

# mountain rescue

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**ISSUE 49**

**MOUNTAIN AND CAVE RESCUE IN ENGLAND AND WALES** SUMMER 2014





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LEFT: WOODHEAD MRT LAND ROVER CENTRE: BUXTON MRT LAND ROVER RIGHT: FIRE BIKE

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**WELCOME TO  
ISSUE 49**

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 50**

Editorial Copy Deadline:  
Friday 29 August 2014

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**

Keswick team members stretch a casualty at Grains Gill, Borrowdale. Photo © Keswick 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.




**Word** *first* **MIKE FRANCE**

Times are changing fast. David Allan told me that, when he took on the role of chairman, it was two months before the first task he needed to action dropped through his letterbox. Now, the enormous number of emails grows daily. These emails need answering and decisions need making —some by the executive officers with information they've received from you, others by me, from the information I receive or through my own experience. My hope is to communicate with you or the officers before answering questions or making comments, but there will be times when I need to make a statement about the organisation without seeking your views. This can only work effectively if we trust each other. To build that trust we need to communicate. I believe the last six months have seen significant improvements in our communications with you but, when it doesn't work, it's very easy to say, 'MREW didn't tell us!' And, sometimes, you need to look closer to home!

There are still a few who think the exec is out of touch with the membership and this is both very shortsighted and frustrating. Every member of the management team is an active mountain rescuer, so why would they want to sell you out buying equipment unfit for the task, offering poor training courses or cheap insurance, or make promises that will make life difficult for us in mountain rescue?

For many, this is the first time you've had a new chairman and what I want you to see is that this change is a positive time. There are many things I want to do differently but this won't happen overnight.

If you want the respect we deserve from other emergency services, if you want us to lead rescues on the moor and mountain and for others to know we are the only service competent to carry out that task, then we don't need to always let others tell us what to do. We do need to have competent assessment systems and skilled

people and if we stand shoulder to shoulder, we can take the organisation forward without lots of bureaucracy.

I made a statement in my manifesto that, under me, the organisation would continue to be run by volunteers and that I didn't want to take control away from teams and I stand by that. But the workload today is massive, so to keep the operational end of the organisation voluntary we will need to continue buying in some services where we don't have the skills or the time needed to achieve the targets we must achieve. We now pay for day-to-day banking and if we cannot find legal support, may need to buy that in too. This magazine, I think we'd all agree, works well as a communication resource, and we pay for its printing, design and editorial services.

One of the important operational tasks is the SAR-H project and thanks must go to the project team for the great job being done. Again, remember that the guys making decisions on your behalf are operational team members. I will always endeavour to put the best people forward, for their skills and knowledge of mountain rescue.

Rome wasn't built in a day. Talk to me if you've got a view. Talk to me if you'd like to help me take the organisation forward. Talk to me if you think you have skills to help Richard Warren write a ten-year business plan. You and your team are the foundation of the organisation. I am happy for you to keep your own identity, I know your badge on the jacket is important to you and I am happy with that but I believe the Government, ACPO, the emergency services and the public see us as one organisation working together, using our skills to support our communities. MREW is the cement holding the blocks together and I believe there is room for the national badge as well.

I want you to be as proud of being part of the national body as I am. Together, we can go a long way. ■

*This* **Issue**

- 20** Western Beacons MSRT 50th Anniversary  
A look back over the last fifty years for the team.
- 37** Raising and training a new puppy  
Some hints and tips from Shelley Aspden.
- 39** Learning from each other. Learning from experience  
Mike Greene discusses the importance for teams of clinical governance.
- 42** Update on the SAR-H migration process  
John Hulse revisits and updates an earlier article.
- 45** Brand guidelines: Part 2  
What's the difference between CMYK and RGB? Why do printers need a vector file? Judy Whiteside explains.
- 47** The future of search  
Al Read looks to the future development of search management courses.
- 50** Dealing with an adder bite  
The implications could be worse than you think, as Lyle Brotherton discovered.

**AT A GLANCE**

<b>NATIONAL:</b>	<b>4-13</b>
<b>TEAMS:</b>	<b>14-25</b>
<b>INCIDENTS:</b>	<b>26</b>
<b>FUNDRAISING:</b>	<b>31-33</b>
<b>DOGS:</b>	<b>37</b>
<b>MEDICAL:</b>	<b>38-41</b>
<b>HELICOPTERS:</b>	<b>42-43</b>
<b>TRAINING:</b>	<b>47</b>
<b>WATER:</b>	<b>55</b>



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



Photo © The MacDonal Aviemore Resort

- Friday night talk from 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.

\* A full list of workshops is available to download from the website at: <http://mrgathering2014.mountainrescuescotland.org/workshop-details>

The event is filling up quickly but there's still a chance to book your place! Check out the amazing workshop locations and excellent facilities of the MacDonal Aviemore resort at: [mrgathering2014.mountainrescuescotland.org/why-you-should-come](http://mrgathering2014.mountainrescuescotland.org/why-you-should-come). A 'make your own' format will allow you to devise a programme to suit your needs. Workshops are based within five disciplines or tracks:

- **Search:** Focuses on the process of looking for lost people! How and where to look? Helicopters and working with dogs will also be covered as well as interaction with the police.
- **Technical Land Rescue:** The largest track, this covers many mountain skills plus 4x4 driving and recovery, and mountain biking.
- **Water Rescue:** May involve getting wet! Includes areas such as canyon rescue.
- **Medical:** The casualty is central to all we do. Here is the opportunity to share skills, knowledge and experience in this critical area, including recent work in the care of trauma patients and hypothermia.
- **Human Factors:** Focuses on the human side of rescue with a particular emphasis on team leadership and strategic issues as well as interaction with organisations within the resilience network.

### OTHER ACTIVITIES:

Friday evening kicks-off with a talk by Andy Kirkpatrick. With his wicked line in self-depreciation and a CV that belies this, including many extreme solos in both summer in winter all around the world, it's sure to be entertaining. On Saturday, Cairngorm MRT will host an open house in their unique rescue post at the edge of Aviemore. This is followed by a Saturday night gala dinner and ceilidh. The exhibitor hall features leading suppliers of clothing, climbing and rescue hardware, and medical equipment.

We've negotiated discounts with local companies including G2 outdoor ([g2outdoor.co.uk](http://g2outdoor.co.uk)) who are offering 25% off canyoning and rafting and 20% off zip-lining at their 1.5km zip-line park. And discount has been negotiated at the conference hotel, for the nights of 11/14 September (£125 B&B double occupancy).

**Cost: £220 to members of voluntary MRTs recognised by the police and affiliated to their national body. \***

*\*If you contact the organisers at [MRGathering2014@mountainrescuescotland.org](mailto:MRGathering2014@mountainrescuescotland.org) we may be able to put you in touch with others travelling from similar areas to help with travel costs.*

PLATINUM SPONSOR



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

THE ST JOHN SCOTLAND LEADERSHIP DEVELOPMENT PROGRAMME, IN PARTNERSHIP WITH MOUNTAIN RESCUE IRELAND AND SCOTTISH MOUNTAIN RESCUE IS PLEASED TO INVITE YOU TO

### LEADERSHIP OF EMERGENCY SERVICES COURSE GLENMORE LODGE SEPTEMBER 10-12

Aimed at emergency services leaders, both voluntary and full time, and emerging leaders in their roles, this two and a half day course is a mix of information, discussions, scenarios and practical psychology. The aim is to provide participants with:

- Professional training in leadership knowledge, skills and self-awareness.
- A safe reflective space to consider leadership goals and personal development.
- A networking opportunity.

The course will cost £75 for those who are members of voluntary, unpaid, blue light responder teams, including accommodation and food costs at Glenmore Lodge. This course fee is heavily subsidised and supported by St John Scotland.

The course is delivered by Pat Holland and Mary Mullins of Mountain Rescue Ireland. Pat has been in mountain rescue since the late 1980s, with a particular interest in search planning and incident command. He regularly leads courses in managing change, transactional analysis for leadership, life coaching, train the trainers, NLP and peer support in critical incident stress management. Mary Mullins has been in mountain rescue since 2000. Her particular areas of interest are Casualty Care, search management and Critical Incident stress management.

To book and for further information, please contact the MRCofS project manager on 01 479-861370 or by email via [projectmanager@mountainrescuescotland.org](mailto:projectmanager@mountainrescuescotland.org)



### meetings

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

To book in, contact:  
**Keith Gillies 01772 335605**  
[secretary@mountain.rescue.org.uk](mailto:secretary@mountain.rescue.org.uk)

**MREW SEARCH FIELD SKILLS**  
Date: 1-3 August  
Location: Bangor University

**MREW SEARCH PLANNING AND MANAGEMENT**  
Date: 4-9 August  
Location: Bangor University

**MREW SEARCH PLANNING AND MANAGEMENT REFRESHER**  
Date: 10-11 August  
Location: Bangor University

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

### Training

## 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.

### Making the most of a simple radio interview.

Whether incident-related or a softer subject, immediate or planned, telephone interviews with local radio programmes make up a large percentage of media contact for mountain rescuers. They can be a great way of promoting your work, passing on safety messages and raising awareness with potential supporters.

In the MREW media training sessions, there are a few pieces of advice that crop up regularly and that make sense to include here.

• **Whether recorded or live, use your body language to tell your brain that this is important** — if you've spoken to the presenter in the past and the subject for the interview is quite a

gentle one, there's a temptation to sit back relax and chat on air. Beware! The presenter is usually keen to seem on the ball and might still throw you a stickier question. So you need to have a bit of adrenaline flowing and be ready to respond. Sit up, sit forward and treat the interview as if you need to be on the ball.

• **Be prepared: have a few key facts and figures in front of you** — dates, names, a website address and other details can often fly out of your head at the time you most need them so best to have them on screen or written down in front of you and to be sure they're accurate.

• **Make notes or have a note taker** — it's hard to be making notes and talking at the same time and it's also hard to listen to yourself and spot what you miss. Having someone sitting next to you during a radio interview can be really useful as they can make a note of your answers and also pick up on things you may have left out or not made as clear as possible. However, they need to listen carefully as you probably won't be able to be on speaker phone — it destroys the clarity of the line.

So, those are a few pointers that make reasonable sense, which have been used by numerous mountain rescuers over the years. But there are other things to bear

in mind too and I've learned some of these from my own experience in recent months.

• **Listen in as early as you can** — live interviews are rarely brought on air without a bit of introduction or a recorded piece to set the scene. It's worth listening in to that if you possibly can so you know the context, can refer to what other people have said and can generally make it all sound joined up.

• **Use your team's social media channels to spread the word** — let Followers and Likers et al know that you're going to be on, which programme and when as soon as it's all confirmed. And then post about it with an

*...if you've spoken to the presenter in the past and the subject for the interview is quite a gentle one, there's a temptation to sit back relax and chat on air. Beware!*

iPlayer or similar website link afterwards too. Not everyone will catch you live but many will wish they had — make it as easy as you can for them to hear what you had to say. You can even post with mentions of the presenter included as a way of spreading the word a bit further.

• **Take part in news programme as early in the day as you can** — speaking live on local radio at 6.30am may not seem ideal but, if you're up and about and able to be interviewed early in a morning programme, your piece may be

repeated at regular intervals, even on other news bulletins later in the day. If you're not interviewed until later, there's less chance for the piece to be re-used and re-broadcast to a peak morning audience.

I know there's a lot of experience of this sort of thing around the membership of rescue teams so, if you'd like to build on this advice or add your own lesson, either online or in a future article, please do get in touch with me via email to [sally@stoneleighcomms.co.uk](mailto:sally@stoneleighcomms.co.uk) or via the Editor. Thanks. ■

### KEELA: PLATINUM SPONSORS OF THE MR GATHERING 2014

At Keela, we focus on innovation, providing high-quality garments that can handle the unpredictable British weather. A British manufacturing company, we work together with mountain rescue teams to supply protective technical clothing and are proud to be Platinum Sponsors of this year's conference.



Our versatile Sherpa jacket is proving to be a popular piece of kit. With 100gsm Primaloft ONE fill, the Sherpa is ultra-light, ultra-warm and coupled with superb wind and water resistance, it is the ideal jacket for rescue situations all year round. The innovative zip-off sleeves give greater freedom of movement in the most demanding mountain rescues. Those attending The Gathering will also get a sneak preview of our latest innovation — the ideal companion for the Sherpa jacket, this addition will allow for a truly versatile range of kit. We'll also be showcasing our new Ladies Belay Pro. Using 133gsm Primaloft ONE, this jacket gives excellent warmth to weight ratio, so it's perfect as an outer or mid-layer and offers the same performance as our Mens' Belay Pro

but with a great feminine cut. Don't miss out — come and see us at the conference for your chance to win a free Sherpa Jacket!

