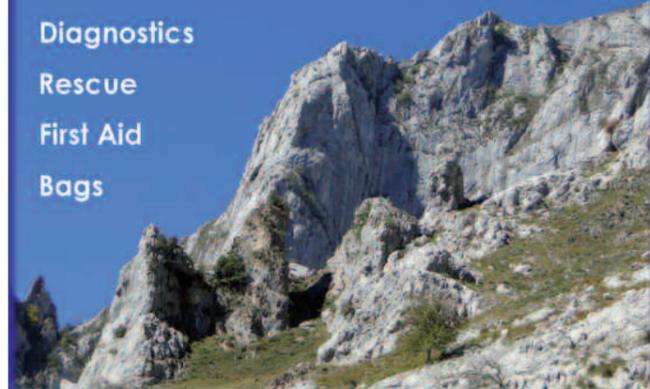
After being spat out of the culvert, the middle-aged walkers were carried some distance down a steep cascade before finally coming to rest. One member of the party then managed to make his way to the Snake Inn to raise the alarm. Mountain rescue assistance was called for due to the difficulty of access and recovery. One lady in her fifties suffered head, chest and

back injuries, including a fractured spine in the accident and both the casualties were soaking wet and suffering from hypothermia.

After initial treatment by ambulance service crews and MR team medics, one casualty was assisted back up to the road while the more seriously injured walker was evacuated by stretcher.

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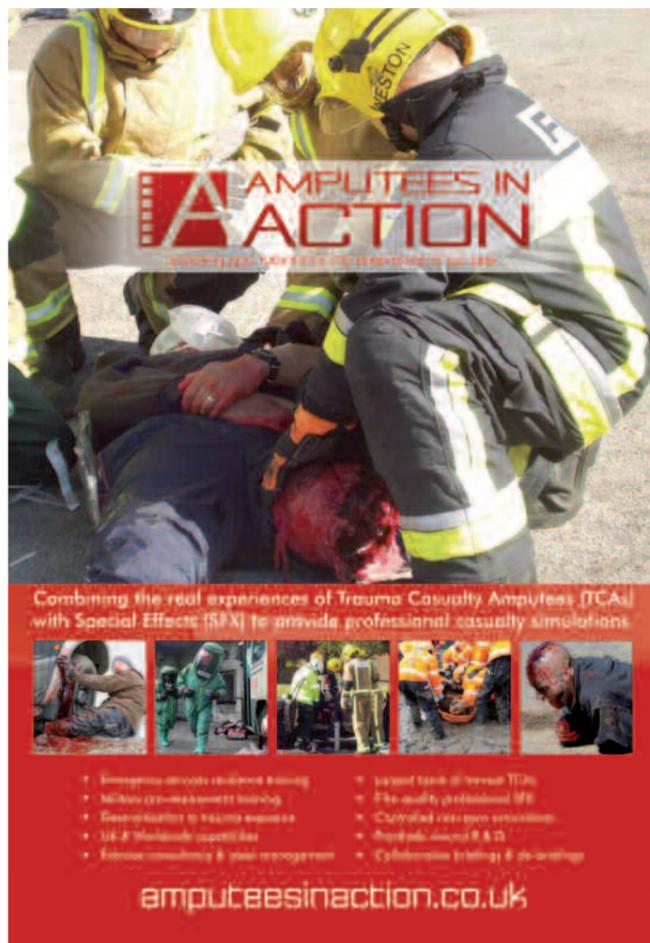
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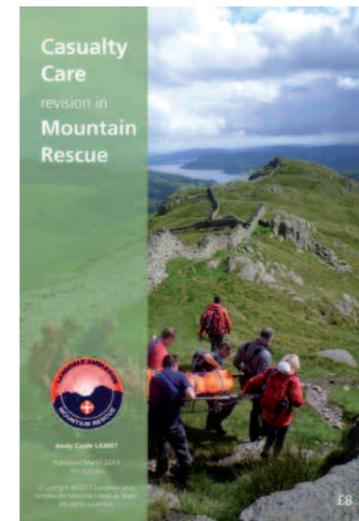
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# medical



As part of his own study for the Casualty Care certificate, **Andy Caple**, Langdale Ambleside team member, set about making his own notes and observations from John Ellerton's definitive textbook – as might any other team member, keen to understand the subject matter in hand. When he began to share those notes with team colleagues about to embark on their exam, an idea took shape. Thanks to Langdale Ambleside, the outcome – a revision guide to Casualty Care in Mountain Rescue – is now available to every team member.



'Casualty Care Revision in Mountain Rescue' is a 46-page wire-bound booklet that has evolved during the last three years as an aid for team members who are not medically trained professionals. It developed out of a need to have easy access to the relevant key facts of casualty care but written in layman's terms.

Although it's written by a non-medical team member, the content has been thoroughly checked by team medical professionals, and where appropriate, the most up-to-date guidance incorporated and it is designed to complement, not replace, other mountain rescue texts.

The book started as a set of personal notes taken from 'Casualty Care in Mountain Rescue' by Dr John Ellerton, which is the most widely used book by mountain rescue teams. Having built a structure of topics, concise notes were made of every relevant fact

These notes were shared with other team members who were about to embark on the casualty care examination and the feedback was very positive. Similar feedback from neighbouring teams encouraged us to change the format into a more professionally-produced product.

The concept of a casualty care revision guide was presented to the Langdale Ambleside team committee who approved the expenditure to print an initial run of 100 copies. One was given to every member of our team and one was sent out to every team in England and Wales. From this initial exploration of interest, several teams ordered enough to give each of their members a copy. Many hours of work, involvement of team medical professionals and other team members had got us to that point.

The book is now in its fourth edition and has sold over 400

comment from another team, of which there have been many, sums up all feedback received and illustrates what the book set out to achieve: 'As a mountain rescuer of some 33 years' experience, and having attended numerous casualty care courses, taking the examination eleven times and being widely read on the subject, I find your publication to be spot on and excellent in its approach and concise content.'

The book is printed on waterproof paper which has the added benefit of making it very durable. It is bound on a neat spiral metal ring so that pages can be easily folded back on

Cardiac arrest, Chest injuries, CPR, C-Spine, Diabetes, Drowning, Eye Injury, Fractures and Dislocations, Glossary, Head Injuries, Heat Related Illness, Hyper and Hypoglycaemia, Hypothermia and Hypothermia Protocol, Lightning Strike, MI, Seizure, Shock, Soft Tissue Injury, Spinal Trauma, Stroke and Triage. There are also blank pages for other medical or medication-related information to be added.

Having recently received a bequest, Langdale Ambleside has decided to do something for all MR as well as looking after its own team interests. To that end the team is making an offer to give a copy of this book (normal retail price £8) to every member of every team under the MREW banner.

To take advantage of this offer please email the team via the website at [www.lamrt.org.uk](http://www.lamrt.org.uk), with the following information:—

- Team name
- How many copies needed
- Name and address for postage.

It would also help administration if a nominated team member sent in this request so we receive only one request from each team. ■

*As a mountain rescuer of some 33 years' experience – and having attended numerous casualty care courses, taking the examination eleven times and being widely read on the subject – I find your publication to be spot on and excellent in its approach and concise content.*

that could be called on both in the casualty care examinations and in mountain rescue practice. Where appropriate, the topics are cross-referenced to the relevant pages in 'Casualty Care in Mountain Rescue'.

copies to ten different teams and 60 copies to MR individuals. The feedback from other teams, both new members and experienced MR leaders, has been extremely positive and encouraging. This one

themselves making it easy to read and put down without closing. Areas covered in this book include: Abbreviations, BLS, AED algorithm, DRABCD, Anaphylaxis, Angina, Asthma, Bites, Stings, Burns,

## LAKE DISTRICT DISTINGUISHED SERVICE AWARD



Left to right, Chief Inspector Matt Kennerley, Mrs Greenhow, Kevin Greenhow and Richard Warren.

After four years in the position of Cumbria Police's LDSAMRA Liaison Officer, Chief Inspector Kevin Greenhow has stepped down at the same time as his retirement from the Cumbrian force. When he first met the teams in January 2010 he said he was very passionate and fully committed to working with and helping support the twelve Lakes teams and mountain rescue generally. He also made the point that he'd volunteered to take on the position and not been coerced into it. Over four years, Kevin made a number of significant contributions including the provision of airwave radios for the teams, resolving delicate interface issues in favour of mountain rescue and most importantly being instrumental in the implementation of SARCALL within Cumbria Police and, more recently, the adoption of SARCALL within the North West Ambulance Service. In recognition of his efforts and persistence in supporting mountain rescue, the twelve member teams voted unanimously to present him with a Distinguished Service Award. This was presented by chairman Richard Warren, at the AGM in March. Also presented was a bouquet of flowers to Mrs Greenhow, in recognition of her



## KESWICK'S NEW TEAM LEADER PAYS TRIBUTE TO HIS PREDECESSOR

CHRIS HIGGINS

It is with a great sense of pride that I am sitting in my kitchen writing these words as the newly elected leader of Keswick Mountain Rescue Team. Mark Hodgson MBE, having been team leader for twenty years, announced last year that he would stand down this January and he has left me with some very, very big boots to fill! It is very humbling to be considered by the members of our team to be worthy of holding such a prestigious position, especially when you consider the credentials of those I am supposed to lead. I have been a member of the team for a mere eighteen years — a relative new boy bearing in mind that we have many members with in excess of twenty-five years service, several with over forty years and one member with over

sixty in Mike Nixon, our honorary president and former team leader (1981-1993), who joined the team in 1952. If that's not inspirational then I don't know what is. I'd like to take this opportunity to thank Mark for what he's done for the Keswick team during the past twenty years. When I joined in 1996, Mark had been leader for three years and he has been the only leader under which I have served. During his leadership the team has undergone many changes and developments which, although having the potential to disrupt the way we do things, have been incorporated into our systems and methods to make a very effective and modern rescue service. This has happened thanks to the steady hand at the tiller. Mark has steered us

through these times with a considered approach whilst at the same time having a strong desire to see the team progress. I'll try to give you a brief idea of what some of these things have been, but my list will in no way be comprehensive. One of the earliest changes I can recall was building and moving to our current base from what can only be described as a glorified garage. The move threw up the obvious issues of obtaining a suitable site, raising the considerable sum of £250,000, and designing a building that was fit for purpose in the 1990s but which would also be future-proof in terms of accommodating our expansion over the years. All of this needed managing from a leader's perspective, which Mark did seamlessly, as well as going on call-outs, which



Mark Hodgson, who stood down in January as leader of Keswick MRT.

is burdensome enough in any year. It is remarkable to think how we used to be contacted by the police, call out the whole team and manage an incident twenty years ago. There was, as most of you know, a very primitive pager network and telephone cascade system, with team members calling each other from a list of phone numbers to initiate a call-out. All of this was very time consuming, which can't have been good for our casualties, or Mark's stress levels. As leader, he would be trying to collect information, allocate resources and put his waterproofs on all at the same time. Records were kept with good old pen and paper and information was often difficult to get from the scene. All this has changed with the advent of mobile phones and the internet.

Keswick MRT is now called out by the police via SARCALL, with simultaneous pager, text and email messages going to the whole team, with much more detailed information available early in an incident. Within the limitations of phone signal — which is pretty poor in Borrowdale — we can usually contact the informant much quicker, enabling us to gather more reliable information, rather than hearing things through third parties. We can see our team members on a digital map showing their positions thanks to GPS tracking-enabled radios — great for recording search patterns or spotting a team member who's got 'geographically challenged'! Any information radioed back from the hill is entered into the SARCALL log and accessible by our partner

agencies so we can offer a much more integrated service, from initiation of the call-out to handover to ambulance service — and everyone involved has full access to the information, which has minimised many of the communication errors. Using SARLOC we're able to ask a caller to activate their smartphone's GPS to tell us where they are so we can either talk them down without needing to leave base (which is always nice), or go out and locate them much more quickly than in the past. The team has had to adapt to new technologies and we're constantly evaluating new equipment (a new stretcher is currently under development spearheaded by Mark) and new techniques (such as swiftwater rescue training, invaluable in the 2005 and 2009 floods). We undergo defensive

driving and blue light emergency response driver training. Team members are encouraged to go on a wide variety of other rescue-related courses such as advanced first aid, technical rope rescue, avalanche awareness and winter mountaineering to develop their skills even further. All of these developments have been welcomed by Mark, who has not only appreciated their benefit, but worked hard to maintain the strong volunteer ethos and camaraderie within our team. With a steady eye and an objective mind Mark led us into the twenty-first century to be able to perform difficult rescues in arduous conditions and offer a service we are rightly proud of. He took over as leader in 1993 following the formidable line up of Mike

Nixon MBE, George Fisher MBE and Colonel Rusty Westmorland OBE. I strongly believe it is very important to remember how we've all got where we are today and who has played a part in that process, in whatever sphere. I remarked on the night of my election that the leader position feels very much like a relay race, with one leader handing over to the next, having completed their leg. The legs my predecessors have run have been formidable, giving birth to, forming and developing a modern rescue team that we are all, very rightly, proud to be members of. It is very daunting to look back and see what they have accomplished, especially when I look into the unknown of the future. I hope I don't drop the baton! ■

support to Kevin in delivering his achievements.

The voluntary role of police liaison officer has now been handed over to Chief Inspector Matt Kennerley who also chairs Cumbria Police's CSAR

Operations group, a subgroup of Cumbria's Local Resilience Forum and a key forum for mountain rescue, attended by all the rescue services including air assets and mountain rescue.



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## MID PENNINE

### SUCCESSFUL REGIONAL TRAINING DAY FOCUSES ON SEARCH AND SEARCH MANAGEMENT

Elaine Gilliland, MPSRO Training Officer reports... Saturday 22 February saw Mid-Pennine teams come together for their annual regional training day, this year centred at Burrs Country Park Activity Centre near Bury, where we had full use of the conference and accommodation facilities and free range of the country park.

Following on from the National Training Day, our regional focus was on search and search management. The day kicked off with a whole group search management lecture and desk-top exercise courtesy of Phil O'Brien MBE, leader of Bowland Pennine MRT. Following this, attendees were split into mixed team groups and rotated around four facilitated sessions: SARCALL, MR Map, SARMAN, SARLOC; Water rescue (bankside



In the frame at the Mid Pennine training day in February

and tensioned diagonals); Search and rescue dogs; and navigation, tracking and cutting for sign.

Attendees from Bowland Pennine, Holme Valley, Rossendale & Pendle and Bolton teams were given

the chance to pose questions and practice their learning, giving them the opportunity to identify areas of interest they may wish to progress further.