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FB/TWITTER: KEELAOUDOORS



In this issue I'm going to concentrate on legal costs insurance, also known as legal expenses, defence costs and professional fees cover amongst others. But first, just a couple of short paragraphs on vehicle and property insurance.

Our centralised **vehicle insurance** scheme has now renewed and each team should have had its renewal notices for its vehicles. It is important to check these carefully to make sure you have the right vehicles covered and the appropriate cover for your team. You are under a duty to disclose any material facts to the insurers at renewal. Have you checked your

teams, with a well-known insurer. Details will be circulated to you in due course, so watch out for that and see if it's suitable for your team and competitively priced for you.

Back in May and June your team received details of two different **legal costs insurances** that have been arranged with the assistance of Legal Insurances Management Group. Teams may initially have been a little confused because there were two, but hopefully it now makes perfect sense. One of the covers is for the benefit of teams and the other is for the benefit of individual members.

The first is **Commercial**

charged by a claims handler, solicitor or accountant following a specific occurrence, provided that cover for that occurrence is detailed within the policy wording and is not specifically excluded within the policy schedule issued. In brief the covers are listed below but please make sure you read the policy wording and key facts for full details.

- Legal defence
- Data protection
- Contract dispute
- Tax, VAT, PAYE and NIC investigations
- Property protection.

The second cover now available for your team to purchase is **Legal Expenses Insurance for Team Members** and is great cover for individual team members and their families. Each team has been asked whether they wish to take out this cover for their members and had until 30 June to let me have an indication, as the cost varies depending on the likely overall take-up around the teams. The more teams that say yes, the lower the price per member: it could be under £5 each. By the time this is published, we should have proposal forms circulated to teams, so they can formally sign up and provide this benefit to their members.

Again in brief, the covers are listed below, but please make sure you read the policy wording and key facts for full details.

- Motor prosecution defence
- Criminal prosecution defence
- Representation at a public enquiry or coroner's office
- Attendance expenses at a

public enquiry or coroner's office.

Each team relies on its team members to voluntarily give up huge amounts of time to dedicate to mountain and cave rescue. This insurance cover is another way we can look after their welfare. Is your team taking out the cover for your benefit? Why not ask them the question?

A couple of examples away from mountain rescue, but could quite so easily have been our team members — it makes you think! The first is the recent case of the voluntary Jewish ambulance service, Hatzola, and their use of blue lights. The second case involved a professional who had been accused of inappropriately touching a participant during a demonstration on a first aid course he was teaching as a volunteer. This allegation had implications for the client's regular full-time employment as his employer was aware of the allegation and this led to a change in his role. He was also suspended from his volunteer role. He pleaded not guilty and was found not guilty two years later, but his insurance cover picked up the shortfall with his Legal Aid.

Copies of many insurance documents are available online in the members area of the MREW website. They can be found in the resources section under the insurance heading.

Remember, as always, if you have any queries please just email and I'll give you what help and assistance I can. ■



Dr Anthony S G Jones MBE received a standing ovation in May, when he was presented with a 50-year 'Endurance' Certificate by MREW President Peter Bell © Judy Whiteside.

## STANDING OVATION FOR TONY, CELEBRATING FIFTY YEARS SERVICE IN MOUNTAIN RESCUE

Tony's impact on mountain rescue and its members across the world was perhaps best, summed up by Peter's recounting of a line in 'Whensoever', Frank Card's book about the RAF Mountain Rescue Service. Card (who, through his time at RAF Valley doubtless had many an occasion to work with Tony, a long-standing member of the Ogwen team) describes Tony as 'a rumbustious character, with a voice to match, which you can hear in the next Welsh Valley.' Tony first became interested in rescue in his native South Africa and, having migrated to North Wales to undertake a PhD in Marine Geology, he joined the Ogwen team, becoming leader in 1967 and was made an honorary life member in 1998. His mountain rescue career has seen him involved in just about every aspect of the 'job', across the world. In 1993, he was the subject of TV's 'This is your Life'. Picture the scene: an unsuspecting Tony

earnestly marshalls in the approaching helicopter during a training session. Helicopter lands, task complete... when out jumps the smiling presenter, little Red Book in hand. 'You'll know who I am,' says the presenter. We can only imagine the range of uncomprehending expressions flickering across Tony's face at this point but stunned recognition wasn't one of them. 'No. Who ARE you?' 'Michael Aspell?' 'Michael who?' 'You'll have seen me every week on TV...' 'I don't own a television...' But, despite its faltering start, the programme went ahead, though we suspect its subject remained bemused throughout. Deputy Chief Constable Ian Shannon: 'No one else has given so much of their life and commitment to volunteering as a rescuer, a team leader and an executive officer.'

## VARTA TO SUPPLY BATTERIES TO TEAMS IN A TWO-YEAR DEAL

The leading consumer battery manufacturer has signed an agreement with Mountain Rescue England and Wales to supply batteries and will also arrange for an annual cash donation and ongoing fundraising support to the 57 mountain and cave rescue teams.

Mike France, the newly appointed MREW chairman, said: 'Teams rely on the support and generosity of the UK public and businesses like VARTA to survive. It costs a tremendous amount to fund and kit out a mountain rescue team and we're incredibly grateful to VARTA for its donations, both product-based and financial.' Anthony Sewart, sales and marketing director at VARTA Consumer UK, said: 'We really admire the hard work, passion and dedication of the thousands of mountain rescue volunteers who give up their free time every single week. We're excited by the prospect of working with MREW and look forward to supporting the organisation's unsung heroes, while adding value to our network of retail partners.'



LEFT TO RIGHT: ANTHONY SEWART, NATALIE CARNEY, MIKE FRANCE AND BILL WHITEHOUSE © JUDY WHITESIDE.

Part of the global Spectrum Brands group, which also features the Remington, Russell Hobbs and George Foreman brands, VARTA Consumer Batteries holds the number one position for consumer battery sales volume in a number of major European markets.



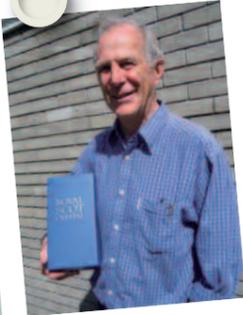
## INSURANCE MATTERS NEIL 'WOODIE' WOODHEAD insurance@mountain.rescue.org.uk

drivers' licences for any new convictions that need disclosing? Have you informed them of any new drivers under the age of 25? If you have any queries concerning your specific vehicles, please contact the brokers Perkins Slade direct and they will assist.

**Property insurance** is something your team will arrange to cover your base and its contents. You may also have cover for your equipment when it's away from the base. Our brokers are working on a policy that should be suitable for mountain and cave rescue

**Professional Fees Insurance** and that has been arranged and funded centrally by MREW for the benefit of MREW, BCRC, regions, teams and search dog units affiliated to MREW. This is another example of being able to obtain cover at a very competitive rate by 'centralised purchasing'. If your region or team has separate legal expenses insurance, I suggest you ask your broker to compare the covers to ensure you are not now paying for cover that isn't required.

The policy is designed to cover the cost of Professional Fees



## DAVID ALLAN STEPS DOWN AS CHAIRMAN AFTER FIFTEEN YEARS IN THE HOT SEAT

David's involvement with mountain rescue combined a unique skill set as surgeon, anatomist, cartoonist, rock climber, mountaineer and sailor with an insight into the effects of extreme weather conditions, cold and sleep deprivation gleaned from his early years as a Morecambe Bay trawlerman (one of long, family line!).

It wasn't long after moving to the Barrow area, to take up a post at the hospital, that David joined his local mountain rescue team, within weeks graduating to team doctor, followed before too long by his appointment as Medical Officer for the then Mountain Rescue Council. His involvement revolutionised the way casualties are treated in the fells, through the development and coordination of first aid standards. In 1999, he took on the role of chairman, advancing the cause of

mountain rescue on the international stage, through IKAR, at Government level and the Palace — his greatest pride being the agreement, in 2007, for Prince William to become our patron. 'He has helped forge mountain rescue into a competent, robust and recognisable asset,' said Peter Bell, who presented David with a token of our appreciation. 'He will be missed but his numerous contributions to mountain rescue will continue to flourish,' he concluded.

## TRAINING: AL READ

### SAR-H MIGRATION

In the last few months, the main focus has been the SAR-H migration. The potential training need for when Bristow take over the SAR role is significant, with large numbers of team members requiring training ahead of the go-live dates. We've had productive discussions with the MCA and Bristow to address this, including working with Mountain Rescue Scotland. The training requirement spans across two different aircraft types — the S92 and AW189 (for teams that interact with Lee on Solent,

the AW139 will also still be around) — but we've put forward a proposal based on the training we currently experience with the Military, which includes live winch training for team members.

### GOVERNMENT SUPPORT FOR UKSAR VOLUNTEERS

Also at national level, the Government has announced that it was looking into supporting UKSAR volunteers with training. Although in the early stages, we've provided a number of responses to UKSAR and the Cabinet Office. This has the potential to reshape how and what we do for training. The fund will be shared across a range of

UKSAR organisations and we are working to ensure MREW is well placed to secure a relevant share of it. If we do secure the funding, we may be able to offer a different form and level of training support, but the actual process of securing funds is still to be determined. Search and its associated skills have also been raised at UKSAR level with a paper tabled that would look at developing a multiagency approach to search skills — again, further work is required but MREW has significant expertise in this area. The way in which we provide training to team members

has been debated and we need to move forward into implementing courses.

### MR GATHERING 2014

This year's conference in Scotland is building with a number of sessions delivered by members of MREW teams. This is promising to be a memorable experience with opportunities to engage in practical aspects as well as sharing experiences.

### MAJOR INCIDENT TASK GROUP (MITG)

Work is progressing towards being able to test the call-out processes associated with a major incident. To help with that, a desktop exercise is

being developed that aims to support the development of understanding — from a region requiring assistance, to regions providing that assistance. We still have work to do on the form of regional response groups (aka team typing). The MITG is strongly promoting the engagement of regions and teams with their Local Resilience Fora as a way to enhance major incident response capabilities. The LRF also offer regular training opportunities and the relationships developed at these events are often extremely valuable. It is also worth noting that a lot of the work undertaken by the

MITG reflects across to the Joint Emergency Services Interoperability Programme (JESIP) and the capability being developed to deal with major incidents.

### PARTY LEADER

The Training committee has begun a review of the Party Leader guidelines and will be investigating what may be needed for the team leader role (operational and management). The amount of work to get these as good as we can is no small task and the committee would

# KEEP IN TOUCH WITH the exec:

There were a few changes in May. We've also introduced easy-to-remember email addresses. Read on for who's doing what and how to get in touch...

executive



## CHAIRMAN: MIKE FRANCE

[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. Mike is a member of Woodhead team, which he served as team leader for seventeen years.



## 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. Mike is team leader of Duddon and Furness MRT.



## SECRETARY: KEITH GILLIES

[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. Keith is a member of Bowland Pennine MRT.



## ASSISTANT SECRETARY: DAVE CLOSE

[assistant-secretary@mountain.rescue.org.uk](mailto:assistant-secretary@mountain.rescue.org.uk)  
Support the Secretary in his role, enabling better communication within the organisation. Dave is a member of Dartmoor SRT (Plymouth).



## FINANCIAL DIRECTOR: PENNY BROCKMAN

[treasurer@mountain.rescue.org.uk](mailto:treasurer@mountain.rescue.org.uk)  
Manages the MREW finances and the administration of Government grant monies and currently reviewing all the MREW financial systems. Penny is team leader of the Central Beacons team in South Wales.

specialist advisers



## EDITOR: JUDY WHITESIDE

[editor@mountain.rescue.org.uk](mailto:editor@mountain.rescue.org.uk)  
Oversees the collection of news and articles, provides design, artwork and editorial services for Mountain Rescue magazine and other MREW publications.



## UKSAR/SAR-H: JOHN HULSE

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[sar-h@mountain.rescue.org.uk](mailto:sar-h@mountain.rescue.org.uk)  
Represents MREW at UKSAR and leads on SAR-H migration. John is the creator of SARCALL and a member of Ogwen Valley MRO in North Wales.



## INSURANCE: NEIL WOODHEAD

[insurance@mountain.rescue.org.uk](mailto:insurance@mountain.rescue.org.uk)  
Continues to work with teams on a range of insurances for teams. 'Woodie' is a member of Kinder MRT, and previously of Rossendale & Pendle MRT.



## PR SUPPORT: SALLY SEED

[sally@stoneleighcomms.co.uk](mailto:sally@stoneleighcomms.co.uk)  
Supports Andy Simpson and Judy Whiteside in their roles and provides PR advice and support to MREW and teams where required. With Steve Howe and Dave Freeborn, Sally also delivers media skills training.

specialist officers



## 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.



## MEDICAL: MIKE GREENE

[medicalofficer@mountain.rescue.org.uk](mailto:medicalofficer@mountain.rescue.org.uk)  
Represents mountain rescue in medical matters to the Government, the emergency services and IKAR, and maintains the morphine licence. Mike is a member of Wasdale MRT.



## PRESS OFFICER: ANDY SIMPSON

[pressofficer@mountain.rescue.org.uk](mailto:pressofficer@mountain.rescue.org.uk)  
Deals with the press, TV and radio, and supports teams in their own publicity. Andy is chairman of Rossendale & Pendle MRT.  
Vice chair: Judy Whiteside: [editor@mountain.rescue.org.uk](mailto:editor@mountain.rescue.org.uk)



## TRAINING OFFICER: AL READ

[trainingofficer@mountain.rescue.org.uk](mailto:trainingofficer@mountain.rescue.org.uk)  
Develops training and guidelines for team members at all levels across a range of disciplines. Al is a member of Ogwen Valley MRO.  
Vice chair: Tim Cain: [tim@fimcainleadership.co.uk](mailto:tim@fimcainleadership.co.uk)



## VEHICLES: DARYL GARFIELD

[vehiclesofficer@mountain.rescue.org.uk](mailto:vehiclesofficer@mountain.rescue.org.uk)  
Liaises with the police, Department of Transport and other bodies regarding livery, driver training and the law. Daryl is a member of Penrith MRT.  
Vice chair: Paul Smethurst: [smethyp@gmail.com](mailto:smethyp@gmail.com)



## WATER: ANDY LEE

[waterofficer@mountain.rescue.org.uk](mailto:waterofficer@mountain.rescue.org.uk) • 07802 878666  
Works to establish the necessary guidance and standards to ensure the safety of members in a water environment. Andy is a member of Edale MRT.



## ICT: MARK LEWIS

[ictofficer@mountain.rescue.org.uk](mailto:ictofficer@mountain.rescue.org.uk)  
Develops comms technology across mountain rescue. Mark is a member of Western Beacons MRT.  
Vice chair: Iain Nicholson: [iain@sardogs.org.uk](mailto:iain@sardogs.org.uk)



## EQUIPMENT: RICHARD TERRELL

[equipmentofficer@mountain.rescue.org.uk](mailto:equipmentofficer@mountain.rescue.org.uk)  
Liaises with suppliers and manufacturers. Currently involved with the stretcher project. Rich is a member of Central Beacons MRT in South Wales.  
Vice chair: Ray Griffiths: [raygriff@btinternet.com](mailto:raygriff@btinternet.com)



## FUNDRAISING: NEIL HAYTER

[fundraisingofficer@mountain.rescue.org.uk](mailto:fundraisingofficer@mountain.rescue.org.uk)  
Develops revenue opportunities and sponsorship deals to benefit all mountain and cave teams. Neil is a member of Edale MRT in the Peak District.  
Vice chair: Bill Whitehouse: [billrhw@aol.com](mailto:billrhw@aol.com)

internal trustees



## MREW CHAIRMAN: MIKE FRANCE

[chairman@mountain.rescue.org.uk](mailto:chairman@mountain.rescue.org.uk)  
Part of Mike's remit as MREW chairman is to represent the interests of the organisation at trustee meetings, to ensure the smooth running and continued governance of the organisation.



## SHIRLEY PRIESTLEY

[shirley.priestley@mountain.rescue.org.uk](mailto:shirley.priestley@mountain.rescue.org.uk)  
Shirley has been involved with mountain rescue as a team member of Scarborough and Ryedale MRT for 24 years. She has undertaken a variety of roles within her team, has represented NESRA at national level and is a member of the national fundraising group.



## MARK HODGSON

[mark.hodgson@mountain.rescue.org.uk](mailto:mark.hodgson@mountain.rescue.org.uk)  
Mark has a wealth of mountain rescue experience, with one of the busiest teams (Keswick MRT), and an impressive attendance record over many years. Team leader for twenty years, he stood down in 2013 but continues to be involved with rescues.



## CHAIR OF TRUSTEES: PAUL AMOS

[paul.amos@mountain.rescue.org.uk](mailto:paul.amos@mountain.rescue.org.uk)  
An Emergency Management and Leadership Development consultant, Paul also lectures on field operations at Coventry University and teaches flood rescue management at strategic level. He was with Hereford and Worcester FRS for fifteen years.



## STEVE WOOD

[steve.wood@mountain.rescue.org.uk](mailto:steve.wood@mountain.rescue.org.uk)  
Steve is well known within the SAR community through his work at Mapyx Limited which has long been a supporter of all charitable rescue organisations.



## PHIL PAPARD

[philip.papard@mountain.rescue.org.uk](mailto:philip.papard@mountain.rescue.org.uk)  
Phil has been a member of the Cave Rescue Organisation for over forty years, serving as controller, training officer and chairman. He retired as Principal Inspector in the HSE in 2012, after 25 years.



## PETER DYMOND

[peter.dymond@mountain.rescue.org.uk](mailto:peter.dymond@mountain.rescue.org.uk)  
Peter's professional background is with the UK Maritime and Coastguard Agency (MCA) and the Coastguard Rescue Service, the volunteer emergency response arm of the MCA.

Plus...

## VICE PRESIDENTS: TONY JONES & PETER HOWELLS

## STATISTICS: GED FEENEY

Ged collects and collates incident information from the teams, producing an annual report analysing the statistical evidence and observing the key trends and influences.  
[statisticsofficer@mountain.rescue.org.uk](mailto:statisticsofficer@mountain.rescue.org.uk)

## SOCIAL MEDIA: NEIL HAYTER

Besides taking on the role of national fundraising officer, Neil continues to oversee our social media presence.  
[socialmedia@mountain.rescue.org.uk](mailto:socialmedia@mountain.rescue.org.uk)

## BCRC REP: BILL WHITEHOUSE

Chairman of the British Cave Rescue Council, Bill represents the interests of cave rescue, working towards greater coordination between the organisations. [bcrc@mountain.rescue.org.uk](mailto:bcrc@mountain.rescue.org.uk)

## INTRODUCING SOME OF THE NEW FACES...



## Steve Wood

In November last year, Steve joined the Board of Trustees as the final external trustee. He is well known within the SAR community through his work at Mapyx, but Steve is quick to point out that the majority of his career has concentrated on economic and financial consulting, mainly in the construction and

engineering industry with a particular focus on contracts, due diligence, international project troubleshooting and dispute resolution.

'I believe my background in international business, finance and problem solving will aid the further development of MREW and I am excited by the opportunity to assist in the future of an organisation I have supported as an individual for many years.'

Steve's involvement in mountain rescue began when he became the majority shareholder in Mapyx, in 2009. 'Rarely have I seen such a dedicated group, intent on maintaining the true ethos of mountain rescue, and I am delighted to be able to further support MREW as an external trustee'.



## Dave Close

'My romance with the outdoors started at an early age, eight to be exact, when I first slept under canvas in 1978 on Cub camp in North London, near to where I grew up. Now Barnet is not known for its mountainous terrain or technical rivers, so slalom kayaking competitions and hiking trips to the mountains

kept my interest keen. A career in London and starting a family at 21 suspended this activity for a few years, until I moved to the West Country in 2004.

'Initially involved in a Sea Scout Group, when I discovered that the Torbay Lifeboat was too far from my house to join, I chose a path to what is arguably the most rewarding organisation I've ever known: mountain rescue.

'I've sought to involve myself in team life — with Dartmoor SRT Ashburton — wherever possible. One of the team's search managers at Silver MITG level within PenMaCRA, I was deployed 'in anger' at the regional SAR-Cell during the recent flooding. Granted, Dartmoor doesn't have the mountains of the Lakes or Wales, but the sheer size and (from a navigational perspective) relatively featureless terrain sets the bar high for walkers coming to this wilderness, who all too often underestimate the disorientation experienced at night, in the fog, with the rain going sideways and nothing to pin your landmark hopes to but your trusty map and compass. And, despite the lack of significant crags, Dartmoor has some of the UK's most exciting rivers and gorges.

'I've been supporting committee processes in a secretarial capacity since early 2009, helping develop new ways of working, document standards and archiving techniques at team, regional and national levels so the role of Assistant Secretary is the next logical step.

'My day job (easy to forget we have one sometimes) is in providing temporary accommodation for the homeless in Torbay which, I'm sad to say is a growing problem, keeping us busy and all too often at odd times of the day... not unlike being a call-out member!'

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# national News

## page 7

welcome your views and support. In a similar vein it is difficult to put on 'national' training without significant help from those who arrange things locally and the team members who put time in to support courses. I am very grateful for all the efforts as I know how busy we are generally and it is difficult to get time to support MREW.

### EQUIPMENT: RICHARD TERRELL

#### TEN-YEAR PLANS

As part of the forward planning for the Government

grant I'd like to ask teams to submit to me, via their regional equipment reps, which large spend items they have on their ten-year plans. This will allow me to group together items so we know what teams are looking for in the future. Regarding the 2015-16 grant monies, we are looking to purchase helmets, harnesses and a form of lighting ie. head torch or hand torch. I've asked the regional reps to agree with what teams want and combine orders for individual regions and get

back to me by 31 July. The plan was to build a catalogue comprising:—

- 3 different helmets
- 3 different harnesses
- 3 different types of lights.

The aim is that each region will collate their orders then return these to the centre for purchase.

#### STRETCHER UPDATE

Everything is now in for CE marking now and I am working on the technical file as part of the process. All being well we are still on target for the first run to start in October.

### MEDICAL: DR MIKE GREENE

At the MREW Medical committee meeting in May the following were agreed:—

- The revised Drug List
  - A revised syllabus for Casualty Care.
  - The regulations for the Casualty Care exam.
- These documents will be in the Members area of the website, under Medical resources.
- The will be a Casualty Care Conference in early 2015. The purpose will to discuss and plan a way

ahead for casualty care for the next few years.

- Volunteers with the skills and motivation to help produce a new MREW Casualty Care manual for the course and certificated examination are required.
- With the retirement of John Whittle, a volunteer to assist in the production and moderation of the exam is required. This requires an educational background rather than medical expertise. Interested volunteers should email me via [medicalofficer@mountain.rescue.org.uk](mailto:medicalofficer@mountain.rescue.org.uk).

## page 9



### Neil Hayter

'Apparently, I'm the new national fundraising officer and I know I have big shoes to fill after Mike France!

'I've been a member of Edale MRT in the Peak District (you know the place without proper mountains) for thirteen years, and am currently vice chairman, a member of their water rescue team and a blue light response driver.

'I'll be looking to build on the past successes of the organisation to increase and (hopefully) maintain those increases during my tenure and I do have some previous experience, having been fundraising director for the Edale team for five years.

'I am looking to enjoy the support of the Exec and teams to help create a template for success. MREW is unusual as a charity, because teams themselves raise money as well as utilising MREW funds. My dream is to help teams individually and as a collective to increase their donations.

'It's a bit of a change from my day-to-day role as director of a window shading company. The experience of running your own business focuses you very clearly on what works and what doesn't, what's new and what you need to change or stop doing, and I hope I can bring that same clarity of thought to my new role.

'The process of charitable giving has changed significantly over the last few years, as have the methods of reaching our audience. 'Tin shaking' still has a very relevant place within our brand, and is the face to face contact which encourages trust, and ultimately cash!

'However, our potential new team members and donors, are accessing information in many different ways, 'social media' being the all-encompassing title. My hope is for MREW to be a permanent virtual presence 24/7, encouraging conversation, discussion and donations through all these channels. We want to appeal to all ages and interest groups, but a scatter gun approach won't work. Targeted marketing is the key to accessing these audiences, and I look forward to working with committees, teams and qualified individuals to help achieve this.