Kind thanks go to Al Read, MREW Training Officer, who attended in the afternoon. After visiting all the sessions, he gave an overview to the whole group about the future of training in mountain rescue. Huge thanks also to Phil O'Brien MBE, Simon Harris, Alison and Iain Nicholson and Wayne Lynchey (Bowland Pennine MRT), Steve Nelson and Damien Timmins (SARDA Wales), John Fletcher (MPSRO Water Officer) and Dani Burgess (NEWSAR) for their time in organising and instructing/facilitating on this very successful regional training day.

## PEAK DISTRICT

### FIFTY YEARS FOR BUXTON

March was a notable month for Buxton MRT as it held its fiftieth AGM and saw some changes in the charity's principal trustees. Roger Bennett and Eric Needham both retired from their posts as chairman and vice chairman. In a closing speech, Roger said, 'It's time for fresh blood to lead the team and make way for new ideas and refreshed enthusiasm. The modern service is a great testament to the dedication of so many people over so many years. The future will have its challenges, not least in funding and the proliferation of legislation. It has been a privilege to be chairman and I know the team remains in very experienced and safe hands.' Both Roger and Eric retire as trustees but remain enthusiastic operational members.

The new chair is Richard Doran who joined the team in 1982 and has previously served as a team trustee and secretary. New vice chairman is Dr Matt Stagg. Matt joined the team in December 2010 and has specialist interests in pre-hospital and trauma medicine. He has already made a major impact on the development of the team's analgesic policy and



**BUXTON TEAM PRESIDENT MEETS THE QUEEN**

## YORKSHIRE DALES

### UPPER WHARFEDALE APPEALS TO WALKERS!

With the demise of the Broughton Hall Game Show, the team's major fundraising event for some 33 years, Upper Wharfedale team members have had to seek new fundraising initiatives. The resulting Wharfedale Three Peaks Challenge takes place on Saturday 28 June.



The walk, which has already been recognised by the Long Distance Walkers Association, aims to cater for different ages and walking abilities, with three different routes ranging between 22 miles, 13.5 miles and a shorter 'family' route of 4.5 miles. Runners are also invited to join on the two major routes.

UWFRA members will marshal the event and there is even a free hot meal at the end. It's a brilliant route — showing off Upper Wharfedale at its best — and it's deliberately planned to take place the week before the Tour de France hits the Dales so the team envisage that the numbers taking part will be swelled by the many visitors.

FULL DETAILS ARE AVAILABLE ON [WWW.UWFRA.ORG.UK](http://WWW.UWFRA.ORG.UK), FACEBOOK ([FACEBOOK.COM/UWFRA.THREE.PEAKS.CHALLENAGE](https://FACEBOOK.COM/UWFRA.THREE.PEAKS.CHALLENAGE)) AND TWITTER, [TWITTER.COM/UWFRA3CHALLENGE](https://TWITTER.COM/UWFRA3CHALLENGE).

is an active member of the medical advisory group. He has been the lead examiner for the team's casualty care exam for three years.

The early hours of Saturday 5 April will see three teams of Buxton team members heading for Holmbridge, West Yorkshire to take part in the annual Four Inns Walk. This competitive event, testing stamina and navigational ability, is organised by the Derbyshire Scouts Council, and covers some 65 kilometres of the roughest and toughest moorlands in the Peak District. The walk takes its name from the four pubs, the Isle of Skye (now demolished), Snake Inn, Snake Pass, Nags Head, Edale and the Cat and Fiddle near Buxton, finishing at Buxton Community School and was established in 1957. It was the tragic events



Some of the Buxton team members preparing for the Four Inns Walk in April.

Buxton team president, Ian Hurst, was invited to Buckingham Palace in December, to receive an MBE from Her Majesty The Queen. The investiture, was held in the magnificent palace ballroom, with the band of the Household Division playing in the gallery throughout. Ian was awarded the MBE in The Queen's Birthday Honours in June for 'services to

mountain rescue in Derbyshire.' He was accompanied on his big day by his wife, Zan, daughter Michelle and son-in-law Rob. He said, 'This is recognition not just for me but for the Buxton team and all mountain rescuers serving the Peak District. We are very lucky in the Peak District that so many volunteers will turn out in all weathers, day and night, in

sometimes difficult circumstances to help others. I'd also like to thank all the outside agencies that assist us when requested — the police, ambulance, air ambulance, fire and rescue and the RAF Search and Rescue crews.'

The Yeoman of the Guard and Ian in the Quadrangle at Buckingham Palace.



**ROGER BENNETT HANDS OVER THE CHAIR'S ROLE FOR BUXTON**

Roger, centre, hands over to Richard Doran (left) alongside the new vice chairman, Matt Stagg.

surrounding this challenge, in 1964, which prompted the beginnings of a more structured mountain rescue service in the Peak District. On that fateful day, 80 teams of three members each, set out to complete the challenge but the weather quickly took a turn for the worse, with heavy snow and poor visibility. Crossing Bleaklow, two teams found themselves in difficulties, resulting in three scouts losing their lives. There were few mountain

rescue teams then, poorly coordinated and equipped. However, as a result of this tragedy, various agencies including Derbyshire Police, the Peak District National Park and Derbyshire County Council's Whitehall Centre were invited to a meeting to discuss how matters might be improved. The Peak District Mountain Rescue Organisation was established to coordinate mountain rescue operations and a number of teams were formed, including the Buxton team. As the 50th anniversary of both the tragedy and the establishment of the team, taking on the challenge seemed a fitting tribute. The team members taking part — three of whom are over-60 (and calling themselves 'The Old Farts') — have carried out a number of practice walks in recent weeks, preparing for this arduous event. Team member Joe Rees said, 'We are taking this event seriously, it will be strenuous and hard work, but we're doing this in memory of the scouts who perished and to mark the team's formation.' He added that, should anyone like to support the team's Golden Anniversary appeal to replace their ageing control vehicle — '£50,000: 50 Year's Service' — that would be wonderful. Besides those taking part, other team members will be providing support along the way. Thanks to GPS tracking, you can follow their progress via [www.buxtonmountainrescue.org.uk](http://www.buxtonmountainrescue.org.uk).

## PEAK DISTRICT



### PEAK TEAMS COMMENDED BY POLICE CHIEF

The mountain rescue teams of the Peak District have been honoured with a commendation from Derbyshire's Chief Constable, Mick Creedon. Representatives of the Peak's seven teams were invited as the guests of Mr Creedon to the Celebrating Achievement Awards Ceremony, at Butterley Hall police headquarters in Ripley.

An unannounced award was presented to the seven teams — Buxton, Derby, Edale, Glossop, Kinder, Oldham and Woodhead — in recognition of their services to the community over 50 years. Ian Bunting, Edale team leader, was invited to talk to the assembled police officers and civilian staff about the history and work of mountain rescue and Mr Creedon thanked the teams for their efforts over the years, recalling his first encounter with mountain rescue. 'I was working in the Leicestershire force and had never come across them before, but they came down to spend several days in a row searching for a missing person and all it cost the force was a few portions of fish and chips!'

Left to right, Andy Taylor (Oldham), Ken Bakeman (Kinder), Neil Carruthers (Buxton), Ian Bunting (Edale), Matt Dooley (Glossop), Chief Constable Mick Creedon, Brain Bailey (Woodhead), Kevin Corcoran (Derby MRT) and Julian Waidon (Derby MRT).



### MOUNTAIN RESCUE TEAM MEMBERS 'LOST IN AUSTEN' IN CHESHIRE

March saw team members from both the Kinder and Glossop mountain rescue teams joining forces with members of the lowland Cheshire SAR team based in Warrington, Cheshire, for a job with a difference: removing a twelve-foot high Mr Darcy from the lake at Lyme Park in Cheshire. The sculpture depicted Jane Austen's handsome romantic hero — played by Colin Firth in the BBC adaptation of the novel in 1995 — in the memorable wet-shirt-emerging-from-the-water scene which is still firmly etched in the minds of female Firth fans everywhere. Called in by the National Trust, the challenge for the teams was to rescue the Pride and Prejudice character from his watery home, where he's been since July 2013, the 200th anniversary year of the publication of the book. Darren Wallis, of Kinder MRT, was one of those involved in the rescue. 'The water turned out to be just about ankle depth and Mr Darcy was held down by about fourteen concrete blocks which were easily removed before dismantling the scaffold frame and floating him about ten metres to the shore.' All in all, a successful operation, then — except Mr Darcy now appears to have lost his trousers — whatever would Ms Austen think?



# regional News

## SOUTH WALES

### ... AND IT'S FIFTY YEARS FOR WESTERN BEACONS TOO

Western Beacons celebrates its golden anniversary this year with a series of events across South Wales. In June, team members will be carrying a stretcher over 50 kilometres on the Brecon Beacons and, in September, the team hosts a party for members past and present as well as the annual joint exercise for the South Wales mountain and cave rescue teams. They will also have a presence at the Banff Mountain Film Festival when it tours South Wales in March. The events kicked off in early March with a day at Go Outdoors in Llansamlet, Swansea with team members on hand to offer advice to members of the public and raise the profile of mountain rescue in South Wales.

The team began life as the Bridgend Scout MRT, after its founder Mike Rudall completed a Rover Scout project in Bridgend, and Western Beacons was one of the founding members of the South Wales MRA. The name was changed in 1997 to better describe the team's primary operational area. The last fifty years have seen the team involved with several protracted searches including the searches for Anna Humphries from Penley in 1988 and April Jones in 2012. There have been difficult rescues too, none more so than the rescue of the team's founder and team leader Mike 'Nog' Rudall in May 1983. Mike had been training on the Brecon Beacons with a group of new members, when a call came over the radio that a group of scouts had got into some difficulty whilst hillwalking in atrocious weather. Mike and the team immediately made their way to the area and discovered that the boys had fallen down the north face of Pen y Fan. Mike climbed down to one of the scouts who had a lower leg injury. Tragically, a spontaneous rock fall happened whilst he was treating the casualty and Mike shielded him with his own body. He was killed instantly but the scout survived.

During their celebrations, the team are also hoping to raise £50,000 to replace their fourteen-year-old Control and Command vehicle.



Team members and equipment 'on display' at the Llansamlet, Swansea branch of the national MREW sponsor, Go Outdoors © Western Beacons.

## LAKE DISTRICT

### KIRKBY STEPHEN MOUNTAIN RESCUE TEAM HAS A NEW TEAM LEADER

Adrian Cottrell has taken over as leader of Kirkby Stephen team, after being elected unopposed at the team's AGM on 13 March. He succeeds Arthur Littlefair MBE who has been team leader since 1991.

Adrian joined the team in January 2006 and took on the role of deputy team leader in 2008. He also oversees the team's involvement with the Duke of Edinburgh's Award scheme at Kirkby Stephen Grammar School. A keen climber and mountaineer, he lives with his family on North Stainmore and runs his own business. Adrian comments, 'This is a time of significant change in mountain rescue, although the overall ethos of voluntary service remains as strong as ever. Teams are being called to help with a wider range of incidents and there are new requirements for training and resourcing and I am looking forward to the challenge. Most importantly the team has an excellent group of members with the experience and skills to keep the team at the forefront of good practice in search and rescue.'



### 'MOUNTAIN SAFETY' MESSAGE REACHES CHELTENHAM

Year 5 children in a prep school in Cheltenham have been working on a mountain safety project, with impressive results. Teacher, Phill West, contacted us with the story because the children had found the Mountain Rescue website very useful in their research. 'The children thoroughly enjoyed this topic,' said Phill, 'and made a selection of different leaflets. A colleague judged the two best from the three different classes and they were awarded with a certificate. The pupils

wanted to share their leaflets with you.'

The leaflets are aimed at young children, making them aware of how to be safe whilst enjoying the great outdoors. We're delighted to publish a few of them here and say thank you to them for their interest. Hopefully they'll all be out there enjoying the mountains one day, and spreading that mountain safety message!



Questions continue to come in regarding the Benevolent Fund, so it's worth repeating here the basics about who can claim, who can donate and how – we've even provided a handy form. Chairman **Neil Woodhead** and Secretary **Judy Whiteside** update on progress.

The fund is now firmly up and running, so you can rest assured that there's somewhere to turn to should things go wrong and you become injured or suffer hardship as a direct result of a team call-out, training exercise or fundraising activity.

### OUR VISION FOR THE FUND

Whilst it's important that we have monies available in the event of a serious incident, so we can provide help and assistance to the rescuer in need, our vision is that the fund can be much more than this.

Personal Accident insurance is in place to financially help those who are unable to work or carry out all their duties, but we'd like to see those team members helped with

rehabilitation so they can get back to work earning money and also back on the call-out list, so they can be ready to help the next casualty. We're currently exploring a range of options, from the provision of physiotherapy at local level, to residential rehabilitation facilities at different locations around the country.

Of course, it isn't always physical injury that the rescuer suffers. It could quite easily be a psychiatric injury following a traumatic rescue or successful search for a vulnerable member of society. So, taking our rehabilitation vision a step further, the fund could also assist when funding is needed to help a rescuer access therapy for psychiatric injury.

### GIVING TO THE FUND

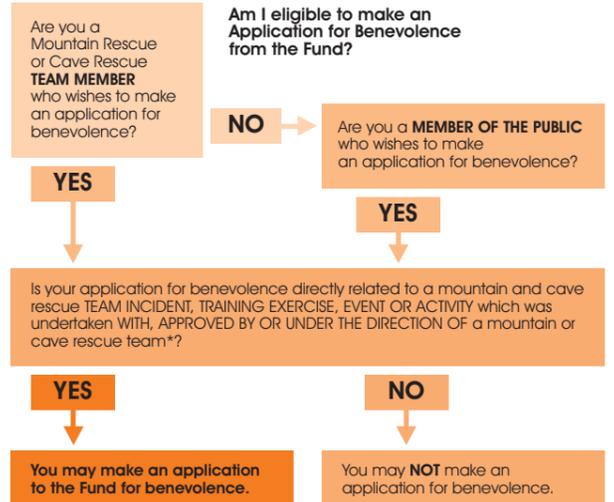
In order to finance this vision, we need a steady income stream – be that from external sources, regions, teams or simply team members as individuals.

So, in the first instance, ask your team leader whether your team is supporting the fund and whether they have made a donation.

Many teams and regions have already given but what if your team has decided not to contribute? Well, as an individual you are perfectly entitled to pay into the pot under your own steam. To help this process (and remind those teams and regions who are yet to honour the pledges they made!), we've included a handy form below.