'I end as I started, thanking Mike France for convincing me to apply for the position, the Exec for taking the time to interview me and the membership for voting me in. I hope I make a positive difference.'



### PETER SMITH STEPS DOWN AS MREW SECRETARY

Peter stepped down in May after serving as MREW Secretary since 2002. Keith Gillies now takes up the reins, moving chairs from his position of assistant secretary, which is now taken up by Dave Close... and then the music stopped.

Peter joined mountain rescue in 1972, as a member of the Calder Valley team of which he is now a life member. During his time in mountain rescue he has served as team leader and taken a number of roles regionally and nationally. During the 1980s, he developed and delivered the Mid-Pennine Foundation course which set the bar at the time for the training of fledgeling team members. In 2000, the course was adopted by the then Mountain Rescue Council as an annual national course.

As national secretary, he undertook a review of the administrative processes. While online communication was, admittedly, still getting up to speed (literally!), Peter introduced the circulation of paperwork by electronic means, meaning the minutes of the national meetings no longer landed on the doormat like a rather large brick — although this also meant a good deal of encouragement was required in some quarters to bring the executive, the regions and individual team members kicking and screaming into the twenty-first century. Doubtless Peter will now be enjoying the move away from his computer screen to the hills and mountains he loves.



# national News

## SAR-H MIGRATION PROGRESS

JOHN HULSE

The SAR-H Migration Group members are Mike France, Al Read, Mike Park, Phil Benbow and John Hulse. We had our first key meeting with the project leads of the MCA, Bristow Helicopters and Scottish Mountain Rescue in Southampton on 20 May. A lot of careful preparation had been done to ensure that MR had a common position for the meeting so that we presented a single face to the MCA and Bristow. The objective of the meeting was to establish the framework for the engagement of Mountain Rescue, MCA and Bristow on the SAR-H migration project.

The meeting created the Mountain Rescue SAR-H Steering Group which includes all parties in addition to representation from Mountain Rescue Ireland. The SAR-H migration project is on-track for operations at the dates originally declared. The SAR certification of the AW189 aircraft is underway and MR will be involved in some of the aspects of the introduction to operations.

To help the process, MREW will establish a regional engagement model whereby regional SAR-H reps will be identified and supported by the SAR-H Migration Group. These reps will eventually be responsible for local discussions with the Base Chief Pilots to localise training

etc. For resilience reasons, we will be asking each region to declare two people who will become their regional SAR-H reps. The full briefing meeting for the declared regional SAR-H Link Reps was held on 28 June at Plas-Y-Brenin. They will inform, brief and engage with all the teams in their respective regions.

The Stage 1 training document provided by mountain rescue was very positively received by Bristow. This document is firmly based on the existing practices in place with the RAF and Bristow; the objective is to formalise what MR already does.

A key challenge is to ensure that the critical operational

team members are trained on the relevant aircraft. When the new bases become available, there will be a twelve-week period in which there will be extensive training of team Members prior to the base becoming operational. It is likely that teams will need to travel to the new bases, however, we are looking at other options to maximise the training opportunities within the narrow window. We estimate that the Stage 1 training will enable ten team members to be trained in a two-hour block. This number clearly indicates that getting several hundred members through the training is going to be a real challenge needing some creative thinking and flexibility.

We will need to record the completion of individual training so that we can track the numbers and apply pressure as appropriate to ensure we get team members ready for SAR-H operations in time.

The stretcher survey completed by 50 teams has identified that they have 21 different types of stretcher that are declared to be potentially winchable. This very large number is presenting a real challenge as we need to validate that the stretchers being used with both airframes can be safely winched with strops and then moved into, and then within, the body of the aircraft. A trials process is being planned to ensure all

stretchers that will be winched into these airframes are formally assessed together with the strop assembly. Details of this evaluation process are subject to further work.

A number of specialist domain workstreams are being created to enable domain experts in MR and MCA/Bristow to resolve specialist areas and then report back to the steering group. The initial 'task-and-finish' workstreams include insurance, medical and equipment including stretchers.

Mountain Rescue was requested to ensure that all communications raised by teams and individuals in England and Wales are



© DAVID ALLAN  
THE NEW HELICOPTER TRAINING IS GOING WELL...

channelled through the MREW SAR-H Migration Group. Please only send communications on SAR-H matters to the MREW SAR-H group. Bristow and MCA will not respond to any direct approaches from any teams. Such approaches will also compromise how the SAR-H Migration Group can act on your behalf in discussions with partners.

We need to help our MCA and Bristow partners to better understand the issues and challenges faced by MR

teams. To support this process, we will extend invitations to our partners and will be asking regions to assist in hosting awareness visits by these partners to representative teams.

The next meeting of the Mountain Rescue SAR-H Steering Group is on 3 July. It is critical that we systematically work through the project issues. The SAR-H Migration Group will continue to work hard to keep you informed of progress.



Dave Williams MBE © Aberdyfi SRT.

## TWO MOUNTAIN RESCUERS NAMED IN QUEEN'S BIRTHDAY HONOURS

Dave Williams, leader of the Aberdyfi Search and Rescue Team, was made an MBE for services to mountain rescue and the RNLI. Dave, who has spent 40 years as voluntary rescuer on land and sea, is lifeboat operations manager for the RNLI in Aberdyfi, a community councillor and former mayor. In his day job he's a senior Snowdonia National Park warden.

'It's a reflection of the superb people I've been able to work with,' he said of his honour. He also paid tribute to 'sympathetic and supportive' employers, saying they were 'vital' to keeping the voluntary rescue services going.

RNLI chief executive Paul Boissier said, 'In any coastal community, very few people have the stamina and drive to be both a lifeboat crewman and an active member of a mountain rescue team. David has played a key leadership role in his local community.'

'He has authorised numerous launches of the lifeboat, found and trained a highly-skilled crew and integrated the lifeboat into the local community. His support and passion for both causes has been unstinting, and I am delighted he has been recognised with an MBE.'

Peter Barron, a member of Keswick Mountain Rescue Team since 1987, was awarded the British Empire Medal for services to the Lake District and voluntary service to mountain rescue. A ranger with the Lake District National Park Authority, he played a key part in encouraging the settlement of ospreys in the area since 1997, as well as being involved in the aftermath of the devastating 2001 Foot and Mouth outbreak and the 2009 floods, coordinating recovery work and helping out where he could.

'It's about making a difference and if you can get a real self-satisfaction from what you do then you're onto a winner,' he said.

## INCIDENT MANAGEMENT: MANAGING THE INITIAL RESPONSE

13-14 NOVEMBER 2014

HOLIDAY INN, SEATON BURN, NEWCASTLE

This popular and successful Initial Response Search Management course has a change of venue this year, but our prices are the same as last year, with a subsidy of £30 per person for volunteers.

We have been reviewing the UK Study of Missing Person Behaviour and the idea of what can be done in the Immediate Response to an incident based on these statistics. Also included is a section on the fast growing area of ICT in the world of search management and in particular the use of SARMAN in the Initial Response which will be demonstrated using a table top exercise.

**Cost: Residential £230 (£200 for SAR volunteers) includes all meals, accommodation and course materials**  
**Day rate £130 (£100 for SAR volunteers) does not include DB&B, but all other meals and course materials**  
**B&B is also available on the Wednesday night @ £80.**

CONTACT DAVE PERKINS, PETE ROBERTS AND CARL HAMILTON VIA CONFERENCE@SEARCHRESEARCH.ORG.UK FOR MORE.

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## LAKE DISTRICT

### A QUACKIN' DAY OUT IN PATERDALE

The annual Patterdale MRT Duck Race saw almost 3000 bright yellow ducks racing down Glenridding Beck in April, with the sun smiling on a successful fundraiser, raising £3500 for the team. It was also the first airing for the team's new trailer.



Patterdale MRT's 2014 Duck Race in full flow.

The impressive vehicle, which highlights the work of the team, was made possible by a donation of more than £10,000 from the family and friends of Chris Bygate who died in October 2012 after a fall. Chairman of Trustees, John Williams said, 'We've never quite had the resources available to make something like this happen but the donation in memory of Chris has made it a reality. It's been a lot of work for team members, particularly Glenn Bridge and Dave Freeborn, to get it all sorted out but now we'll be able to use this fantastic resource at events like the Duck Race so it has fundraising and educational benefits. And it's also been designed so we can use it as an operational vehicle and a control centre if needed.'

The trailer was supplied by Tow Master Limited and is a 4.5 metre model. The external livery of the team is quite subtle but the doors and a canopy



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Above left: Cockermouth team members on exercise. Right: Alex Millington and 'minder' Nick Lumb. Photos © Cockermouth MRT.

## MOUNTAIN RESCUE AND NWAS: WORKING TOGETHER RESCUE 2020: REAPING REWARDS

RICHARD WARREN

Since publication of 'Rescue 2020,' an appraisal of mountain rescue across the Lake District, in 2012, we've made great strides in improving relationships and the service provided to our communities – the most significant from working closely with the North West Ambulance Service, who adopted the SARCALL system in November 2013 to improve their call out of our teams and participate more closely in the rescue process. An area of real focus has been improving understanding of each organisation's working methods, skills and capabilities. Evidence of this is the following, kindly provided by **Alex Millington** who joined the Cockermouth team for an evening exercise in April.

open out to create a colourful exhibition stand featuring members of the team in a variety of typical search and rescue situations. The photographs were taken by Shap-based photographer, Michael Lishman.

Chris Bygate died at James Cook Hospital in Middlesbrough in October 2012, shortly after a fall from Greenhow End in Deepdale. Since then, family and friends from across the country have

raised an incredible amount of money for the two charities involved in his rescue: Patterdale MRT and the Great North Air Ambulance.

The trailer was handed over to the team in early April. Team member Chris Gaskarth has kept in touch with the Bygate family since the incident. 'This was a chance for us to say thank you to some remarkable people for their generosity of spirit, especially at a very difficult time for them. The incident itself was a remarkable, coordinated effort

I was met by a number of friendly faces and welcomed by almost every member I came into contact with – all enthusiastic and raring to go for the upcoming evening exercise. First stop was the control room, set up in a similar fashion to our own: communication, tracking and resilience equipment all present and in good repair. I was impressed how fluidly the comms system ran for call-outs, especially so by how this is all done through the SARCALL system, be it on a hand-held device or in the control room. After being walked through the similarities and differences of the SARCALL, mapping and radio systems between us and mountain rescue, I spent a short while discussing the grey

areas between NWAS and mountain rescue! This was done diplomatically and agreeably by all involved and I personally found it refreshing to get a different perspective on the matter, especially one which doesn't get much chance to voice opinion within the EOC. Next, I was shown round the numerous facilities and equipment the team have at their disposal. Again, I was impressed by the training methods and facilities, from indoor climbing sessions to long term mentors. From my own experience as a trainer/mentor and manager within the EOC, I know how important it is for consistency for a new recruit, and the balance of colloquialism and hierarchy was immediately

apparent once the team had congregated for the briefing. Once the exercise began, I was handed over to an experienced member whose sole purpose for the exercise was to be my minder. Nick Lumb made my experience all the better, making sure I was aware of each step as it happened, why it was important the steps were done in certain ways, resilience, safety, etc. The exercise was executed very efficiently and without any apparent issue; the experienced members gave those training a balance between space and support throughout the whole event. The communication was employed well, having an overseer who managed the entire scene and as

the patient's location and the anchor point were not within line of sight, each area utilised the radio equipment to best effect. The debrief again had the balance of being critical but positive, each team member was given their time to speak, including the trainees and me. Unfortunately, due to the length of my journey home I was unable to join the team in post-exercise 'celebrations' but the fact that it was obvious this was a regular occurrence gave me confidence that those involved didn't see the whole thing as a chore rather something of an honour to be a part of. And this was reinforced by the timeline of events throughout the team's history displayed in the entrance hall. All in all I found my visit well worth the five-hour round trip. I was made to feel part of the team. And I most definitely achieved my aim: to better my knowledge and understanding, and improve my decision and fact finding skills regarding the joint ventures of NWAS and mountain rescue. A special thanks to Nick Lumb, Chris Cookson, Carolyn Otley and Mike Park – it was a great experience! ■

**ALEX MILLINGTON IS DISPATCHER & ACTING PERFORMANCE MANAGER, BROUGHTON EMERGENCY OPERATIONS CENTRE, NORTH WEST AMBULANCE SERVICE**



by the rescue services involved (the team, GNAA and the Royal Navy helicopter) and it was good to have representatives from the various organisations there at the handover to meet Chris's family and friends.'

The donation was raised in a number of ways and Chris's fiancé, Gar-Ling Ng has been the force behind a lot of the fundraising, even encouraging friends to take part in a half Iron Man event last year.

'Gar-Ling has motivated people to do things they'd never have dreamt of,' said Chris's father, Michael Bygate. 'He would've been pleased with the causes supported in his memory.'

**MICHAEL LISHMAN'S PORTFOLIO OF IMAGES OF PATERDALE MRT IN ACTION IS ONLINE AT [HTTP://WWW.MICHAELISHMAN.COM](http://WWW.MICHAELISHMAN.COM).**



### AWARD FOR KENDAL EDDIE

Eddie Harrison (radio call-sign 'Kendal Eddie') was presented with a Territorial Policing Commander's Certificate of Merit by Chief Superintendent Steve Johnson in April, in recognition of exceptional service to the community.

Eddie stepped down as leader of the Kendal team last year. With 24 years of service to the team under his belt, he's reckoned to have attended around a thousand incidents and he continues in an operations support role. Team leader, Dave Howarth, said that Eddie's award was thoroughly deserved and he valued greatly the continued support and advice that he provides.



## CAPPUCCINO CALENDAR GIRLS MEET SWIFTWATER RESCUE CHAPS

Members of the swiftwater team at Kirkby Stephen MRT had a job with a difference when they were invited to assist with a photo shoot at Bolton Abbey in Wharfedale. Ladies from the Cappuccino Cycling Club, based in Harrogate, are the stars of a calendar being produced in support of the National Air Ambulance Organisation.

Each month's photograph will feature the ladies at Yorkshire beauty spots with their bicycles and dressed appropriately! This particular photograph has the impressive backdrop of Bolton Abbey with the ladies standing on the famous stepping stones across the river. Fortunately the water just covered the stones but holding a bicycle whilst wearing expensive lingerie and high heels required the assistance of the team to get everyone into position without getting wet or cold. None of the ladies got more than wet feet! Coincidentally, the BBC Countryfile team were filming at Bolton Abbey and the photo shoot appeared on Countryfile at the end of April. The A3 size calendar will be available from the end of June and further information is available at [www.cappuccinocyclingcalendar.com](http://www.cappuccinocyclingcalendar.com).

## CALDER VALLEY'S AL DAY RECEIVES COMMENDATION

AI received the District Chief Superintendent's Commendation' from Chief Inspector Carl Burkey, West Yorkshire Police on behalf of Chief Superintendent Angela Williams (District Commander Calderdale Division). The prestigious award is in recognition of AI's outstanding commitment and dedication to the Calder Valley team as leader from 2009 to 2014. Before presenting the award, Chief Inspector Burkey recounted many occasions where his and AI's professional paths had crossed during the last five years, highlighting the key part AI played in the team being held in such high esteem by the emergency services.



AI Day receives his award  
Chief Inspector Carl Burkey.

'When I joined in 1999,' said AI, 'the team were responding to around 20 incidents per year. Fifteen years on the team has undergone a dramatic transformation, with four purpose-built vehicles based in three strategic locations throughout the Calder Valley. Whilst it has been very challenging at times, I'm proud to be part of this team which is in such great shape having just completed it's busiest year with 84 call-outs. I truly believe this is one of the finest mountain rescue teams in the UK. It has been a privilege to be team leader.'



## FUNDRAISING CAMPAIGN HELPS REPLENISH CALDER TEAM MEMBER'S STOLEN KIT

## NORTH EAST

### ENHANCING THE SWIFTWATER RESCUE CAPABILITY



Members of Scarborough, Cleveland and North of Tyne teams in action, swiftwater training.

Ian Hugill writes: May saw twelve members from three teams (Scarborough and Ryedale, Cleveland and North of Tyne) assemble in Barnard Castle for a three-day Rescue 3 Europe, Swiftwater Flood Rescue Technician course (DEFRA Mod 3) and assessment. Keeping it in the NESRA family, training was provided by Paul Renwick of Rescue North East, himself a member of the Teesdale and Weardale team, and the accommodation for the weekend was at the Kingsway Centre in Middleton in Teesdale. The centre is owned by Adam Hearn also of the Teesdale and Weardale team. The practical sessions were held on the River Tees at Abbey Rapids close to Barnard Castle. Day one saw introductions and engaging theory session delivered by Dan Graham. These were highly interactive which resulted in Dan not needing to rely too much on the comprehensive slide pack he had with him. At the end of the day, those staying over made their way into the village to revise our hydrology and flow rates in a local hostel. Just as well, because recent rain meant there was

## NORTH WALES

### NEWSAR TEAM LEADER HANDS OVER THE BATON



Iain Ashcroft stood down in March after eleven years as team leader of the North Wales team, having been a NEWSAR member since 1999, when the team had just 25 full team members, six trainees and around 25 call-outs a year.

'Over the years, says Iain, 'with the fantastic help of team members and their families, we've grown to a dedicated team of 50 people and attend approximately 55 call-outs a year. The achievements of the team are solely down to the enthusiasm and dedication of team members past and present. It has been an immense honour to be team leader of NEWSAR and I know Chris will continue to move the team forwards.' Chris Griffiths, who took over the role in March said, 'It is a great privilege to take over from Iain as team leader. I have inherited from him a strong, effective and efficient search and rescue team that repeatedly demonstrates high skill levels and total professionalism in a wide range of situations. That standard has been achieved, in no small measure, by his drive, dedication and sound management over the last eleven years. With the benefit of having his guidance and wise council to support me I am looking forward to the challenge of making NEWSAR even stronger.' Iain will stay in the team but won't be enjoying the quiet life of a team member. The day after he stood down as leader, he was elected as NWMRA Operations Officer.

a nice volume of water flowing down Abbey Falls so day two got off to a good start with course members practicing swimming in moving water, wading and doing their best to master the art of throw lines. While there were a few wayward lines, no one managed to get one in a tree. This led onto in-water rescue and crossing techniques allowing even more time to practise plaiting throw lines. After a full day on the water we returned to a fine BBQ, provided by Adam, before getting back to that revision. Water levels dropped significantly by day three but were still sufficiently challenging to allow us to gain good experience of the various rope systems, working with a raft, putting it all together in a number of testing exercise scenarios. This activity

culminated in the rescue of a particularly uncooperative casualty trapped mid-stream on a rock. Our 'casualty', Chris from Rescue North East, allowed us to put just about all we had learned into practice culminating in him being rescued (or was it arrested?) in a swimmer's rescue by the downstream safety party. The day ended in the presentation of certificates, badges and certificate cards to the successful candidates and debrief to those people who needed to return to complete some aspects of the course.

After a hard but entertaining course, NESRA is now

## MID PENNINE

### BOWLAND PENNINE LEADER STEPS DOWN

Phil O'Brien MBE delivered his final AGM report in April after nine years as team leader. Reflecting on the significant developments during his term of office, he noted that the team is now busier than ever, being called out more times last year than during whole of the 1980s. Phil's deputy, Kevin Camplin, who was elected to take over the reins, presented Phil with honorary team membership and a 'This is Your Life' PowerPoint of Phil's childhood and involvement in mountain rescue provided much amusement, culminating in a standing ovation. Phil continues in his invaluable role as a team controller.

Two other Bowland stalwarts were also honoured. Ian Ordish and Paul Durham were presented with MREW 40 year Long Service certificates by MREW President, Peter Bell.

Ian served for many years as MPSRO rep to MREW on both the Finance and Equipment committees. He also made a significant contribution to the team in securing substantial funding for the development of Smelt Mill, the team's residential training centre near Dunsop Bridge. Paul has served as the team's fundraising officer for the last eleven years and has been instrumental in raising the funds to purchase and develop the team's vehicle and training base near Garstang.

Above left: Phil and Pam O'Brien. Right: Paul Durham (left) and Ian Ordish (right) receive their long service awards from MREW President Peter Bell.

A Calder team member was shocked to discover, in May, that a Macpac rucksack with equipment valued at approximately £600 had been stolen from his vehicle whilst it was parked outside his home. Some of the kit was standard stuff you'd expect to find in any rucksack, such as climbing harness and head torch. However, other items clearly identified the owner as a member of a

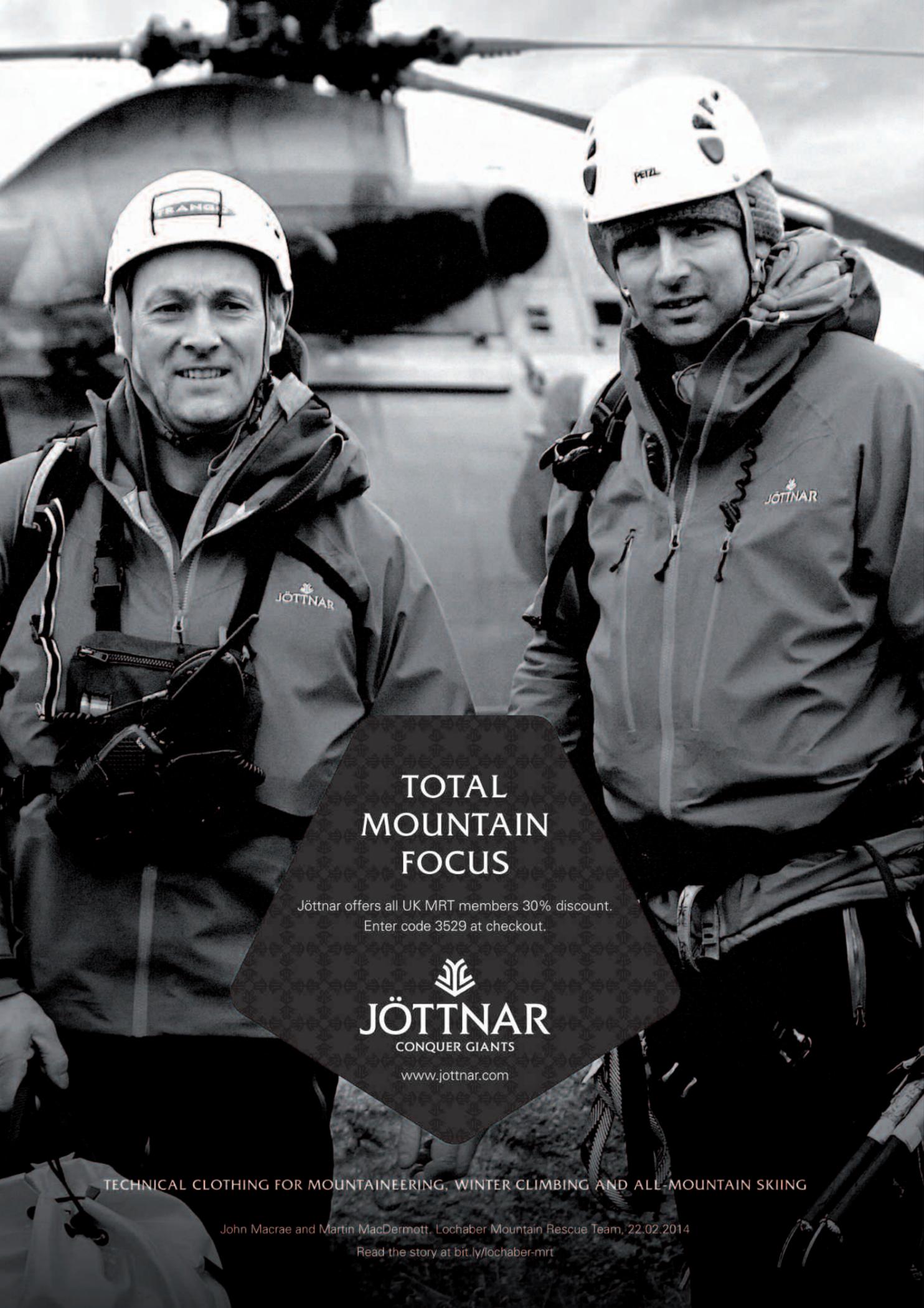
mountain rescue team: a white Petzl helmet, labelled with mountain rescue livery, and a small but very powerful hand torch used for searching. Other items included overtrousers, gloves, hat, karabiners, slings and a two-man bivi shelter. Fellow team members rallied round to share their older gear and the team launched a fundraising campaign on social media, which far exceeded their

expectations, raising £332 in a few days. But the icing on the cake came when Kevin Baldwin, from MUD-UK, a Land Rover outfitters in Myholmsroyd, generously donated £400. The company has been a team supporter for many years and supply much of the off-road equipment for the team's vehicles. The team member in question was overwhelmed by the response but wanted to especially thank PCSO

Tracy Beasley from West Yorkshire Police, whose efforts led to the recovery of the discarded empty rucksack. Tracy helps run a Boxing Club for young people in the area, and when she mentioned the stolen kit, a club member reported seeing some items of outdoor clothing on waste ground. So, many thanks to Tracy and her Police Boxing Club! Team leader, Les Wilson said, 'From a bad news

story about a desperate act of theft, this has turned into a great example of community spirit and very generous support and, whilst we haven't recovered the mountain rescue equipment, it makes me very proud to be part of this community. Thank you everyone for helping us to help you.'