## MOUNTAIN & CAVE RESCUE Benevolent Fund

For the rescue family in need



\* 'Team' also applies to members of MREW/BCRC who are not members of a specific mountain or cave rescue team but carry out duties on behalf of and have responsibilities to mountain and cave rescue regionally and/or nationally.

We've set the minimum at £24 per year (£2 per month).

### RUNNING FOR THE FUND

Three of the fund's trustees will be running

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DAVE WORRALL (NORTH WALES), GRANT WHITESIDE (PEAK DISTRICT), IAN COUSINS (SOUTH WALES), ROGER KING (PENMACRA), BOB SCURR (YORKSHIRE DALES), PETE ALLWRIGHT (CAVE RESCUE).  
\*NESRA AND SWERA ARE CURRENTLY VACANT

### MOUNTAIN AND CAVE RESCUE BENEVOLENT FUND DONATION FORM

Please return this form, with your payment, to:-  
**Shirley Priestley, Treasurer M&CRBF**  
13 Maple Grove, York YO10 4EJ

NAME\* \_\_\_\_\_  
ADDRESS\* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
POSTCODE\* \_\_\_\_\_  
TELEPHONE \_\_\_\_\_  
MOBILE \_\_\_\_\_  
EMAIL \_\_\_\_\_

We would never give your information to other organisations, however, we may wish to contact you in the future regarding the Benevolent Fund. If you do not want to be contacted in this way, please tick here.

I/We would like to donate to the Mountain & Cave Rescue Benevolent Fund. I enclose my donation as indicated below:—

£24 Minimum donation

£ Donation of your choice (above £24)

Please enter total donation in the box

Please make cheques payable to 'Mountain & Cave Rescue Benevolent Fund Rescue'

**There is no need to send any money if you complete the Banker's Order form.**

Signature \_\_\_\_\_

I confirm that I pay tax in the UK and that I wish all my donations to the Mountain & Cave Rescue Benevolent Fund to be treated as Gift Aid donations until further notice. Please tick if applicable.

Please let us know if you are no longer a taxpayer or wish to cancel this declaration.

### BANKERS ORDER FORM

To: The Manager \_\_\_\_\_  
Bank/Building Society \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Post Code \_\_\_\_\_  
Name of Account \_\_\_\_\_  
Account No \_\_\_\_\_  
Sort Code \_\_\_\_\_

Please pay the amount indicated to the Mountain & Cave Rescue Benevolent Fund registered charity number 1152798 through their bank:—  
Benevolent Fund CAF Cash account.  
Sort code: 40-52-40. Account Number 00023601.

The sum of £ \_\_\_\_\_ (words)  
Starting on / / (date of first payment)  
and thereafter every month/year\*  
until / / or indefinitely\*

Signed \_\_\_\_\_ Date \_\_\_\_\_

## SOUTH WEST

### BATTLE STATIONS ON DARTMOOR IN JANUARY

David Handley writes: The small Devon town of Okehampton, on the northern edge of Dartmoor — host to the army battle camp and firing ranges for many years — woke in January to a distant rumble of noise. An eyewitness reported a medium-sized



aeroplane descending rapidly with dark billowing smoke pouring from the left hand engine. Firing range wardens reported casualties with missing limbs and multiple walking wounded. Thankfully, this was a multi-agency training exercise organised by the Ambulance Service Hazardous Area Response Team (HART). The purpose of exercise 'Indigo' was to simulate the emergency response to a mass casualty incident following an air crash. The exercise included the HART team, Devon and Cornwall Constabulary, Devon and Somerset Fire and Rescue Service, Royal Air Force SAR and the four Dartmoor search teams, Plymouth, Tavistock, Ashburton and Okehampton. The HART team went to considerable length and drew on all resources at their disposal to ensure Indigo would be a worthwhile and valuable training

experience, for all concerned. The crash scene was set with an aircraft fuselage delivered on a low loader through narrow, challenging roads. Numerous casualties were made available each with their own conundrum of vital signs and injuries. An additional essence was added to the mix by the use of casualty make up and Amputees in Action. The police set relevant protocols in place, ensured site safety and organised search areas around the crash site. Casualties could be seen in a large area but due to the ground cover, many were hidden from view. The HART team professionally and rapidly implemented a triage system and applied to a vast number of individual casualties, which to the untrained seemed brutal. This was certainly unusual to the DRG as a normal situation would be the whole team focusing on one or two casualties. High priority casualties were evacuated by RAF Sea King. The next priority level was stretchered by the DRG with paramedics attending the casualties' needs and the walking wounded were walked off the open moor.

The DRG was able to add considerable value to the exercise by leading search teams with a high level of efficiency and effectiveness. This involved organising police, ambulance and fire service personnel in the designated search areas and deploying search dogs to locate casualties. Team members who attended the event recognised the professionalism of the emergency services and felt they were able to contribute to a large scale incident on moorland areas. The DRG would like to thank the HART team for our inclusion and look forward to working together in the future.



## Mountain Rescue Scotland



### AVALANCHES: LESSONS LEARNED FROM THE 2012/13 WINTER

In February, with full winter conditions still in force in the Scottish mountains, **Jon Hart** chairman of Mountain Rescue Scotland issued this excerpt of a longer report outlining the actions taken since last winter in preparation for this year's events.



it's right for me, in my role as chair, to summarise what we have done to both mitigate the risks to rescuers and to demonstrate the improvements we've made in terms of ensuring that we continue to provide the best possible chances of survival for those

Our equipment officers have worked with equipment suppliers in the design and creation of specific avalanche rescue probing dummies that can be used in our training programmes, with kit passed out to a range of teams.

We sent four team members to update IKAR on our experiences and posted (for the first time) a formal Scottish avalanche report.

We used central funding to buy a range of new equipment for our national courses so attendees can use the latest proven avalanche rescue technology on the market.

We've engaged with other safety stakeholders on a large variety of mountain safety education platforms to ensure improved messaging to those visiting the Scottish mountains in winter.

We secured corporate sponsorship from Ian McLeod Distillery to support the purchase of specialised winter mountain rescue equipment.

We met with the chief executive of the Scottish Ambulance Service to ensure we continue to receive support from this critically important stakeholder.

We've worked with the Home Office to retain our opiate license in an updated and modern format, commensurate with the context within which Scottish voluntary MR teams now find themselves.

We worked with Bristows in advance of winter to ensure they are aware and familiar with the equipment teams commonly use on winter call-outs and we continue to train regularly with MoD helicopter assets from Prestwick and Lossiemouth, across the whole country.

We secured new Mk 6 McInnes stretchers for teams.

We attended hypothermia conferences and events and have reviewed our national guidelines.

We've included lessons learned in the programme for the conference in September.

We plan a volunteer leadership development programme in association with St John Scotland. The first course is on 10-12 September 2014 at Glenmore Lodge, in conjunction with the conference and available to volunteers from across the UK.

We've reviewed a variety of advanced life support healthcare products, for use in our extreme arctic mountain environments. Much of the evidence collected in the 2012/13 season will impact our future avalanche rescue medical-related protocols and training. ■

The Scottish winter season 2012/13 was marked by the high number of avalanche fatalities that Scottish civilian, voluntary MR teams responded to across the country and the huge amounts of press interest generated (good and bad) as a result of those tragic events. Whilst much media attention was focused on the eight fatalities, it is comforting and important to note that we also saved seventeen souls alive from the various avalanches that occurred across the country. In addition, all those persons caught in the tragic 2012/13 winter avalanche events were located and recovered within a window of 2.5 hours on each occasion — an outstanding, world-class standard of avalanche rescue, particularly given the locations and the challenging conditions teams endured.

Mountain Rescue Scotland has led the way in working with Police Scotland to provide debriefing processes for all the major avalanche events of last year. This multi-agency process has proven very beneficial in identifying a range of lessons learned from winter 2012/13, which have directly influenced our preparations for the 2013/14 season.

The lessons learned have been shared across the avalanche training group and used to update the various avalanche rescue courses.

rescue team and you have been injured on a call-out, a training exercise or any other official activity or event which was undertaken with, approved by or under the direction of a mountain and cave rescue team.

NOT eligible to claim. And bear in mind that applications must be approved and signed by a team official before they will be considered by the fund.

#### FAQS, FORMS AND OTHER STUFF

You can now download the FAQs, a claim form and a sponsor form, from the Members area of the MREW website. Just go to the folder marked 'Benevolent Fund'. Or you can email [judy.whiteside@zen.co.uk](mailto:judy.whiteside@zen.co.uk).

A member of your family may also apply, if their claim is directly related to a mountain or cave rescue activity, provided this was undertaken with, approved by or under the direction of the team.

If NOT authorised by the mountain or cave rescue team, you are

Please ensure your transfer is clearly marked with your reference so we can identify where it came from. Our charity number is 1152798.

1. Raise a cheque and send it to:— Shirley Priestley, Treasurer, Mountain and Cave Rescue Benevolent Fund, 13 Maple Grove, York YO10 4EJ.
2. Make a BACS transfer direct to the Benevolent Fund CAF Cash account. Sort code: 40-52-40. Account Number 00023601.
3. Fill in the form below and return to Shirley.

#### WHO CAN CLAIM?

It's simple — see the diagram on the previous page. In a nutshell, you may make an application for benevolence if you are a member of any England and Wales mountain or cave

#### THREE WAYS YOU CAN GIVE

In summary, there are three ways you can give to the Mountain and Cave Rescue Benevolent Fund:—

#### page 33

the Great Manchester 10K Run on Sunday 18 May — complete with an assortment of bandages, slings and splints about our persons — to raise awareness of the Benevolent Fund. We're doing this for you and we hope you will support us by making a regular donation to the fund — just £2 per month from every team member would generate income in excess of £75,000 every year.





As anyone involved with mountain rescue knows, some of the most hazardous conditions for walkers and climbers are those associated with snow and ice. But how do teams practice their skills, prepare their equipment and build up their experience when winter conditions in England and Wales – even on high ground – can be rare and fleeting, especially given that, when they do come, the call-outs can be among the most urgent and critical? **Sally Seed** looks at what three of the Lakes teams have been doing to ensure their skills are current.

One solution that works for many teams is to head north for a winter training weekend into the Scottish Highlands. Whether in the western Highlands or over on the Cairngorm side of Scotland, snow and ice are a more regular feature, the conditions are much more predictable but, as required for realistic training, the weather and avalanche conditions can be as unpredictable as anywhere else.

Three neighbouring Cumbrian teams, each one having the backup of the others to cover for a weekend away, invested in such a training weekend (or two) this past winter and their

experiences show the commitment of members to making sure they're prepared and ready and the value of making connections north of the border.

### PATTERDALE

- Recent training venue: Badaguish in Glen More in the Cairngorms.

- Conditions on the mountains: snowy!

- Focus of the training: avalanche awareness and search skills.

- Number of members taking part: 14.

Charlie McLeod, Training Officer from the Assynt team, helped with avalanche search management on the

mountains and Kathy Grindrod of the Scottish Avalanche Information Service did a talk for the team on the Friday evening.

'Some team members went into the area the day before training started to dig snow graves to conceal bodies for search purposes,' says Gillian Mininch, Training Officer with Patterdale MRT, 'and we also had help from the 'piste basher' lads who prepared an area to make it look like avalanche debris.'

For probationer, Eelco Docter, this was a first winter training. 'Experiencing rescue scenarios in full winter conditions was brilliant. Only weeks later, we had a call-out

to Swirral Edge on Helvellyn where the skills I'd acquired automatically kicked in.'

### PENRITH

- Recent training venue: accommodation in Corpach with training on Aonach Mor near Fort William.

- Conditions on the mountains: lots of snow! Relatively high avalanche risk, high winds and at times poor visibility, light (or drifting) snow.

- Focus of the training: avalanche hazard assessment: use of snow pit, the wedge block test and the Rutsch block test; belays: bucket seat, horizontal ice axe belay (and variations),



Photos © Andy McAlea.

'One of our team members who is also a dog handler was alerted to an ongoing search for a missing male believed to be somewhere on the Ring of Steall in the Mamores, not far from where we were based. When the Lochaber team were made aware that we had a number of members available to assist they said, 'Yes, please!!'

'On arrival at their base in Fort William, I spoke to one of the search managers who allocated an area for the Penrith team to cover. The team spent the next five hours covering particularly difficult ground to the West of Steall Falls. We were stood down shortly before 15:00 and invited back to the base for food. The hospitality shown to us was fantastic with plenty of food, soup and drinks for everyone. We said our goodbyes and headed south back to Cumbria having cemented a great relationship with the Lochaber team. Sadly, the following day, the body of the missing male was located at the foot of Steall Falls.'

### KIRKBY STEPHEN

Recent training venue — northern corries of the Cairngorms.

- Conditions on the mountain: the team spent two weekends in the area. In January, the conditions were atrocious and only one day of training was possible. In February, there were strong winds above 800 metres and an avalanche alert at level 3 on NW slopes.

- Focus of the training: MR related skills in recognising varying snow conditions,

interpreting weather and avalanche information, general skills in rescue scenarios in winter conditions.

- Number of members taking part: 15.

The Kirkby Stephen team involved members of other LDSAMRA teams in designing and delivering the training. Frank Price, Training Officer, coordinated the plans for both visits north. 'Having good winter skills is an essential part of our competency as MRT members. Going up to Scotland where you can be more sure of exciting conditions is a great way to add to our overall capability. Using trainers from other LDSAMRA teams is also a good way to build links and develop a common approach to dealing with a call-out in winter conditions.'

For Peter Miller, the winter training was a first, and a valuable one at that. 'Staying alive is personally a high priority. In severe winter conditions you have to know what to do. This year's winter skills course in the Cairngorms over a snowy windswept weekend taught essential skills that will help to keep me and others alive. It was also good fun!'