Photo: Kevin Baldwin from MUD-UK with AI Day © Calder Valley SRT.



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John Macrae and Martin MacDermott. Lochaber Mountain Rescue Team, 22.02.2014

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better off to the count of nine swiftwater technicians of which six were Scarborough, two Cleveland and one North of Tyne. So, not only are the teams better prepared for incidents in their local area but we have increased the pool of volunteers available for any significant regional NESRA water call-out. Thanks to Paul, Dan and Chris for the training and to Adam for the accommodation, catering and joining us socially on the Saturday evening.

## NORTH EAST

### SCARBOROUGH TEAM OPENS ITS DOORS TO TWO SETS OF FUNDRAISERS

Scarborough and Ryedale team members were delighted to welcome two important visitors to their base on the evening of May Bank Holiday, to thank them for their substantial fundraising efforts.



Amy Bloomfield recently completed the Leeds Half Marathon with the team as her nominated charity and, in between training for the event, conducted a number of fundraising auctions on behalf of the team, raising a grand total of £1154. She popped by with her family to present the cheque and take a look around the base, vehicles and equipment. The picture shows Amy and Family with team members Stuart, Steve, Peter and David in front of one of the team vehicles — Lily and Freddy, of course, found the sirens and tannoy on the control vehicle the most fun. At the same time team members welcomed Amotherby Young Farmers with another donation. A month or so before, a couple of team members had visited one of the Young Farmer's meetings and delivered a talk on the history, role and structure of the team. So impressed were the audience that they persuaded a local restaurant to lay on an 'All you can eat buffet lunch' and donated the proceeds to the team. So thanks go to the Young Farmers and The Queen's Head Cantonese in Amotherby

for their generosity which resulted in a donation of £1181. The photo shows the cheque presentation with team members who had just returned from a search call out. The team wish to thank Amy and Amotherby Young Farmers for their generosity which will go a long way to help with team running costs.



## PEAK DISTRICT

### TWO LONG SERVICE AWARDS FOR BUXTON TEAM MEMBER



Peter Farrer celebrated forty years of continuous service to Buxton MRT in June. Team chairman Richard Doran presented Peter with his two long service awards — one from the PDMRO and one from MREW — at a recent team training night. 'It has been a privilege to be a member of Buxton Mountain Rescue Team,' said Peter, 'and to work with so many dedicated people.'

## SOUTH WALES

### BIG BLACK MOUNTAIN CHALLENGE

More than 800 walkers and runners took to the Black Mountains in May to raise more than £20,000 for Longtown MRT. The Big Black Mountains Challenge celebrated its 29th year of raising funds for the Abergavenny-based team on a day which saw the hottest temperatures of the year to date. Participants from across Britain travelled to Llanthony Abbey, between Abergavenny and Hay on Wye, for the annual event to complete a choice of three testing routes of 43km, 29km and 16km. Participants set off between 7.30am and 8.30am with the last few crossing the finish line at 8.00pm. The paths followed part of Offa's Dyke up to Hay Bluff, across to Twmpa, and then returned to the start on the other side of the Vale of Ewyas, with the long route taking a detour up over the 2,657ft Waun

### UK SAR ZONE TAKES CENTRE STAGE AT EMERGENCY SERVICES SHOW



Visitors to the new UK SAR Zone at this year's Emergency Services Show can discuss the latest search and rescue techniques with Mountain Rescue England and Wales, ALSAR, the British Cave Rescue Council, RNLI, MCA and RAF Mountain Rescue. Several of these will also be presenting seminars during the two-day event and the College of Paramedics will be running free workshops. 'We invite all equipment, vehicle, medical and communications officers to come along to network with other emergency services and find out about developments which can assist them in water and cave rescues,' says event director David Brown. 'The latest kit, vehicles

and training can all be accessed at the show and water rescue will be top of the agenda.' New exhibitors include Bay Search and Rescue, which will be showing its unique Haggblunds BV206 all-terrain rescue vehicles and its recently-acquired Airboat which can be used in shallow water and even run over snow and ice. The Emergency Services Show takes place at the NEC, Birmingham on 24 and 25 September. Entry and parking is free. The NEC is physically linked to Birmingham International Station and Birmingham Airport and is directly accessible from the UK motorway network.

TO REGISTER, VISIT [WWW.EMERGENCY.COM](http://WWW.EMERGENCY.COM).



# Western Beacons Mountain Search and Rescue Team Fifty years

Eagle-eyed social media fiends will have spotted a great deal of anniversary activity in the Western Brecon Beacons, not least a 50 kilometre stretcher carry over the team's terrain! The focus of fundraising has been the purchase of a new team vehicle and 2014 sees the final push to achieving that aim with the team hoping to order in time for delivery in late summer. **Nick Hardwidge** describes the event and takes a look back, on behalf of his team.

The team was formed in 1964 as the Bridgend Scout Mountain Rescue Team, after its founder Mike Rudall completed a Rover Scout project in Bridgend. The project highlighted the need for a mountain rescue team in the Western Brecon Beacons. Colin Pibworth of RAF St Athan Mountain

Rescue Team was instrumental in helping set things up — indeed, the team remained a formal sub-unit of RAF St Athan MRT for a number of years. Independence from the Scouts in 1967 was marked with a name change to Bridgend Mountain Rescue Team and it was during this

period the team began to attract members from all walks of life across South Wales, finally becoming a registered charity in 1971.

## DARKEST DAY

On 1 May 1983, Mike Rudall (also known as Nog) tragically died whilst rescuing a group of scouts

who were hill walking in extremely bad weather conditions on Pen y Fan in the Brecon Beacons. The scouts had fallen down the north face of Pen y Fan and, during the subsequent rescue operation, Mike shielded one of the casualties with his own body, during a spontaneous rock fall, and was killed. A memorial stone to Mike can be seen at the Mountain Centre at Libanus near Brecon.

## EXERCISE OR REALITY?

Discussion amongst longer serving members of the team about memorable shouts brings them to recollect November 1993. An association joint exercise that had been organised by RAF St Athan including three RAF teams and all four of the South Wales mountain rescue teams. The brief was to replicate an air crash over the Carmarthen Fans; there were to be multiple casualties over a wide area in what was planned to be an 18-hour exercise.

The teams had been despatched over the exercise search area when they were recalled to search for a downed aircraft in the Central Beacons area, near Talybont. At this time, team members were unsure if the secondary search was part of the exercise or a real search. After initially searching through the night, they returned to Brecon's headquarters for

some much needed rest. Upon resuming the search, team members were greeted by the press, at which point it became obvious that this search was for real.

It transpired that a single-seat helicopter had lost contact with Cardiff Air Traffic Control a little before 4.00pm on the Saturday afternoon. A walker near the Talybont reservoir reported hearing the sound of a helicopter, which he had been watching ten minutes earlier, suddenly stop. The search area was extensive and stretched from the last known location north of Merthyr, to Sennybridge and Llandeilo (the pilot's destination point). The going was particularly tough as snow was already on the ground. The official report suggests an area of 600 square miles was searched before, tragically, the aircraft was located when Brecon members found it sunk in a peat bog on the Sunday afternoon.

## CHANGE OF NAME

In 1997, the team changed its name again, to Western Beacons Mountain Search and Rescue Team to reflect its primary operational area within South Wales.

This response area is one of the largest covered by a single mountain rescue team in the UK. From Penarth, near Cardiff, following a north-west line to Aberaeron, cutting

through the Western Brecon Beacons (whence the team garners its name), it primarily responds to call-outs from two police forces: South Wales Police and Dyfed Powys Police.

During a typical year the team respond to approximately 60 call-outs and due to the variable terrain contained within their primary search area, they can expect anything from 'proper' mountain rescues to assisting in the search for vulnerable adults or missing children typical of any mountain rescue team and one they are keen to educate the public about.

## ANNIVERSARY CELEBRATIONS

To celebrate the anniversary year, the team planned a series of appearances at events and locations across South Wales to give the public a greater appreciation of what they, including offering advice to hill walkers at their local Go Outdoors near Swansea.

But the most ambitious activity took place in early June with a group of hardy team members carrying a stretcher over 50 kilometres, including an overnight hike, from Carreg Cennen Castle at the very western edge of the Brecon Beacons to the Storey Arms just below Pen-y-Fan. The stretcher was even fitted with tracker so members of the public could track the team live and perhaps meet up with them during the carry.



a national organisation that rescues over 1200 people per year? I am proud that Western Beacons are part of that group of highly trained and committed but unpaid volunteers that provide search and rescue in the UK. ■

IF YOU WANT TO FOLLOW THE ACTIVITIES OF THE TEAM, YOU CAN FIND US ON FACEBOOK [FACEBOOK.COM/WESTERNBEACONSMRT](https://www.facebook.com/WesternBeaconsMRT) OR FOLLOW US ON TWITTER [TWITTER.COM/WESTERN\\_BEACONS](https://twitter.com/Western_Beacons)



Top: Old team images (Mike Rudall, top, far right) © Mansel Shakeshaft. Above and centre right: Today's team at work © Sharie Price. Far right: The stretcher carry team © Trevor James.

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# regional News

Fach and the Grwyne Fawr reservoir. The BBMC is organised by Longtown MRT and all checkpoints were staffed by team members to make sure participants made it safely round. Deputy team leader Luke Lewis, said: 'This year we were incredibly lucky with the weather as it was warm and sunny all day. We had to remind people to use sunscreen — a nice change from other years where they've battled through snow and high winds. 'It's our most important fundraising event of the year and ensures the team can continue, with people coming to take part from across Europe. Although it isn't timed, it's rumoured that the longest route of 43km has been completed in four and a half hours. 'We'd like to thank our sponsors Trekkitt Mountain Sports of Hereford, who generously support this event every year. Also thanks to our team members who spent a long day out on the hill to ensure everyone made it safely through the day. 'Next year's event, on 16 May, will be the 30th Big Black Mountains Challenge and also the team's 50th anniversary, so it's going to be extra special.'



## TEMPLAY WAY IV

Sunday 27 April saw the Dartmoor Ashburton team's fourth Templar Way fundraiser, a sponsored walk, moor to sea from Haytor to Shaldon.

In mixed conditions of heavy showers and sunny periods walkers and runners set off from Haytor on the eighteen-mile route. Al Pewsey said, 'Despite the predicted poor weather we are very grateful to the 90 that turned out to support us, putting us on course to raise around £4,500 from this year's event.'

## SOUTH WEST

### RETURNING A FAVOUR

Craig Scollick writes: In early 2013 Dartmoor SRT (Ashburton) were lucky enough to visit the Met Office in Exeter. It was a highly informative visit and gave the rescue team volunteers a marvellous 'behind the scenes' view of the Met Office. The team were hosted by Penny Tranter of the Met Office. To return the favour, the team invited Penny to join them to observe one of their search and rescue exercises on Dartmoor and, in March this year, she joined us in an exercise near Haytor.

After an explanation of how team members were called out, Penny was shown the Control Vehicle, the mobile office from which a search is coordinated. Ian Lowcock, team leader and senior search manager briefed Penny on the scenario he had been presented with and indicated the search areas he had allocated. This was followed by a walk down a dark hillside to the casualty, where Penny had the opportunity to see first hand how a casualty is assessed and treated prior to extraction. 'In this scenario the volunteers had to 'treat' an eight-year-old boy who had suffered a head trauma and suspected spinal injury. The casualty was swiftly treated and taken by stretcher to a nearby road where the exercise was concluded. It was a pleasure to be able to return the favour and give Penny a chance to observe one of our

exercises. And, thankfully, the weather was kind to us, otherwise it might have been a less pleasant experience. Penny thanked the team 'for allowing me to be an observer at one of their exercises. It was beneficial to see the team in training and see how they all work together calmly, effectively and efficiently in successfully achieving their aims — in this case, to search for, treat and transfer by stretcher a young lad with such appalling injuries. The skills, knowledge and expertise required by any one member of the team is amazing and to see how they use these and complement, support and respect each other in this regular training shows the dedication and commitment they have for search and rescue on their part of Dartmoor.'



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## Leonard Melbourne Dougherty



From starting working life as a 13-year-old, on board the *Indefatigable*, where young boys were trained for a life at sea, LMD served in the Merchant Navy and the Royal Navy, while also studying for a Bachelors in Astronomy. He went on to teach physics, later attaining an MSc in Physics, a PhD in Laboratory Polarimetry and, for good measure, a degree in Geology! His involvement with

'Lenny' Dougherty, or 'LMD' as we'll refer to him here, was chairman of the Northern Rescue Organisation (NRO) from 1964 to 1978. He died on 22 March at the age of 94. **Phil Lund**, of Bowland Pennine MRT and previously NRO, looks back at Lenny's life.

mountain rescue began while working in Preston at the Harris Institute circa 1964-5, when he met Ross Drysdale of the NRO. Ross thought LMD could help with organisation of the young team and, passionate about people enjoying the outdoors, LMD committed himself to the team even though, in his own words it 'buggered up his weekends' commuting back and forth from Halifax.

He introduced the Fellsman Hike, a two-day event around the peaks of the Yorkshire Dales organised by the Keighley and District Scouts, providing checkpoints and safety cover and acting as Safety Officer

for the event for many years.

Always immaculately turned out, he addressed everyone by their surname but was himself affectionately known to many as 'Lenny'.

His great contribution was to instil discipline in how NRO conducted its affairs. He set the standard for a chair, at committee meetings only spoke when necessary, ensured officers had the tools and were given the space to fulfil their roles, and was always ready to support. He regarded the members as the prized asset of the team and would thank them at every opportunity. He wasn't always universally popular with some decisions but, as he once

told me, he wasn't there to be popular but to ensure the governance of the team. Respected and admired by the membership, those attributes can only be earned never demanded: a lesson for today's chairs and leaders.

He was at the helm for fourteen years, guiding NRO through difficult times, tight finances, fluctuating membership, issues with vehicles and regular moves of HQ. A great speaker at AGMs and dinners, he would draw on his varied and interesting past.

In October 1980, NRO merged with South Ribble MRT to become Bowland Pennine MRT. His old team may no longer exist in name, but his



legacy lives on, Five ex-NRO members are still active in the Bowland team — one at the forefront of developing tracking within MR in the UK, another as MREW Secretary.

In 2010, he visited our HQ in Garstang. Quite frail, once he'd climbed the stairs and got his breath back, he began quizzing the committee on all matters related to the team.

He lived an active life, only recently suffering the effects of advanced age. I'll finish with the words he used on many occasions at the end of speeches...

'Remember, keep warm, dry, well fed and rested.' Sounds good advice to me.



It was with great sadness that the Oldham team announced the sudden death of Jim Duffy, a young 57 and one of their longest-serving members.

Seventeen-year-old Jim joined Derby MRT as a venture scout, before moving to Oldham, and the Oldham team, in 1980. He was an active member from day one — including heading a squad in the aftermath of the fateful Lockerbie bombing — and took on the role of leader in 1986, a position he held for six years.

Mountain rescuers from across England and Wales came to pay their respects. Team members, and search dogs too, turned out in their mountain rescue livery to witness Jim's final journey with the team.

James Munro Duffy was carried by convoy to his final resting place, black flags fluttering on the cortège of ambulances,

jeeps and support vehicles. Oldham's team leader, Mick Nield, said: 'Jim was a giver — meticulous in his organisation and a true inspiration.'

He was a driving force behind the launch of the now famous 'Oldham Weekend', dedicated to techniques developed by the team and shared with teams around the country.

Most recently he had been PDMRO equipment officer, expanding a long-standing interest in the design and functionality of outdoor gear.

A teacher in craft design technology, Jim was also heavily involved in Medex, an organisation of doctors interested in problems suffered by walkers and climbers at high altitude.

He was key base camp manager on the 2003 and 2008 expeditions to the Himalayas and, ironically, had booked flights for the



2015 trip and had handed in his notice to take early retirement to spend more time taking young people on expeditions.

After the funeral, scores

of mourners returned to Oldham's HQ to sing songs and celebrate Jim's life. Team member Peter Hyde, said: 'Jim was

hugely respected by all the rescue services. He will be sadly missed.' As another colleague added: 'Jim's not lost — he's just on the hill.'

## Jim Duffy

## EXMOOR SHOW OFF A NEW LOGO

Exmoor SRT has a new logo, thanks to the efforts of students at Somerset College of Arts and Technology in Taunton. Final-year students were set the task of producing a logo that represented the team through the eyes of the communities it serves. Some stunning ideas were put to the vote and after a lot of deliberation the new logo was selected. The team is now working with the College to enhance the quality of the image to allow them to use it as their brand. Lionel Murphy, the team's press officer, said: 'The team is rightfully proud to wear the MR logo to signify our association with all the other teams in the country and would not wish to detract from this. However, as is pointed out to us on many occasions when collecting donations, there are no mountains in Devon and Somerset. With this logo, designed by members of our communities, we believe we have a local identity we can build on.'



The new Exmoor SRT logo, designed by students at Somerset College of Arts and Technology.

## NORTH YORKS

### THE TRANS PENNINE EXPRESS

From coast to coast in under three days and blisters to prove it! That's what Upper Wharfedale team's ultra runner Andy Jackson achieved by running the 194-mile Wainwright's Coast to Coast route to raise funds for a much needed extension to their headquarters.

Andy arrived at Robin Hood's Bay two days, nineteen hours and twenty minutes after leaving St Bees on the Cumbrian coast, having traversed three national parks on a route which walkers normally take two weeks to complete. And he took only six hours sleep over the 67 hours out on the fells. Team members from UWFRA gave support along the route, coordinated by Andy's girlfriend and fellow team member, Rachel Platt. His progress was monitored using a GPS tracking device and this was also used on the event Facebook page, attracting thousands of followers.

Andy, a team leader at Craven College in Skipton is a keen ultrarunner and has taken part in the Ultra Trail du Mont Blanc across the Alps as well as major events in the Lakes and the Dales. He has been a member of UWFRA for 21 years which has included thirteen years as an underground leader, and is currently a surface leader. His initial target was £1,500 but his epic journey so captured the interest



## TRAINING WITH MINEHEAD RNLI

Exmoor team members took part on a joint exercise with Minehead RNLI, as part of a continuing drive to train jointly with the other agencies in their area — a particularly interesting one, not least we hear, to see how much water the team's medical officer could absorb.

The exercise was organised through the respective organisation's training officers and took place at the RNLI station in Minehead. Participants were split into groups with some of the RNLI crew showing mountain rescuers their facilities, including the rescue boats. Says Lionel: 'We did have to prise our water technicians away from the large one as it wouldn't have fitted in the vehicle anyway!' The day culminated in a joint land search with finds of casualties and an evacuation from the beach by the RNLI teams. 'This was an excellent exercise in showing how well our teams worked together to achieve the best outcome for the casualties. It was here that our medical officer, Sammi, who had volunteered to be the evacuee casualty, found that waves look small from the beach but in a relatively small semi-rigid inflatable boat are quite large, wet and very cold! However, she survived and after being transferred to the larger boat was safely returned to land to dry out and warm up. But, on a serious note, many valuable lessons were learned from this exercise.'

Launching! An exercise in how much water a team's medical officer can absorb before being returned to shore © Exmoor SRT.

of the local press and media, the resultant publicity already bringing in a staggering £7,000 and still more to come.

Said Andy, 'The weather was pretty bad throughout the run and I must say the last 30 miles can only be described as running barefoot over broken glass — I have huge blisters and some missing toenails to prove it! I am so pleased I completed the route and in doing so not only gaining great publicity for the team — without whose support I could not have undertaken the challenge — but also for the extra funds we've brought in.'

Team president Jeremy Daggett broke off his lambing time to make the journey to the east coast to welcome Andy's late evening arrival at the finish. As for Andy he celebrated with a Wainwright beer in the bath at the B&B in Robin Hoods Bay!



Andy Jackson runs for his team © Rachel Platt.

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# incidents

figures

## Jan • Feb • Mar • 2014

Region and Teams	Incidents	Region and Teams	Incidents	Region and Teams	Incidents	Region and Teams	Incidents
<b>Lake District</b>		<b>North East</b>		<b>Peak District</b>		<b>South West England</b>	
Cockermouth	14	Cleveland	7	Buxton	1	SARA	1
Coniston	10	North of Tyne	4	Derby	5	(Previous quarter: 0)	1
Duddon and Furness	2	Northumberland NP	4	Edale	18	<b>Yorkshire Dales</b>	
Kendal	9	Scarborough & Ryedale	7	Kinder	3	CRO	10
Keswick	16	Swaledale	7	Oldham	2	Upper Wharfedale	13
Kirkby Stephen	2	Teesdale and Weardale	3	Woodhead	5	(Previous quarter: 12)	23
Langdale Ambleside	19	(Previous quarter: 30)	32	(Previous quarter: 56)	34	<b>Search Dogs</b>	
Patterdale	14	<b>North Wales</b>		<b>Peninsula</b>		Lakes	5
Penrith	10	Aberdyfi	6	Dartmoor Ashburton	3	England	5
Wasdale	4	Aberglaslyn	6	Dartmoor (Okehampton)	6	Wales	4
(Previous quarter: 98)	100	Llanberis	21	Exmoor	1	South Wales	6
<b>Mid-Pennine</b>		North East Wales	7	(Previous quarter: 7)	10	(Previous quarter: 23)	20
Bolton	18	Ogwen Valley	18	<b>South Wales</b>		<b>RAF</b>	
Bowland Pennine	9	South Snowdonia	5	Brecon	5	Leeming	2
Calder Valley	1	Snowdonia Nat Park	1	Central Beacons	7	Valley	7
Rosendale & Pendle	1	(Previous quarter: 55)	64	Longtown	4	(Previous quarter: 10)	9
(Previous quarter: 33)	29	<b>real rescues</b>		Western Beacons	4	<b>Total</b>	<b>348</b>
				(Previous quarter: 28)	20	(Previous quarter: 352)	

### TEAM RESCUES ONE OF THEIR OWN AFTER A SERIOUS FALL DURING TRAINING

One Sunday in April, Oldham team members were involved in a rescue they thought and hoped would never happen... the rescue of one of their own team members.



But more than that, they had all witnessed his serious and significant fall, during a team training exercise. That he survived the fall was little short of a miracle but his ongoing survival was down, in no small measure, to his fellow team members being on the spot, equipped and expertly-trained for just such a casualty — and then, of course, there is his own bloody-minded determination to get well, a determination which he evidently has in spades. Phil was discharged from hospital on 23 May, just four weeks after his fall. Not content with just one daily physio session, he insisted on four a day and his progress has been quite remarkable.

From their Facebook page: 'From the NAWAS paramedics and staff on scene, the crew of the NW Air Ambulance and Greater Manchester Police control, right through to OMRT members themselves, the care and treatment Phil received was first-rate and absolutely instrumental in getting him stable and into the hands of the emergency team at Salford Royal Hospital. Staff in Resus, ICU and the trauma ward (where a week was spent convalescing after two significant operations on his wrist and spine) were incredible, as were the staff at Wigan Royal where Phil was transferred to for an operation on his pelvis, before returning to Salford for a further operation on his wrist. Without the fantastic teamwork from all involved in his recovery, there is little doubt he wouldn't be with us today, especially in such surprising good health. We are extremely grateful for this.'

'Thankfully, Phil remains a key member of the Oldham team, and he passes on his thanks to all those involved and those who have sent him good wishes. In his words, he's truly humbled.'