As it has turned out, the mountains of the Lake District and the North Pennines haven't seen much snow this winter but, if next winter sees the return of wind-blown snow features, high avalanche risks and hard ice on paths for weeks on end, the teams will be well prepared and keen to use their honed skills. ■



## Mountain Recreation

- Norway Ice Climbing
- Winter Skills Scotland
- ML and SPA Coaching
- Navigation Skills Training
- Rock Climbing & Scrambling
- Alpine Walking & Trekking

**Mike Margeson**  
mike@mountainrecreation.co.uk

**James Thacker Mountaineering**

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[www.jamesthacker.co.uk](http://www.jamesthacker.co.uk)

[www.rescuenortheast.com](http://www.rescuenortheast.com)

### Water Related courses (DEFRA Compliant)

- Water Awareness
- First Responder
- Swiftwater & Flood Rescue Technician
- Management of Water & Flood Related Incidents
- Rescue from Vehicles in the Water
- Casualty Intervention & Considerations in Water

### Technical Rope Rescue Courses

- Technical Rope Rescue Operative
- Technical Rope Rescue Supervisor/Party Leader
- Technical Rope Rescue Instructor

### Industry Related Courses

- Working at Height Awareness
- Working at Height & Rescue
- Safe Working at Height
- Confined Space Training
- First Aid
- Manual Handling
- Fire Awareness
- Life Jacket Awareness
- Safe Working in and around Water

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# THE FOUR INNS WALK 1964

As the Peak District Mountain Rescue Organisation – and a number of the region’s teams – celebrate their fiftieth anniversary, **Robin Knott** takes us back to the tragic events of 1964 the catalyst for a more structured mountain rescue service in the area.

The origin of the Four Inns Walk is unknown. A long distance walk, it was used by various Manchester walking clubs, often as an initiation test. Then, in 1957 a member of the 51st Derby (California) Rover Scout Crew adapted it into a competitive hike for fellow Rovers. Ten teams of three men entered the first event.

Starting out at the site of the Isle of Skye Inn, the route went via Black Hill to a checkpoint by the Holme Moss TV mast and on over the moors to the Flouch Inn, at the cross-roads of the A616 and A628 on the edges of Langsett and Thurlstone Moors. From here it travelled over Bleaklow via Swains Head to the Snake Inn and thence over Kinder Scout to a checkpoint at the 1st

Chapel-en-le-Frith Scout Group HQ. The final section took teams up over the hills, into the Goyt Valley, over the river by the suspension bridge (before the Errwood Reservoir was built) and on to the finish at the Cat and Fiddle Inn.

The original route was some 50 miles long but has since been modified to around 45 miles. Lying around the 2000 feet level with just over 4500 feet of ascent and descent, the current route starts at the Church Hall in Holmbridge and proceeds to the site of the old Isle of Skye Inn. It then follows the Pennine Way over Black Hill to the Hey Moss Trig point, to the Hostel in Crowden, back on the Pennine Way to Torside, up Clough Edge to Doctors Gate and the Snake Pass

Inn. After crossing Kinder Scout the next check point is the Nags Head Inn in Edale thence onto Chapel-en-le-Frith via the Chapel Gate path. Finally the route goes via the White Hall Outdoor Centre, the Errwood Valley to the Cat and Fiddle Inn and the finish in Buxton.

By 1964 the walk had grown into a national event with an entry list of 80 three-man teams with 40 being refused due to lack of accommodation and other logistical problems. The Glossop Rover Scout Crew was providing rescue cover, with Edale team members on standby.

The weather forecast for 14 March 1964 was for ‘showers with fine periods’ with no mention of strong winds. The first teams set

off at 6.00am as planned. Soon, many found the going over Black Hill quite unbearable and retired at Crowden.

About noon, the westerly wind increased in strength with heavy showers causing temperatures on the moor to be around 1–4°C, forcing most competitors to consider retirement at the Snake Inn.

Clothing — particularly waterproof clothing — wasn’t as advanced as today. There were no breathable fabrics, and fleeces were yet to come. The standard inner garment was a string vest. Walkers often went out wearing shorts with ex-army ‘gas capes’ for rain protection and cotton fabric jeans were common (indeed, several competitors wore shorts or lightweight trousers that day).

Thanks to poor weather conditions, inadequate clothing, bad map and compass work and lack of experience in the terrain, significant numbers got into trouble, with several teams taking the wrong course at Bleaklow Head, dropping into Grains in the Water and the Alport Valley — no particular problem to an experienced walker other

than it being a long way down the Alport to the road and then some distance back to the Snake. Only 31 competitors passed the Snake checkpoint with 22 reaching the finish.

Glossop Rover Scouts recorded their first ‘incident’ at 1.15pm when they helped six walkers from Doctors Gate to the Snake Inn. At 2.30pm, they were called to assist walkers in the Alport Valley. As they moved up the Alport, the rescuers located an unconscious competitor by a sheepfold. He was placed on a stretcher and carried down towards Alport Farm, crossing the waist-deep river, to the Snake. Four competitors walking down the valley were used in the stretcher party which allowed some of the rescuers to proceed further up the valley where they found another competitor from a different team. They carried him off Bleaklow Moor to Alport Castle Farm, arriving at 7.15pm. During the carry, one of the Glossop rescuers was injured when he fell 30 feet down a bank whilst carrying the stretcher. The casualty was transported to Woods Hospital, Glossop where he died, later that

night. The rescue team, including the injured member, then returned to search for two more missing competitors.

By now, the organisers had contacted Derbyshire Police. At 4.30am on the Sunday, snow started to fall heavily so efforts were abandoned for the night. Through Saturday night, the organisers double-checked all the records for accurate information about those still missing — not helped by the confusion caused by so many dropping out along the route. The police, in turn, involved other agencies including the RAF MRT based at Stafford (although later they claimed to have learnt of the search from the newspapers), Glossop and New Mills rescue teams, and National Park wardens. When daylight broke, a major search was launched, with about 145 searchers reported to be involved. At the end of the day there were still two people missing.

A Monday 16 March dawned, it was no longer snowing but snow lay some two feet deep — deeper in places. A reported 500 to 800 people volunteered over the three days, lining up along the A57 facing up the Alport valley. They were a very mixed bunch. Civilian mountain rescue team members, RAF MRS personnel, Rover Scouts and police in welly boots, helmets and capes waded through the deep snow, up the Alport Valley. Regularly the line would grind to a halt and communications were very difficult as only the RAF team members carried radios. In addition to the ground searches, the RAF sent one of their helicopters to assist, possibly the first incidence of a ‘search and rescue’ helicopter being used in the Peak District.

## THE END ON MOOR OF DEATH



Above left: Down from the bleak Alport Moor, police and rescue parties carry the last victim of the blizzard which claimed the lives of three Rover Scouts out on an endurance test. Above right: A stretcher party brings down the body of the 21-year-old Rover Scout John Butterfield from Derbyshire’s Alport Moor yesterday. The body was found lying in a stream.

Newspaper cuttings from Robin’s book on the subject ‘Four Inns Walk. The Story so Far’, published in 2007, and reproduced here with thanks to Sheffield Telegraph and the British Library Board.

## Second Rover Scout’s body found in moor stream



As dusk fell, a group of 51st Rovers and National Park Wardens were nearly at the top of the Alport Valley where it comes into Grains in the Water. Those in charge of the search decided to call it a day, as it would be dark by the time searchers reached the road. The group decided to continue for a short while to check above a waterfall just around the corner. There they found the body of the third casualty face up in the stream, just above the waterfall.

On Tuesday 17 March a police officer searching in a group that had set off from Doctors Gate saw a torch lying in a stream and found a body face down in Nether Reddale Clough. At the inquest their time of death was placed at between 9.00pm on the Saturday and 9:15am on the Sunday.

It is easy to use the single word ‘chaos’ to describe these events but although this was the result, those involved were suddenly presented with enormous problems. The Four Inns Walk organisers had to care for all the walkers and staff spread across the Peak District. The lead rescue team were faced with a stream of casualties or imminent casualties. Communications on the hill were relatively sparse,

except for the RAF, so coordination between the various groups was difficult. It was almost impossible for anyone to get an overall picture of what was going on and then to control the situation, especially if the numbers quoted as taking part in the search for the last two casualties are accurate.

Some of those present remember searching areas that, from the evidence in the snow had been visited already at least once. And they recall people entering and leaving the search at will or doing their own local search. Some semblance of order was brought to the Alport line searches by spacing out RAF MRS personnel along the line with their pack radios.

The County Commissioner for Derbyshire immediately set up a Committee of Enquiry under the Chairmanship of Jack Longland, President of the BMC. The terms of reference included drawing lessons from the happenings of the 1964 Four Inns Walk. The report from this committee was circulated on 18 August. The conclusions pertinent to the organisers of the Four Inns Walk were that:—

- Competitors should be better clothed and equipped.

- Competitors should be better informed of the symptoms and treatment of mountain hypothermia.
- The police should be provided with full details of the walk in advance.
- The rescue organisation should be able to respond quickly enough to save life in the event of an incident.
- The rescue organisation should be able to draw rapidly on sufficient organised and trained resources to meet the needs of a major incident.

Later in August, a meeting was held at the Whitehall Outdoor Pursuits Centre where interested parties discussed the provision of mountain search and rescue in the hills, largely based on a system used in the Lake District, and elected a panel of experts to control searches.

The foundations of the Peak District Mountain Rescue Organisation (PDMRO) had been laid. Another outcome of the Four Inns tragedy was the work undertaken (with 51st Derby Rover Crew members as ‘guinea pigs’) to further the understanding of

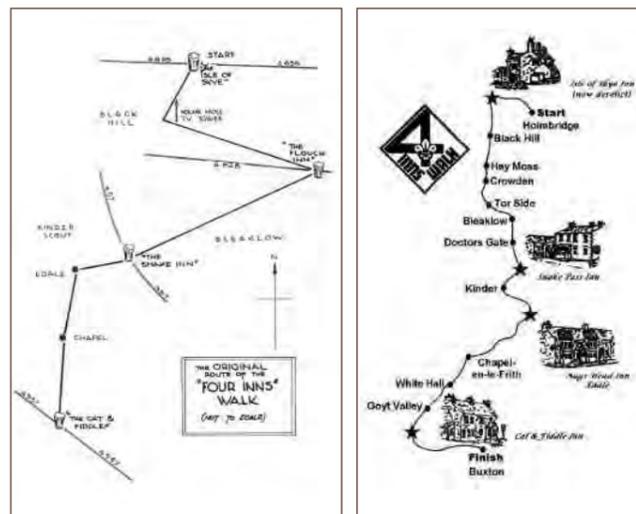
accidental hypothermia. Dr Griffith Pugh was a Medical Research Council Scientist who, in 1950, had joined the Division of Human Physiology, set up to study the effects of extreme environments. A member of the 1953 British Everest Expedition, he was credited with solving many of the problems of high altitude activity thus contributing to the success of the expedition.

Although hypothermia was well known in the context of immersion in cold water, the knowledge of what led to the condition then described as exposure (or mountain hypothermia) was only beginning to be appreciated. The original BMC publication formed an appendix to the report of a working party set up by the Outward Bound Trust in 1964. His studies led to his paper in the British Medical Journal in 1966.

At one point the guinea pigs were required to swallow an electronic thermometer to determine the change in inner and outer body temperature during prolonged exercise. Recovery of these pills led to a payment of 10/- (ten shillings, now 50p) on return to the Medical Research Institute! ■



Above: Bleaklow © Kevin Corcoran; the original route drawing © Robin Knott; the current route drawing © Bob Rogerson 4 Inns Walk Organising Committee.

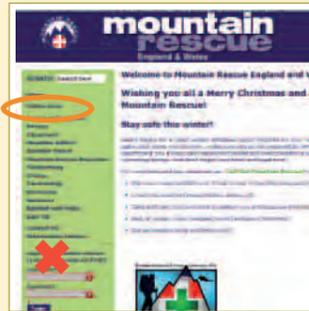


# USER GUIDE FOR TEAMS USING THE ONLINE SHOP FOR TEAM ORDERS

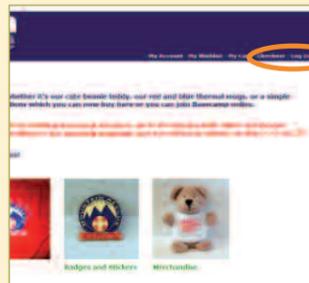
JACQUES MALAN

Each team should now have been provided with a username (email address) and password to log into the MREW shop. You will need to log into the shop in order to qualify for discounts as well as get access to some items reserved for team orders.

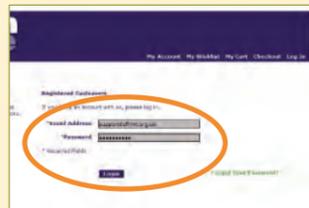
1. Navigate to the shop by clicking on the 'Online Shop' link on the home page ([www.mountain.rescue.org.uk](http://www.mountain.rescue.org.uk)). Note that the username and password in this instance **DOES NOT** relate to the area indicated by a red cross.



2. Click on the 'Log In' option on the top right hand corner of the home page of the online shop.



3. Enter the email address and password you have been provided – please note that passwords are case sensitive. Click on the 'Login' button to proceed.



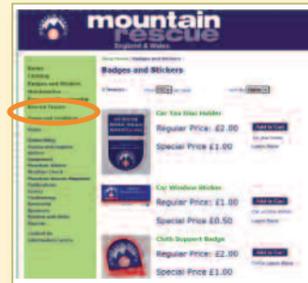
4. You should now be presented with your account home page. In here you can:–  
1) Change your login details and password.  
2) Change your default billing or shipping address.  
The categories for items to buy from the shop are displayed in the left hand menu.



5. When browsing the shop, you will see that certain items are displayed with a 'Special Price'. This is the reduced price you qualify for as a team member. Add items as you would in any other shop to your shopping basket.



6. There is also a special category 'Rescue Teams' which holds items which are only available to team members to order.



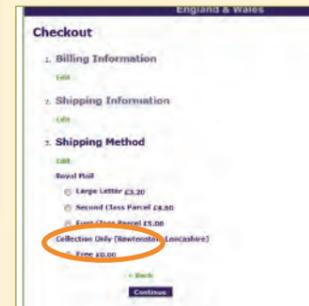
7. When you are ready to check out your order, select the 'Proceed to Checkout' option from the Shopping Cart page.



8. You will now need to complete your billing and shipping address. These should already be available for you to choose from the dropdowns provided. At each step choose the relevant address (or enter a new one) and click on 'Continue'.



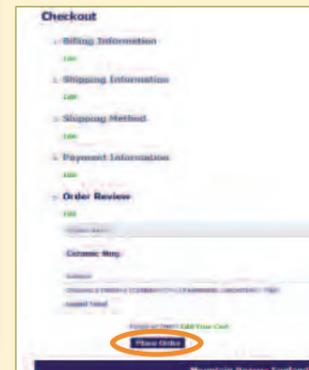
9. When you need to select a shipping method, select the 'Collection Only' option. Teams qualify for different shipping rates than the standard rates available in the shop and these will be included in your final invoice.



10. When selecting the payment method, please select 'Purchase Order (Invoice)'. Add your name to the Purchase order number as reference.



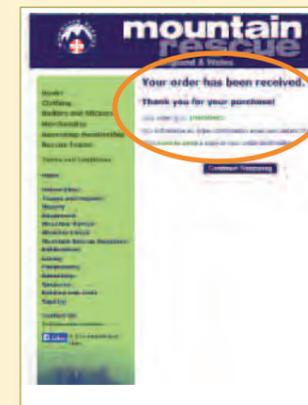
11. Review your order and if happy, click on 'Place Order'. Your order is now complete.



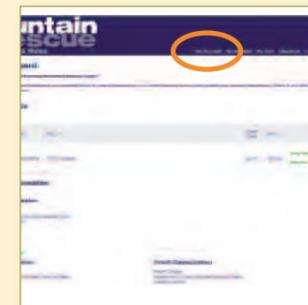
# in the shop

## What happens next?

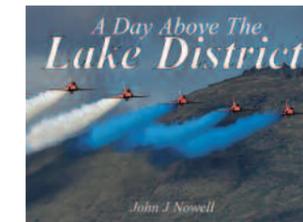
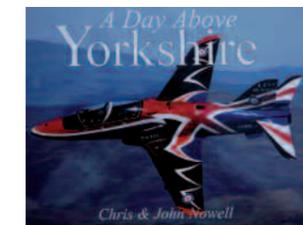
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## NEW TO THE SHOP: 'A DAY ABOVE' BOOKS



The range of titles, each focusing on a particular county, will be available through the online shop with Mountain Rescue England and Wales sharing in 50% of the profit from sales. John Nowell, author, photographer and publisher, began his fascination with aerial photography many years ago, whilst working as an RAF helicopter pilot (it was he who delivered the

Mountain Rescue box onto Mickledore, between Scafell and Scafell Pike). The books interweave aerial photos with historical shots, exploring the landscape and providing a sense of journey. Priced at £14.99 + p&p, titles include 'days above' the Lake District, Yorkshire, Cambridgeshire, Gloucestershire, Leicestershire, Lincolnshire and Rutland

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Still in stock, 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. It's the ideal fundraising trinket for teams, what with Awareness Day and spring fundraising opportunities coming up. Discounted rates are available for teams for bulk orders.



Of course, all the usual stuff is still available: pens, teddies, mugs, badges and stickers, books, annual reviews and t-shirts... Email Gail Todd via [gail@lancashirellass.net](mailto:gail@lancashirellass.net) for details.

Thanks to all the subscribers, sponsors, suppliers and manufacturers who support us.

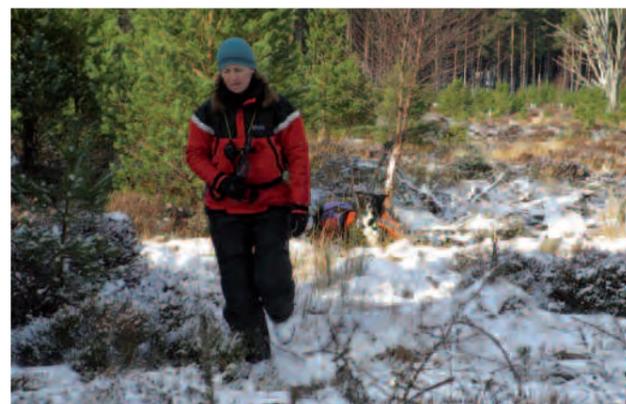


For a full range of suppliers and sponsors, and special offers for mountain and cave rescue team members, go to the Members area of the website [www.mountain.rescue.org.uk](http://www.mountain.rescue.org.uk).



## SEARCH DOGS WINTER TRAINING IN SCOTLAND

LAURA CONNOLLY



February saw members of the Lake District Mountain Rescue Search Dogs (LDMRSD) heading north to the Cairngorms for their annual winter training.

Those attending included graded and trainee handlers, assessors, trainers and dogsbodies, one of our LDMRSD veterinarians and a dream duo chef and 'kitchen hand'!

This year we were privileged to be joined by four Norwegian instructors from Norske Redningshunder: Knut Skar (Styreleder, chairman of the

Norwegian association), Sissel Gaska, Martin Boe and Per Olav Gundersen ('PO' for short). We based ourselves at Badaguish Outdoor Centre where we occupied the Norwegian-style cabins.

The conditions in the days leading up to our week there had been challenging. The northern corries had experienced particularly high winds and there had been a consistently 'high' avalanche risk. This was still the case as we arrived, according to the forecasts from the Scottish Avalanche Information Service (SAIS). Later on in the week, the risk lessened to 'considerable'. Whilst the main objective was to train for avalanche rescue, we certainly didn't want to be taking unnecessary risks. It was a year on, to that week, since the tragedy in the Chalamain Gap and a stark reminder of how fearsome and forceful an avalanche can be.

We were fortunate enough to have three days on the hill, interspersed with three days in the forest due to appalling conditions with very high winds. The first day of a winter course is generally taken up with selecting an appropriate area in which to work — digging the graves and some initial runs if time allows — and this year was no exception. The careful structure of the 'graves' not only ensures the safety of the bodies who occupy them, but also enables the dogs to dig and enter the space where the body is, in an appropriate way. It also ensures, as far as is possible, that the graves can be used repeatedly on subsequent days without becoming unusable.

On the occasions we were not using the approach into Corie an t'Sneachda, we made good use of the forest. We were able to set up areas for all the stages from stage 1 to 4. Stage 1s were able to have an introduction to winter work, searching in snow, locating a scent and digging to locate the body. Stage 2s were able to consolidate their skills from previous training. Stage 3 (the assessment stage) was able to set up areas for Dave Howarth, team leader of Kendal MRT and his trainee search dog Fern, who picked up two more passes, taking him two steps closer to attaining the coveted green tag.

It was a very valuable experience having the Norwegians instructing us and they brought with them the benefit of their expertise and training methods. It was challenging for some of us to work our dogs in silence! This enables the dogs to do the thinking and by not giving them commands it avoids give them mixed messages. This was more difficult for some than others. It felt natural to want to encourage the dogs when they were doing what was required of them. Another concept introduced by Martin was that training a dog should be 'black and white' and he wasn't just referring to the coat colour of the border collies. He made the analogy of the desired behaviour from the dog being white and non-desirable behaviour being black. He expanded this analogy to 'heaven and hell'. Locating the body and digging to find the body is considered 'heaven' and should be the best thing in the world for the dog. Anything other than this is 'hell' and of no interest and, more importantly for the dog, resulting in no reward. This view can assist with achieving a consistent approach to training.

Another interesting introduction to the training was the use of the 'pipe'. This wasn't some après ski custom to accompany the Aquavit or twelve-year single malt but consisted of a two-foot length of slalom pole with an angle cut in one end. The idea behind this method of training was to train the dogs using the scent of human breath without the need to bury a body.

An area approximately 20 metres square was marked out using footprints. In the undisturbed snow in the centre, the instructor would insert the pipe into the snow on an angle of approximately 30°. It was then breathed into three or four times. This scent was allowed to permeate through the snow for a few minutes before the dogs were walked past the area. When the dogs accurately pinpointed the scent and indicated by digging, they'd receive their toy reward instantly at the site of the scent to reinforce the desired behaviour.

In addition to the training undertaken during the day we also had a couple of evening training sessions. An informative and

entertaining session on hypothermia was presented by Olly Benson (paramedic and member of Langdale Ambleside MRT), and Knut gave an interesting presentation on the Norske Redningshunder. An area of particular interest was the information which has been gathered by the Norwegian association regarding the behaviour of missing people who are believed to be despondent. The findings are that the overwhelming majority of missing people will be within 2km in a straight line ie. following a road, track or footpath, from their last known location. This highlighted the importance of searching the immediate location which is in line with current search practices in UK mountain rescue teams.

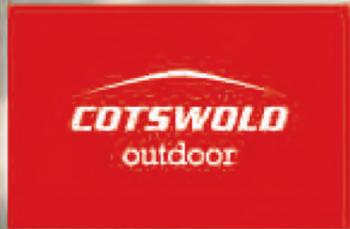
A number of us were also shown round St Columba's, the base of the Cairngorm Mountain Rescue Team by team member and international mountain guide and ski patroller Eric Pirie. It is always interesting to gain an insight into how other MR teams in other areas operate. The inclusion of bunk-style dormitory accommodation highlighted the fact that searches for missing or injured persons in the Cairngorms are often long and protracted and may last a number of days. We were very grateful to Eric for his time.

The Norwegians seemed to be happy with the time they spent with us and encouraged by the work we are currently doing. They were also happy with how well Norway was doing in the Winter Olympics in Sochi! But be wary if you are ever asked by a Norwegian whether or not you would like to see his Vikings! Fortunately for Joy and Caroline, PO was referring to the tattoos on his upper arms!

We also enjoyed the company of Charlie and his search dog Molly from Assynt team. As ever, the winter course has enabled us to practice our winter skills, revise our ways of working and refresh our thinking. We're grateful to the Norwegian instructors who gave up their time to be with us and to the stalwart bodies who volunteered to be buried in the interest of training our search dogs to become more skilled at locating missing persons in the mountains in winter conditions. ■

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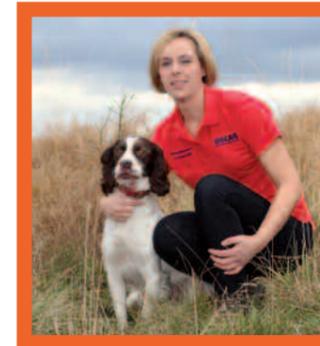
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Do you know how the word of the law impacts you and your four legged friend when outdoors? Every dog owner has a responsibility that their dog is under control around people, livestock, traffic and other dogs. Dog behaviourist **Shelley Aspden** offers some advice.

## SAFE WALKIES

You've all no doubt heard of the Dangerous Dogs Act (1991). Under this act it is a criminal offence to have a dog dangerously out of control in a public place. This act applies to all dogs in England and Wales and the person in control of the dog in a public place.

But what does 'dangerously out of control' mean? A dog is classed as 'dangerously out of control' if it injures a person, or behaves in a way that makes a person worried that it might injure them. So in the eyes of the law, a dog that bounds over to someone, jumps at them and knocks them over, is just as dangerous as a dog that is a scared of unfamiliar people and bites a person when they try to stroke it.

Here's a few tips to keep dog-owning safe and enjoyable for everyone...

### UNRULY BEHAVIOUR: THE JUMPERS

A dog which jumps at people for attention is a danger to the public. A jumping dog can quite easily jump and knock someone over, scratch with their claws or injure the person. It's your responsibility to make sure this does not happen. If your dog is a jumper, then it's better to put them on the lead when people approach, so you're able to keep control of your dog's movements.

Other walkers that are happy to greet your dog, can ask your dog to sit and feed them a treat for good sociable appropriate behaviour. If your dog is a jumper, it is better to put them on the lead to greet people, so you are able to keep control of your dog's movements.

### RECALL: COMING WHEN CALLED

The big wide world is a fun and interesting place for a dog. Coming back when called isn't an automatic

behaviour, lots of positive training is need to teach a good reliable recall. If your dog is not reliable at coming back when called or runs over to people, then they shouldn't not be allowed off the lead.

Recall leads are a great training tool, which can be used whilst you are training your dog to come back when called. Teach your dog that when they come back when called they receive an exciting reward.

### OUTDOOR SOCIALISATION

Incorrect socialisation is one of the major factors in behaviour and training problems in dogs. Puppies need to be exposed to various outdoor social experiences to help them to grow into well adaptable and behaved adult dogs.

Teaching puppies when they are young about unfamiliar adults and children is key to developing their social integration. Meeting new people should be fun and positive for a puppy. Asking people you meet on a walk to greet your puppy with a tasty treat and a gentle stroke will help along with their positive socialisation.

If you have an adult dog which hasn't been socialised correctly with adults and children, they should never be put in situation where they may be feeling stressed or fearful. This can make the socialisation problems worse and result in your dog using aggression to try and escape the perceived threat.

Dogs with socialisation problems towards adults and children should be kept on a lead so you have control of your dog. For dogs which lack confidence around unfamiliar people, you can ask people to throw treats on the floor for the dog is pick up rather than taking them from the hand.

If your dog has ever displayed any form of aggression towards adults or

children on a walk, then a muzzle must be worn at all times and as well as the dog kept on a lead. Contact a qualified behaviourist for expert advice on how to treat and modify aggressive behaviour. ■

IF YOU'D LIKE FURTHER ADVICE FOR YOUR DOG ON A WALK, YOU CAN CONTACT OSCARS BEHAVIOURIST SHELLEY ASPDEN BSC (HONS) MSC ON 0800 195 8000 OR EMAIL HELPLINE@OSCARS.CO.UK.



## tracking

As you may have read in previous issues, the tracking programme has run a number of courses. Good news is that the dates have been set for the first course in 2014. Search and Rescue Institute UK (SARIUK) will be running the Tracking And Clue Awareness (TCA) course using the existing New Zealand SARINZ Syllabus. This course is the entry level course for the tracking series. It introduces participants to clue awareness, heightened observation and an appreciation of man tracking skills. Participants learn to distinguish between the characteristics of an undisturbed environment and the characteristics caused by human passage through the environment. Practical exercises are undertaken to learn how to calibrate and use a tracking stick, to track human sign in a variety of terrain and explore some basic principles of processing clue sites.

MAY FRIDAY 16 TO SUNDAY 18: TRACK AND CLUE AWARENESS (TCA)

SEPTEMBER

(You must attend Track and Clue Awareness before a Cutting for Sign course.)

FRIDAY 12 TO SUNDAY 14: TRACK AND CLUE AWARENESS (TCA)

FRIDAY 19 TO SUNDAY 21: CUTTING FOR SIGN AND AGEING (CFS)

FRIDAY 26 TO SUNDAY 28: CUTTING FOR SIGN AND AGEING (CFS)

ALL COURSES WILL RUN AT BOWLAND PENNINE'S SMELT MILL CENTRE IN DUNSOP BRIDGE, LANCASHIRE.

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TO REGISTER, PLEASE EMAIL COURSES@SARIUK.ORG.UK



**DMM INTERNATIONAL IS PROUD TO SUPPORT BEYOND RESCUE A BRITISH RECORD ATTEMPT ON THE SOUTH POLE**

In mid-November 2014, a group of British explorers will set out on a rare adventure – an expedition that will be beyond rescue, beyond endurance and will, if completed, rewrite history. This unsupported record attempt will be attempted by eight men and eight sledges, over 400 miles in 36 days or less. For 350 miles of the expedition the team will be beyond rescue, beyond the fuel capacity for light aircraft and the terrain will be too treacherous for land recovery aircraft. The Snowdonia mountains and Llyn beaches have been the training backdrop in the winter months and training will continue in Hovden, Southern Norway in the spring. All DMM equipment is still designed and manufactured in the UK, at the foot of Snowdon in North Wales. We wish the team at Beyond Rescue the very best of luck with the build-up and we'll be with you every step of the journey.

TO FOLLOW THE TEAM'S ACTIVITIES  
GO TO [WWW.GOBeyondRESCUE.COM](http://WWW.GOBeyondRESCUE.COM)  
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**CHEST HARNESSES IN CRAG RESCUE – WORTH THEIR WEIGHT?**

**PAUL WITHERIDGE**

Mountain Rescue personnel are regularly required to access casualties on the crag whilst carrying rucksacks or lugging sections of stretcher. It's hard enough physically, but a slip when rigged up in a sit harness only can really cause problems.



Images © Petzl.



From top: C98A Chest'Air Harness rear view; C98A Chest'Air; C98A Chest'Air on Falcon; C60 Voltige. Above right: Combination harness. Right: Combination harness tie in.

Expedition mountaineers have for many years recognised the importance of using a purpose made full body harness, or a chest and sit harness combination, when carrying kit on their back. They're acutely aware that in a sit harness alone their altered centre of gravity will make it almost impossible to maintain an upright position during or after a fall, forcing the body to absorb much of the impact through the lower back rather than the thighs.

The climber's final suspension position, face up and with a substantially arched back may exacerbate any injuries, leaves them in an extremely difficult position for self-recovery and vulnerable to any further debris fall.

So, if the problems are well recognised why is it so rare to see heavily burdened MRT members wearing chest harnesses?

Perhaps it's as simple as never really having thought about it before. Perhaps it's because people don't consider their crag work in the same light as those fighting the elements in the 'death zone'. But if they don't, why? A fall, as they say, is a fall regardless of the scenery.

Is it because improvising an effective chest harness on the hill is not as easy as it seems when practicing in a warm base? Finding a sling of just the right length to tie the knot and yet be short enough to keep the body upright when tied can be a problem. Add in darkness, cold hands and the time pressures frequently faced and it's easy to discount a chest harness as 'not really necessary this time.'

There is a range of manufactured mountaineering chest harness available in the UK that are simple to use and take up little space. The Petzl Voltige is a good example that meets the EN12277 type D and UIAA 105 performance standards. These simple chest harnesses provide basic support and help keep the climber upright.

They work fine in many

situations, but for rescue applications they're not as versatile as the industrial chest harnesses and full body harnesses that other, more urban, emergency service users wear.

Why? What these traditional mountaineers' harnesses do not provide is an easy second, independent point of attachment, rated for fall arrest, that allows for separate clipping of the main and safety ropes in a two-rope rescue system or stretcher attendant rig.

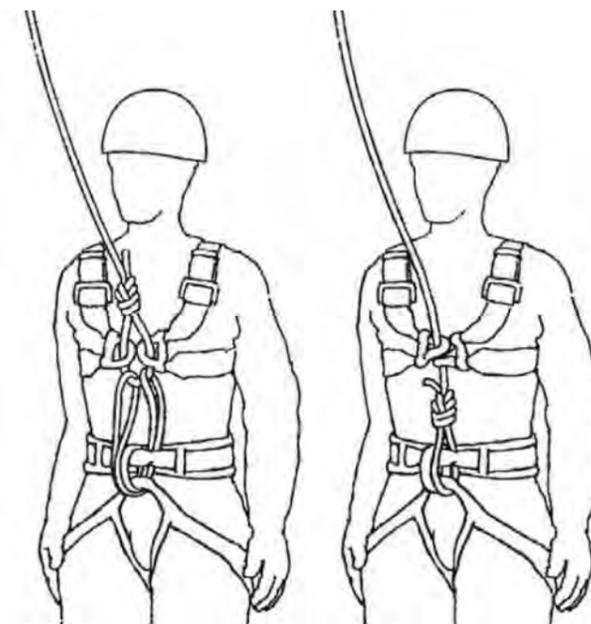
Until now, if you wanted to get the benefit of a second rated point you were obliged to move away from the compact and lightweight and move into the more heavy duty and bulky world of rope access and scaffolders harnesses. Well now Petzl have designed a chest harness specifically for mountain rescue teams that sets out to solve these problems: the Chest'Air.

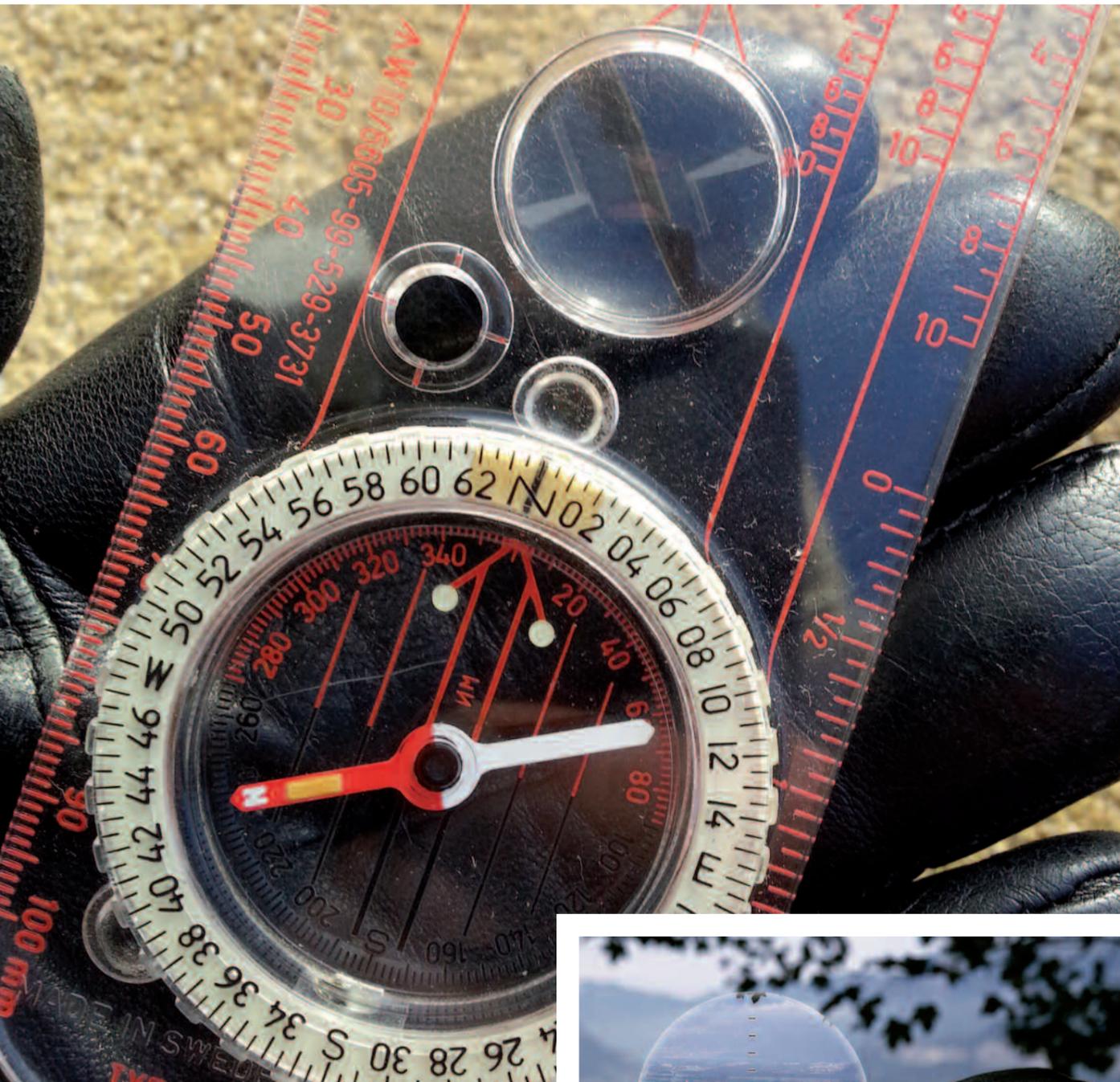
Used in combination with the Petzl Falcon Mountain sit harness, the Chest'Air is quickly and securely installed via the belay loop, using its built-in triple action oval connector. Once fitted, it

provides both physical support and a fully rated EN361 sternal attachment point with the minimum of fuss. The compact textile sternal point is discrete and does not interfere with movement when not in use, whilst the Doubleback buckles on the broad webbing allow rapid adjustment for a snug fit summer or winter.

The Falcon Mountain and Chest'Air combination has one other benefit which may put teams firmly ahead of the game. The combination has been extensively trialled by alpine teams where helicopter winching via direct connection into the harness combination, rather than strop attachment is the norm. With changes to the way air assets are provided in the UK in the coming years, it's reassuring to know that the Falcon Mountain and Chest'Air combination is potentially future proofed for this scenario.

So, if you recognise that chest harnesses are not just for glacier travel, perhaps now is the time to take a closer look at what is available. ■





## USING MILITARY TECHNIQUES TO LOCATE CASUALTIES

A critical component of military navigation is determining both the bearing and the distance to objects in the field which are not marked on the map, such as enemy positions, casualties and rendezvous points. To do this they carry specialist equipment...



- ➔ Adopting the brace position while out with a group signals to the others that you are working and should be left to get on with it.
- ➔ Ideally, use the Brace Position when very accurate compass measurements are required.



... **baseplate compasses**, pictured left, where the azimuth (the horizontal angle of a bearing clockwise from North) is marked in 6400 Military mils instead of 360 degrees. The mil is used as it subtends one metre at 1000 metres and therefore facilitates range estimation. Other than this difference, it is exactly the same as the baseplate compasses we use in mountain rescue.

...and **laser rangefinders**, inset left, or binoculars which have a reticule in the viewfinder.

Similarly, casualties identified by MR Responders, may also be some distance away and obviously are not on the map. Accurately conveying their position to other parties on the hill, who may be nearer and able to reach them more quickly, the

Search Manager/Team Leader or an incoming air asset is equally as important.

Fortunately this can be done using our conventional compasses and some very easy to learn practical techniques.

### DETERMINING THE BEARING TO THE LOCUS

The most important stage in performing this procedure is to get a Fix, not an estimated position (EP) of your current location as any error introduced at this stage will be compounded as you continue with the procedure. Soldiers will try to move to a location in the field clearly marked on their map, which we can emulate or use our handheld satnavs and give a 10-figure grid reference.

Bearings to visually identifiable objects are relatively straight forward in good visibility by using a base plate compass and should be within  $\pm 2^\circ$  to  $3^\circ$ .

Since accuracy can differ from individual to individual, it is good practice to get another team member who is with you to confirm the bearing you have taken.

Sometimes however, similar to enemy positions, the subjects may not be clearly visible, if at all and their calls for help (not gunfire!) may have to be relied upon.

### TAKING BEARINGS TO SOUND

Bearings in poor visibility or only sound are more problematic, however, with practice they can be achieved to within  $\pm 10^\circ$  to  $15^\circ$ .

When you know which direction the calls for help are coming from, instruct the rest of the party to stand still and be quiet, or better still get them also to perform this procedure.

1. Stand facing the direction of the sound.
2. Cup both hands behind your ears.
3. Rotate your body, keeping your head fixed forwards, directly towards the sound.
4. Make small adjustments by moving with your feet to where the sound is most intense.
5. Identify a clearly visible object straight ahead of you, in exactly the same direction of the sound.
6. Using your compass, take a bearing to this object.

### DETERMINING THE DISTANCE TO THE LOCUS

The easiest way to determine distance to an incident is to identify any recognisable feature near to it then find this on your map, measure your distance to it then estimates its proximity to the locus.

However, because of some law named after Mr Sod, often there are no recognisable features near to the locus. In these instances we can use various simple techniques to determine the distance to it. Choice as to which one should be used is a matter of preference and proficiency.



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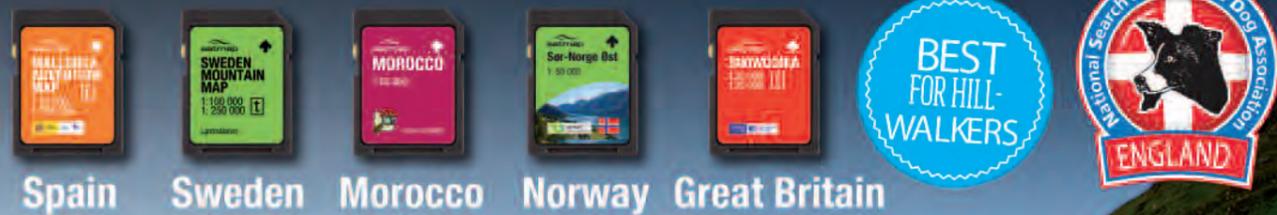
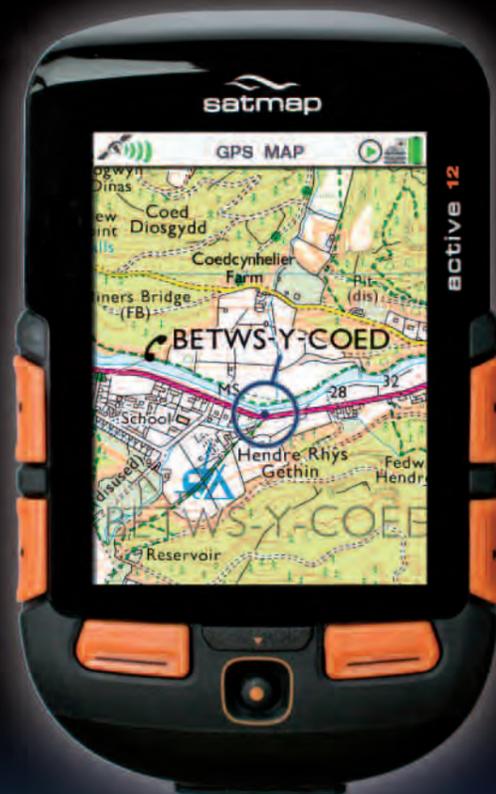
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## CLARITY OF OBJECTS VIEWED

We can utilise objects which are not marked on a map, such as people at the locus or livestock nearby, to estimate this distance using this table:

### 100-METRE MEMORY

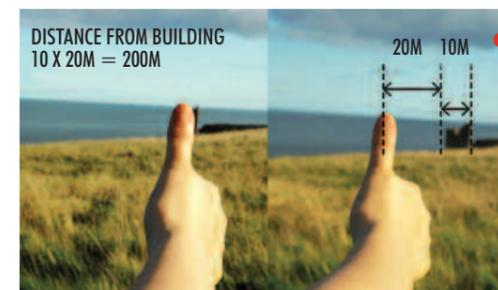
Simply estimates the number of football pitches between you and the locus. Premier League football pitches are around 100m long (actual average 103.5m) and you multiply the number of pitches between you and the locus by 100 to determine the range in metres.

With practice this technique can be used up to distances of 800 and is accurate to  $\pm 15\%$ .

DISTANCE	CLARITY OF OBJECTS VIEWED
50 m	Eyes and mouth of people can be clearly seen • Colour and type of clothing can be very easily identified Hair colour can be determined.
100 m	Eyes can be seen as dots • Colour and type of clothing can be identified • Hands can be seen General hair colour can be determined; hats can be seen if worn.
200 m	Faces and hands blur but recognisable • Colour of clothing can be identified • Rucksacks if worn can be identified Number of people in a group can be determined.
300 m	No personal distinguishing features of people can be identified • Colour of clothing can be recognised Number of people in a group difficult to accurately determine.
500 m	Livestock species can be easily identified, e.g. sheep and cattle • Overland power lines, the differences between pylons and poles easily identified • Differences in vegetation or crop can be recognised.
1 km	The ability to easily distinguish between deciduous and coniferous trees • Trig points can be seen Differences between dykes and fences can be seen • Livestock can be recognised • Cars can be recognised Craggs, and rocky outcrops recognised • Power lines recognised.
5 km	Trees can be identified • Houses and small buildings can be seen • Livestock can be seen Telephone masts and transmitters can be identified.
10 km	Large houses and towers can be recognised • Conspicuous hilltops can be identified Telephone masts and transmitters can be recognised.

## STEREOSCOPIC RANGING

Another quick technique for estimating distance, which has a similar accuracy, is based upon the fact that most people's arms are approximately ten times longer than the distance between their eyes, so distance can be estimated between you and any object of approximate known size.



1. Close one eye and look at your feature.
2. Raise your arm straight in front of you.
3. Hold up your thumb over the feature.
4. Close your eye and open the other one.
5. Estimate the distance your thumb appeared to move from the feature.
6. Multiply this by 10 to get a rough estimate of how far away you are.

## DESCRIBING ACCURATELY THE BEARING OF AN OBJECT NOT ON YOUR MAP

1. Identify where you are on the map.
2. Sight the distant object and while looking at it, spot a feature exactly in your line of sight in-between you and the distant object that will be on your map.
3. Plot a line from your location to the feature you sighted.
4. Measure this bearing on the map using your compass.
5. Relay this bearing and your grid reference to the other party. They can now search along this line (bearing) for the incident locus.

## OFF THE SHEET CONFIRMATION

This technique relies on the party you are giving the bearing and distance to, invariably the Search Manager or Team Leader, having access to mapping of a larger area than you have on your own map, as Ordnance Survey Landranger maps only cover 40km by 40km and Explorer maps generally cover 25km by 25km — double sided Explorer maps can cover up to 30km x 30k.

If you can identify a recognisable feature on the landscape which is in-line (behind) the locus yet too far away from you to be on your map, such as a communications mast, mountain top, or any other easily described and distinguishable feature and describe this to the other party as being on exactly the same bearing, this will allow them to very accurately draw the vector from your current location to the locus.

This technique can also be used as a failsafe for any bearings given by members of the public, by simply asking them to describe features they can see behind the incident.



# COMPATIBILITY TESTING OF THE CMC RESCUE MPD WITH A RANGE OF LOW STRETCH KERNMANTEL ROPES MANUFACTURED TO EN 1891 (A)

## BELAY COMPETENCE TESTING USING A 200KG RIGID TEST MASS

CHRIS ONIONS, DAVID JONES, PHIL SMITH, AL READ & TIM BIRD

In June 2013, Mountain Rescue England and Wales (MREW) agreed to sponsor a technical symposium hosted by Lyon Work and Rescue during which a variety of ropes used by teams within the UK were compatibility tested with an 11mm MPD. The drop test methodology as described by the BCCTR was used with 200kg rigid test mass. This report describe the findings.

### INTRODUCTION

The CMC Multipurpose Device (MPD) is capable of capturing progress during technical rescue hauling operations and the lowering and belaying of a rescue sized load. It is designed to withstand the worst case dynamic event described by the British Columbia Council for Technical Rescue (BCCTR). To withstand the BCCTR worst case event, the unit must arrest a mass of 200kg, falling 1m with 3m of rope in service during a drop test. The peak force must be 15kN or less (12kN ASTM) and the total stopping distance (slip distance through the device plus rope and anchor extension) of the load must be 1m or less. The residual rope strength (post drop) must be 80% of the original rated strength and the test must be repeatable five times.

There is an emergent use of the MPD within the UK with circa 100 — 150 units in operation predominantly within the realm of mountain rescue, and a minority used by the fire and rescue service (FRS).

The MPD is stamped specifically to be used with 11mm ropes (NFPA Light duty). This contrasts with many devices sold within Europe that have a stated range of rope compliance, for example the Petzl I'D is rated 10–11.5mm (NFPA Light duty) and 11.5–13mm (NFPA Heavy duty).

Rescue organisations within Europe use a range of rope thicknesses, typically 10.5–11.5mm, posing a question of suitability for use with the MPD given a quoted

11mm only compliance (CMC product specification UL classified to NFPA 1883).

Personal communication with CMC relating to the suitability of thinner 10.5mm European ropes suggested that stopping distance during belay mode may be slightly longer than 11mm equivalents. By inference there would be a correspondingly lower peak force.

Mountain Rescue England and Wales (MREW) agreed to sponsor a technical symposium hosted by Lyon Work and Rescue during which a variety of ropes used by teams within the UK were

compatibility tested with an 11mm MPD. The drop test methodology as described by the BCCTR was used with 200kg rigid test mass.

### RESEARCH QUESTION

Are the range of EN 1891 (A) ropes available within the European Union (EU) compliant with the BCCTR belay capture requirements when used with an 11mm (NFPA Light duty) MPD?

### METHOD

The rigid test mass of 200kg was positioned by means of an electric winch as described by ASTM F2436.

The MPD under test was clipped directly into a load cell positioned on an 'I' beam of the calibrated drop test facility. Three metres of the rope under test was measured between the rigid test mass and the point of exit of the MPD. The position of the rope was identified with a permanent marker, so that subsequent slippage through the device could be measured. The test mass was raised 0.5m in accordance with ASTM F2436 giving a drop distance of 1m with 3m of rope in service (fall factor 0.33).

The test mass was released by cutting a sacrificial cord

and peak force was recorded by means of a force/time curve. The length of rope that travelled through the device was recorded by measuring the distance with a tape measure, and the condition of the rope was noted with reference to glazing of the sheath.

In total, ten drops were performed with the MPD with four representative ropes of a variety of colours (Table 1). Rope manufacturers were represented by Singing Rock, Beal, Edelrid and SAR. A comparison drop test was performed using Sterling 8mm prusiks in the tandem prusik belay configuration on

Singing Rock 10.5mm host-rope.

### RESULTS

A summary of the test results is presented in Table 1.

Of particular note are test numbers 1 and 10, both of which consisted of the Singing Rock 10.5mm low stretch kernmantel rope. These tests recorded the greatest stopping distance and lowest peak force within the range of ropes tested.

The shortest stopping distance recorded in this data series was that of test number 8 (Edelrid 11mm) with a corresponding peak force which was the greatest within the data set.

The control tandem prusik belay (test 11) demonstrated a more abrupt arrest than that of the MPD (30cm slip distance).

### GENERAL DISCUSSION OF RESULTS

This data set provided the UK mountain rescue community with a snapshot of the performance of the MPD when used with a variety of European ropes representative of those used within technical rescue. The testing served to stimulate debate about compatibility testing and the technical considerations of managing peak force and stopping distance.

During a belay capture event, neither a high peak force nor a long stopping distance is desirable, and as peak force is inversely proportional to stopping distance a balance must be achieved to moderate both considerations. To add context to this, the Ogwen Valley Mountain Rescue Organisation (OVMRO) previously subjected Sterling 8mm prusiks to the same drop test methodology detailed herein using 10.5mm

Singing Rock host rope. The test set consistently revealed an impact force of circa 10kN with a slip distance of 30cm. The results were found to be consistent (N =15 DROPS), and the cost/benefit analysis of peak force and stopping distance was deemed to be favourable by OVMRO for that particular combination.

It is recognised that subjecting a single MPD to ten drops may be an overly challenging test regime; therefore the most emphasis may be placed on the first five results as the ASTM test requires the device to perform five successive times. However, the counter argument is that ASTM F2466 requires the drop height to be increased by 25 cm intervals until the device fails the test. The drop height is then reduced to the preceding increment and the drop repeated a further four times.

Therefore, by not conducting multiple drops at a height in excess of 1m, it may be argued that this test procedure was in fact not unduly harsh on the MPD as no drops were conducted in excess of 1m.

Overall, the data are disappointing if the capability to arrest a rescue load quickly is desired. The premise originally proposed by the BCCTR was based upon the likelihood of secondary collisions with rock projections and ledges, so a rapid arrest of the load was required (<1m). Most of the rope types tested demonstrated a slip distance approaching or in excess of 1m and it must also be realised that rope elongation was not recorded in this test, so the total stopping distance is likely to be greater than the slip distance recorded.

There were two drops that demonstrated considerable slip distance — test 8 (1.7m) and test 10 (over 3m). The

latter test failed completely and actually the test mass impacted the ground. Tests 8 and 10 were of 11 and 10.5mm rope respectively indicating that elevated stopping distance is not only a function of rope diameter. It is reasonable to suggest that the thinner ropes (10.5mm) result in a longer stopping distance, but equally SAR 11mm variants yield slippage distances in excess of 1m, so it follows that rope diameter may not be the only consideration influencing slippage distance when evaluating the performance of European ropes. Although purely speculative at this juncture, it is conjectured that European ropes demonstrate greater elongation under load than their North American equivalents (Cordage Institute CI 1801-98), therefore the European ropes become thinner under load and present a greater challenge for the MPD to grip the cordage. Another factor influencing stopping distance may be of progressive wear of the internal braking components. This factor alone may explain why test 10 failed and the load was not arrested. During training, the designer of the MPD, Kirk Mauthner stressed the importance of the complete disengagement of the moving brake during routine lowering operations. The CMC user guide is complicit with Mauthner's assertion that this procedure may '...increase the service life of the MPD.' It is feasible that internal wear will take place during real-world rescue operations and training exercises if practitioners are not vigilant to this requirement. Should an isolated (albeit rare) main line failure occur during an edge transition, then potentially an MPD will not capture the load.

While this data set has

revealed generally longer stopping distances it has also consistently yielded lower peak force when compared to the maximum arrest force suggested by the BCCTR of 15kN. The exception to this trend was number 7 (Edelrid blue 11mm) resulting in approx 13kN, considerably higher than the other samples (typically 6–9kN). Inspection of the condition of the rope after the drop test had been conducted revealed four discrete areas of glazing on drop number 2, indicating that an alternate grip/release oscillation rather than a consistent and progressive arrest had taken place. This grip oscillation may contribute to the extended stopping distances encountered during this testing.

When balancing the advantages of an abrupt arrest with the peak force, this investigation suggests that the peak force experienced by the whole rescue package (circa 6–9kN) is excessively low. The European standard for personal protective equipment shock absorbing lanyards is 6kN for an individual (100kg test mass).

The equivalent maximum arrest force experienced by an individual in the USA and Canada is slightly higher (8kN). Therefore this data set leans too far towards a low peak force as the test mass (200kg) represents not only the rescuer but the patient and associated equipment. Therefore, the anticipated peak force experienced by the rescuer alone in this dataset could be expected to be very low, likely to be within the range of 3kN–4.5kN. This is based upon a simple proportioning of the mass (100kg each to Patient and Attendant) each experiencing half of the total peak force by proportion of their contributing masses.

Until that clarity has been achieved, the authors are of the opinion that a drop-test validated tandem prusik belay represents a more reliable and consistent technique when a rapid capture of the load with a correspondingly manageable peak force is desired. ■

### CONCLUSIONS

Although it seems an attractive option for the Patient and Attendant to receive a peak force of approximately half of that permitted by the European Standard, it is at the cost of excessive travel distance experienced during the belay event.

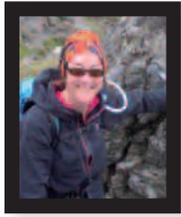
During a long arrest, secondary impacts, especially of the litter colliding with the Attendant's outstretched legs may feasibly lead to significant, life changing injuries to the Attendant and further compounding injuries to the Patient. Many mountain rescue teams especially those in the dominium of Wales value an abrupt rather than gentle arrest, although this premise is not held by all teams within MREW.

The research question 'Are the range of EN 1891 (A) ropes available within the European Union (EU) compliant with the BCCTR belay capture requirements when used with an 11mm (NFPA Light duty) MPD?' remains unclear. While this snapshot has been successful as a pilot test in raising the issues of compatibility and compliance with standards, further funding and support must be sought to re-evaluate these findings. Comment will also be sought from the manufacturer and the designer of the MPD to gain further insight into this issue.

Until that clarity has been achieved, the authors are of the opinion that a drop-test validated tandem prusik belay represents a more reliable and consistent technique when a rapid capture of the load with a correspondingly manageable peak force is desired. ■

TEST NUMBER	TEST ROPE & COLOUR	CATCHING DEVICE	MAF (KN)	STOPPING DISTANCE (M)	CONDITION OF ROPE
1	Red Singing Rock 10.5mm	MPD	5.76	1.61	Mild Glazing
2	Red Singing Rock 10.5mm	MPD	8.1	0.76	Mild Glazing with four obvious grab points more heavily glazed
3	SAR red and white 11mm	MPD	7.05	1.25	Mild Glazing
4	SAR white with red fleck 11mm	MPD	6.44	1.37	No obvious Glazing
5	SAR green with white fleck 10.5 Platinum	MPD	6.27	1.04	Mild Glazing
6	Beal orange and white 11mm	MPD	9.89	0.70	Two obvious grab points glazed
7	Edelrid blue 11mm	MPD	13.13	0.65	Mild Glazing
8	Edelrid red 11mm super static	MPD	6.01	1.7	Medium glazing
9	Edelrid white/black fleck 11mm	MPD	6.24	1.4	No visible damage or marks
10	Red Singing Rock 10.5mm	MPD	4.75	3.01	Mild Glazing
11	Red Singing Rock 10.5mm	RRH & Tandem prussiks (comparison test)	10.37	0.30	Heavy glaze

TABLE 1. SUMMARY OF 11 TESTS PERFORMED AGAINST THE BCCTR DROP TEST METHODOLOGY USING A 200KG RIGID TEST MASS.



# BRAND GUIDELINES: WHO NEEDS 'EM?

JUDY WHITESIDE EDITOR

EDITOR@MOUNTAIN.RESCUE.ORG.UK

Well, to put it bluntly, you do – we all do – because gone are the days when mountain rescue teams (and indeed the national body) made it up as they went along from a design and presentation point of view, bimbbling through at the whim of Mr Microsoft ('It looks like you want to design a logo/write a letter/make an utter dog's breakfast of your publicity material... can I help you?'). Like it or not, every business and organisation now has a 'brand'. And with brands come guidelines.

When I started out in advertising, we 'creatives' (endlessly fussing over which typeface to use) were regularly reminded by the 'suits' (one eye clearly focused on our future time sheet), that Joe Public was hardly going to name, or even appreciate the relative merits of say, Bookman Bold versus Cooper Black. The important bit was getting the message across. That still applies of course but, nowadays, everyone's a font expert too. And, thanks again to those annoying little men in Silicon Valley, and the myriad ways we can all now paint, draw and write 'like experts' on a bit of plastic, everyone's a 'creative' too it seems.

Which means, given that there are 48 mountain rescue teams, plus the national body, all using the term 'mountain rescue', that there are 49 different mountain rescue 'brands' out there, and goodness knows how many versions of each of those.

Now, I was asked to write something here about the 'MREW corporate guidelines' — to remind people that these exist for use with the MREW roundel — but it quickly dawned on me that this is a much bigger issue. Teams too need to be aware of their own brand consistency.

This isn't, incidentally, about me telling you as teams what you should and shouldn't do in terms of adopting

secondly, what you might do as a team to improve consistency in your own brand — whether or not that is completely individual or uses the MREW roundel. It's also about how to instruct those outside MR (printers and fundraisers) to use the logo.

## WHY DO WE NEED BRAND GUIDELINES?

Many teams, of course, use their own brand (individual logo) instead of or alongside the MREW logo but the same principles apply. Brand guidelines keep the message consistent, whether you're promoting your own distinctive image locally, or adopting and using the national logo. At whatever level, it's important that every time you send out information, be it a press release or annual report, a display banner or the livery on vehicles and clothing — even the way you communicate between team members — that the imagery, style and tone of voice is the same.

Why is it important to keep the brand consistent? Well, it's important because brand consistency ensures you build a strong brand, easily identified and remembered by your customers (ie. anyone you want to relate to: public, fundraisers, press, your own team members) — and avoids any confusion.

Brand guidelines also help

lay it out. Your online communications will be consistent with your offline communications. And it's important too to have your internal material consistent so everyone concerned is reminded of how things should look.

A typical Brand Guidelines document would include information about the design of the logo, typography (in terms of the font, its size and whether upper or lower case), colour profiles, advice on the use of images and even the tone of voice to be used in copy.

## THE MREW LOGO

When I first became involved with mountain rescue, the national logo we now know and recognise was just being introduced. Since then — for reasons I cannot fathom, let alone begin to explain — there appear to have been a number of derivations, each passing into the mainstream as the 'official' logo. I can only assume that some of the work-in-progress versions somehow seeped into the currency. Who knows? Often, the differences are subtle, barely evident to the untrained eye — the wrong shade of blue here, tighter kerning there — but often they're so blatantly wide of the mark it's stunning. It's a recipe for confusion before we even start with teams trying their hands at customisation.

But, why does it matter if the font is different, or the space between the letters is different, or the colour is different, as long as it looks vaguely the same? Surely, if we just tweak a word here or there, or fiddle with the colour a bit, add a dot or two in here, take a space out there... it's not THEIR logo any more, is it, it's OURS? Well try applying that principle to Harrods, or Cadbury's, or Land Rover, or Petzl — or any other big corporation with deep pockets. You'd find yourself in court faster than you can blink (many have!). The only difference here is that our national body has, thus far, preferred not to spend its limited finances suing people — be they outsiders trying to make a fast buck out of allegedly 'official' merchandise, or teams — who bastardise, pass off or otherwise misuse the national logo. God help us, hopefully it'll never get to that as I'm sure we'd all prefer to rely on the trust and mutual respect which mountain rescue grew up on, but I thought it a point worth making.

## SO WHAT IS THE CORRECT LOGO?

If it's being reproduced in spot colours (for example as a two colour print job or an embroidered logo) the spec is different to when it is reproduced as a full colour print job (CMYK), and different again for a website (RGB). This is because the capabilities and processes of each of those mediums is different. And, yes, they look entirely different! (Don't shoot me, I'm just the messenger!)

## TEAM USAGE

Teams are entitled to use the MREW roundel as part of their own logo. However, you are asked to do this in one of two ways.

1. White lettering reversed out of a solid block beneath the roundel. The width of the block should equal the diameter of the roundel. This block can be deepened to accommodate a double-barrelled name in two lines of centred type. Type should be upper

**THE MREW COLOURS**  
SPOT COLOUR:—  
PANTONE RED 032  
PANTONE BLUE 072

4-COLOUR PROCESS (CMYK):—  
RED 0/91/87/0  
BLUE 96/100/45/0

**THE MREW FONT**  
ZURICH ULTRA BLACK  
EXTENDED

case, Zurich Ultra Black Extended, with the cap height centred vertically and horizontally within the block.

2. On team clothing, the team name should be stitched in white and beneath the logo as indicated.

## COMMERCIAL USAGE

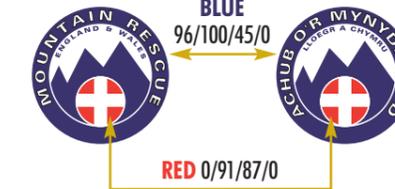
Often, suppliers and sponsors — at local as well as national level — ask to use the mountain rescue logo in their own publicity. Please, please remember that when they do so, as far as the public is concerned, that implies your team's (and, therefore, if your logo incorporates the MREW roundel, national) endorsement of that product or service — whether or not that was your intention!

We often see examples of this in the magazine. But, from time to time, an advertiser will submit artwork for inclusion in the magazine, which not only claims that the product or service is used by a particular team, but uses a national logo (often in one of its many rogue formats, to further confuse matters!) Sometimes, when challenged about it, advertisers then proceed to pull their ads from the mag. Unfortunately, this means we lose revenue, but (on the plus side) it also means we've gone a small way towards maintaining the integrity of the 'mountain rescue' brand. And this principle applies whether it's the national roundel or your team's own distinctive logo — it has a value (much higher than you might think) and advertisers will always be keen to associate themselves with that. Don't be schmoozed into thinking they're doing you a favour — invariably, it's the other way round. A reputable company will recognise that and be prepared to pay the price.

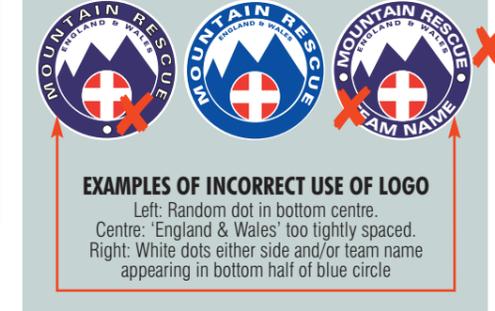
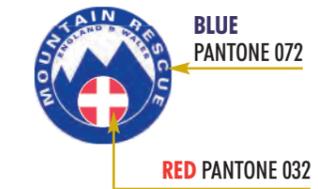
Of course, you are free to negotiate your own deals with suppliers and may wish to endorse those services or products through use of your team logo and appropriate copy. If this employs the MREW roundel, please ensure your team name is incorporated.

Nationally, in the majority of cases,

## CMYK VERSION



## SPOT COLOUR VERSION



we ask that sponsors and commercial supporters use a 'supporter' version of the logo. An exception to this is Go Outdoors, due to the current nature of our relationship with them.

## WHAT YOU CAN'T DO

The MREW roundel is not currently protected by trademark (again, I know not why but I guess it's rooted in the ethos of trust and a belief that surely nobody would abuse it?). However, it does include artistic and design elements (not just the name on its own) and is, therefore legally regarded as being a work of artistic creation and, I believe, protected under copyright law.

As copyright is an automatic international right, it follows that unauthorised copying of that logo would be an infringement. This clearly applies to outsiders taking or recreating the logo for their own ends (for example, selling unofficial 'official' merchandise on eBay!), without our permission. This is deemed to be 'passing off'. But it also applies to teams who see fit to customise the logo by adding their own twiddly bits or moving things around slightly. If it still looks substantially like the original in design, structure or content, to the degree that it can be said that the work was copied or adapted from the original, rather than simply a similar idea or concept, it's an infringement of copyright.

If you really don't want to use the MREW roundel, have a bit of imagination and develop your own entirely different one — examples that spring to mind, of distinctive logos (some of which I know were in existence long before the MREW roundel), include those of the Ogwen Valley and Llanberis teams in Wales,

or Langdale Ambleside, Keswick and Cockermouth in the Lakes. So, here's some things you really shouldn't be doing:—  
● Adding a dot at the bottom.  
● Adding a dot on either side.  
● Squidging up 'Mountain Rescue' in the blue circle so you can run your team name in the space now conveniently created at the bottom.  
● Removing 'England & Wales' from the inner circle and either leaving it blank or adding in your own name.

In fact, if you're using the MREW roundel, there's no need to agonise about recreating the logo in the correct font and colours — we've already done it for you, creating master copies of every team name in England and Wales, rendered in the correct format. Just email me for your team's version. And if it's a Welsh version you need, we've got that too. Again, email me for details.

## SOME TOP TIPS FOR BRAND CONSISTENCY

- Update to the correct version of your logo — and the MREW logo — on any computers/devices where it's stored and from which publicity material is likely to be created and TRASH the rest! And ask your team members to do the same. Please.
- Download the correct MREW logo and the MREW Corporate Guidelines from the website and/or email me for your team's version, if required.
- Create a set of simple brand guidelines for your own team, outlining the colours and fonts and any key messages, so anyone involved sings from the same crib sheet. This should apply across social media, press, website, advertising, annual reports — everything you put

out that is public-facing.  
● Designers, publishers, printers and manufacturers are well accustomed to receiving very specific information from clients, so don't be afraid to set out the ground rules! If necessary, send them a copy of the brand guidelines. 'It'll do' won't do!

● If it's important, get it spell checked before it goes out — including emails. In fact, speaking of emails, deal with them as any professional writer will do — with the 'morning after' treatment. Write it, leave it overnight, then re-read. In fact, print it off and read it out loud. (On screen you'll only see what you expect to see.) I guarantee you'll change something or spot a spelling error you missed the first time. Only then press 'Send'. And if you're dyslexic, get someone else to read it through.

● If you've any queries about the logo, or anything I've touched on here, email or call either myself, Andy Simpson or Sally Seed. Whilst none of us is a legal expert, all three of us work in advertising, marketing and PR and regularly deal with copyright issues. We're happy to advise.

I appreciate all this might ruffle a few feathers but — just to be clear — nobody is suggesting you chuck everything out now and start afresh. But, please, if and when you come to change anything which incorporates the MREW roundel, bear in mind that it's a national logo, it's not up for negotiation and we have firm guidelines for its use. ■

## REFERENCES

1. [http://www.copyrightservice.co.uk/copyright/p05\\_copyright\\_infringement](http://www.copyrightservice.co.uk/copyright/p05_copyright_infringement).
2. MREW Corporate Guidelines 2009.

If it still looks substantially like the original in design, structure or content, to the degree that it can be said that the work was copied or adapted from the original, rather than simply a similar idea or concept, it's an infringement of copyright.

a national 'corporate' look (before my ears start burning and you collectively hit your keyboards.) Rather, this is, firstly, about what you need to do if your team wishes to adopt and use the MREW roundel, as many teams now do (entirely voluntarily!),

everybody concerned understand why the brand should be represented in a certain way, and what is the correct way of doing so. People producing material with your logo on it will know exactly what they have to do, what colours to use and how to

Corporate (brand) guidelines were produced alongside the new logo thirteen years ago and have been readily available for download in the Members area since at least 2009 (under Publications). However, they do seem to elude people.



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## John Graham

Founder, **GO Outdoors**

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# caves

## CAVE DIVING ACCIDENT IN PLURDAL, NORWAY



**BILL WHITEHOUSE**

In February this year two Finnish cave divers drowned while attempting a two kilometre underwater trip between the River Plura resurgence and the Steinugleflaget cave in Plurdal, just South of the Arctic Circle in Norway.

The traverse dive had only been completed once since the connection between the two systems was first made in August 2013 and it is technically very difficult involving depths below water in excess of 130 metres and many constrictions along the way. It was while trying to pass through one of these constrictions at a depth of around 110 metres that the two divers separately got into difficulties and drowned.

Norwegian Cave Rescue made contact with BCRC divers and asked if they would be able to help in attempting a recovery. This contact was followed up by a formal request for expert assistance from the Norwegian authorities to the UK Government Civil Contingencies Secretariat in Whitehall.

An aircraft chartered by the Norwegian authorities collected three divers and their equipment from Leeds Bradford and flew them to the closest airfield to the cave. After a day

of planning and equipment preparation a number of solo dives were made down to the accident site, the first to document the scene for the police using a small video camera. Despite repeated attempts it proved impossible to free the body of the first of the two divers who was irretrievably caught up in the underwater squeeze, possibly by a piece of trailing equipment. Due to the extremely awkward nature of the passage leading to the squeeze only one recovery diver was able to work at a time. It was impossible to reach the second deceased diver beyond the first and it was deemed too extreme to attempt to retrieve him from the other direction as that entailed even more restrictions at a greater depth.

Once the unsuccessful recovery attempts revealed the dangers, protracted nature and difficulties involved in further operations, the Norwegian authorities reluctantly but understandably took the decision that

further risks could not be justified and the recovery operation was brought to an end.

This is the second time BCRC cave divers have rendered assistance in Norway following a cave diving accident and in recent years they

have also played a major part in two extreme rescue and recovery operations in France and Eire.

Our thoughts and sympathies are with the friends and families of the two Finnish divers. ■



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