### SILVER ANNIVERSARY CATALOGUE OUT NOW

SP Services, a leading supplier of emergency medical and rescue equipment, are pleased to announce the launch of the 25th Silver Anniversary Edition of their catalogue which features a silver cover and a large selection of new and exciting products.

The SP catalogue began in 1989 as a small brochure with a simple list of products. Over the past 25 years it has grown to be the full colour collectable item it is today. With hundreds of pages and thousands of products, it's an essential tool for anyone in the emergency services professions. Despite more people ordering products via our website, for many the catalogue is still the first point of reference.

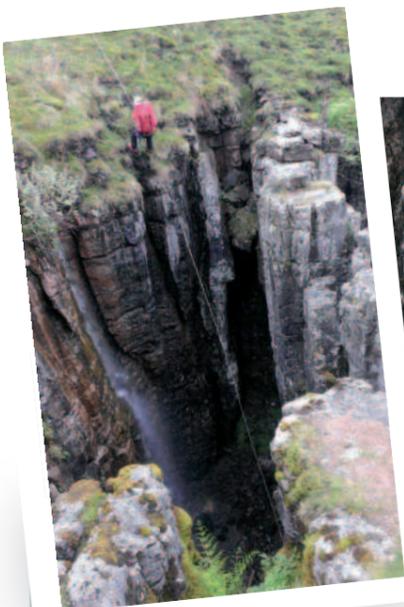
'After 25 years I feel we have a lot to be proud of,' said SP's Managing Director Steve Bray. 'The next 25 years look bright for SP Services and I think I speak for everyone at SP when I say we're all looking forward to what we can do in the years ahead.'

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SWALEDALE TRAINING IN BUTTERTUBS © SWALEDALE MRT.



## MOUNTAIN RESCUE GEARS UP FOR THE TOUR DE FRANCE

Team members across the north of England have spent months training and preparing to play a vital part in the provision of safety cover for the thousands of visitors anticipated when the Tour de France hits Yorkshire. Holme Valley, Swaledale and Calder Valley are just three of the teams affected by the arrival of the yellow jersey.

In Holme Valley, the team will cover the climb between Holmbridge and the summit of Holme Moss, one of the biggest climbs in the Yorkshire leg of the route, where upwards of 60,000 visitors are expected to jostle for places to view the race. Owen Phillips of HVMRT said, 'As well as having personnel stationed at intervals along the route, we're looking at the ways people may try to gain access to vantage points on Holme Moss — we expect a number of people may try to short-cut over the moors to avoid the crowds. How busy we are will also come down to the weather on the day. Huge numbers will be out in the elements for an extended period, be it sunshine, winds or torrential rain and we are almost certain to encounter a few who aren't prepared for the conditions.'

Swaledale team members have been practising extracting casualties from the 20m-deep Buttertubs potholes — beside the route between Wensleydale and Swaledale — which is expected to be a popular viewing point. They've also trained to remove injured spectators from the valley bottom beside the Buttertubs Pass.

Over in Calderdale, tension was mounting as we went to press, as the Bunting Cragg Vale 2014 makers awaited confirmation from Guinness World Records whether they'd succeeded in their bid to produce the world's longest single stretch of bunting. The record-breaking bunting was due to go up at the end of June on Cragg Road, the longest continuous incline in England, which forms part of the challenging Tour de France, Grand Départ route, Stage 2. Exciting times for Calder Valley probationary team member, Sophie Keeler, who had produced a stretch of Calder Valley SRT bunting with old team badges and 'rescue red' fabric. Sophie's bunting was installed outside The Robin Hood at Cragg Vale. A fantastic community project which even caught the eye of BBC Look North (Yorkshire) who followed progress with numerous visits to Cragg Road.



SOPHIE KEELER WITH HER CALDER VALLEY SRT BUNTING © CALDER VALLEY SRT.

WE HOPE TO HAVE A FULL REPORT ON THE ALL THE TEAMS INVOLVED IN THE TOUR, IN THE NEXT ISSUE.



## PATTERDALE TEAM MEMBERS SHOW OFF THEIR SOCKS!!

Bridgedale has partnered with all ten Lakes teams to supply its WoolFusion Trekker and WoolFusion Ultra Light socks to more than 450 members.

Steve Fowler, managing director, said: 'Comfort in any conditions out on the hills should be a given. Here at Bridgedale we're all passionate about the outdoors and, with our sales office in south Cumbria, this is an ideal starting point to show our appreciation of the vital work all mountain rescue teams do. The plan is to roll out to other regions, including the Peak District, Yorkshire Dales and Wales, as part of our celebration of 100 years' sock manufacturing in the UK.' So, watch this space, all you Facebook doubters... (you know who you are). Meanwhile, Lake District rescuer's feet are well covered. Thank you, Bridgedale.

## EDALE CATCHES UP WITH THEIR CELEBRITY CASUALTY

Early in February, the Edale team was called to assist a climber who had fallen from Stanage Edge. Nothing unusual there, except the climber in question was Johnny Dawes, only one of the best known British rock climbers of recent years.



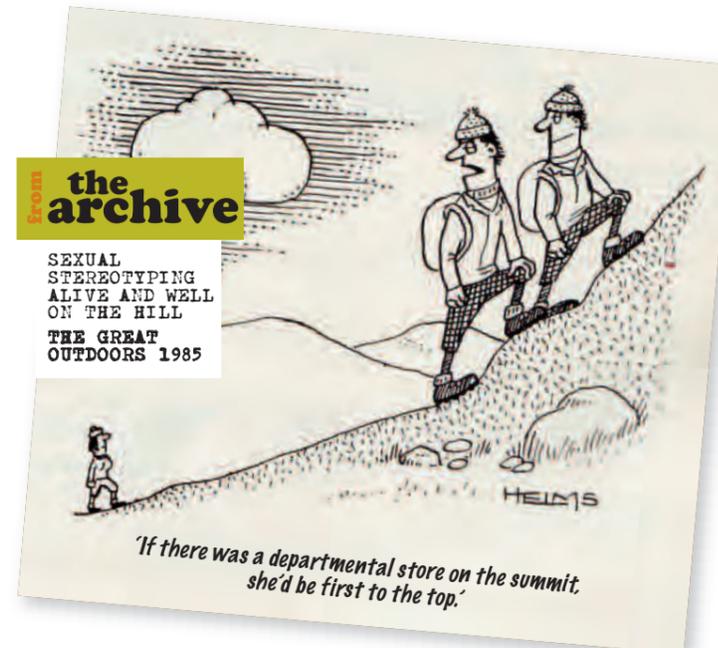
JAMIE ANDREW, JOHNNY DAWES AND DAVE TORR OF EDALE © EDALE MRT.

Johnny had suffered a serious open fracture to one of his legs. The team gave him pain relief and intravenous antibiotics before re-aligning the broken leg and carrying him off the hill. The North West Air Ambulance flew him to the hospital in Sheffield where he underwent surgery to repair the damage. At the Sheffield Adventure Film Festival in May, team members were able to catch up on their casualty's progress when he dropped by the Edale stand, along with another well known mountaineer, Jamie Andrew. Johnny said, 'I am so grateful to Edale for the way I was treated and cared for. If not for their skills, I could have lost my leg. I will always be in debt to the team.'

19 MAY WWW.FACEBOOK.COM/EDALEMOUNTAINRESCUE.

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## DERBY TEAM RECOVERS BODY FROM CAR, DISCOVERED AT THE FOOT OF A CLIFF

When a Matlock man was found dead in his car at the bottom of a cliff in Matlock Bath, the Derby team was called to recover his body.

The black Chrysler PT Cruiser was discovered at the foot of High Tor, a high peak overlooking the River Derwent, after a walker noticed tyre tracks leading over the edge at the top of the popular peak and alerted police. Police discovered the car at the bottom of the cliff in a densely wooded and difficult to access area and a 65-year-old man was pronounced dead at the scene. The vehicle had come to rest in a precarious position on very steep ground so the specialist services of mountain rescue were called in to recover the body from the car onto a stretcher, which was then lowered by a rope system and carried along a narrow path for around 45 minutes to the road.



## WE KNOW THEY'RE GOOD BUT...

RAF Sea King lands on Pendle Hill trig point during exercise... honest.

1 JUNE WWW.FACEBOOK.COM/PAGES/ROSSENDALE-AND-PENDLE-MOUNTAIN-RESCUE-TEAM.



## THE NEXT GENERATION: THE NEW LIGHTHAWK LED GEN II LANTERN

CFM Services, providers of specialist lighting equipment are pleased to announce the arrival of the Bright Star Lighthawk LED GEN II Lantern. This new release builds on the popularity of the original model, favoured by many rescue organisations throughout the UK including fire, ambulance, police, RNLi and Coastguard. The Lighthawk GEN II has redesigned electronics, offering additional features selectable via a multi-function switch. The light output has increased and the burn times are now 8 or 16 hours, depending on the mode selected. Like the original, the new Lighthawk is extremely lightweight and waterproof (it even floats). The multi-function switch allows the user to select between high or low mode — 225 lumens or 100 lumens — as well as choosing flashing or steady-on rear signalling lights. Its big brother, the Lighthawk GEN II VISION, due shortly, will offer a flood beam with selectable light outputs of 300 and 600 lumens!

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# life online

## INJURED CAVER BROUGHT TO THE SURFACE IN TWELVE DAY RESCUE

An injured German caver, trapped 3,000ft underground for twelve days, was finally brought to the surface alive, on 19 June, after a painstaking rescue operation.

Fifty-two-year-old Johann Westhauser had been badly hurt in a rock fall while exploring Germany's deepest cave with two other men near the German Austrian border. It took 728 rescue workers from five different countries to bring him to the surface. The accident happened more than three miles from the cave entrance and access to the site — about half a mile underground — requires covering tricky terrain such as vertical shafts and bottlenecks. Rescue official Klemens Reindl described the cave as 'one of Europe's most difficult. We have shafts that go straight down 350 metres, where you have to rappel down and climb back up on a rope.' Ironically, Westhauser was one of the explorers who originally discovered the vast cave system (which stretches for twelve miles) in 1995.

Back on the surface, he was described as being in 'excellent condition' by his doctors and thanked his rescuers in a video from his hospital bed. 'I want to thank all the comrades who helped in the cave rescue. It was a very big action. So far everything is good. I still have a bit of trouble with talking, but that will settle over time. I need to recover from the action.' In the video, Mr Westhauser clearly has difficulty speaking and slurs his words but doctors said this is a side effect of swelling in his brain and they expect him to make a 'significant recovery'.

19 MAY WWW.BBC.CO.UK

Facebook: facebook.com/MountainRescue.MREW  
Twitter: @mountrescueuk

## NEW TO THE MEMBERS AREA

### CASUALTY CARE SYLLABUS 2015-17

The revised syllabus to be used for courses starting in 2015.

### REGULATIONS FOR MREW CASUALTY CARE

Regulations for running courses and examinations approved May 2014.

### MREW DRUG FORMULARY 2014-2017

The current and revised drug list for all MREW teams. Note changes and additions from previous version.

### COMMERCIAL LEGAL INSURANCE POLICY KEY FACTS

Key facts from the commercial legal defence costs cover for MREW regions and teams.

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In preparation for my trip to Transylvania, I'd spent three months or so training in the Brecon Beacons, particularly on the Sugar Loaf and Skirrid surrounding Abergavenny. When it came to Machu Picchu, I wanted to support a local charity. The trig point on top of Sugar Loaf bears a plaque commemorating past members of Longtown MRT: the



## FUNDRAISING TRIP TO EVEREST BASECAMP

### ANDREW WILMOT ON RAISING FOR LONGTOWN MRT



Earlier this year, Andrew Wilmot joined a trek to Everest Basecamp, organised by Charity Challenge, to raise funds for Longtown MRT. It wasn't his first foray into charity fundraising. That was a trip to the Transylvanian Alps in Romania, to raise funds for the British Heart

Foundation in August 2012. Keen to continue his trekking and fundraising, he travelled to Machu Picchu in July 2013. But who to support? He tells us here why he chose the team, not just for that trip but for this year's trip to Nepal.

inspiration for me choosing to support them.

So, in July 2103, I flew to Cusco and through a combination of bus and foot through the Inca heartland, made it to Machu Picchu entering via the Sun Gate one late afternoon. I'd managed to raise £800 for Longtown, which they used to replace some of their crag rescue equipment.

In Transylvania I'd climbed to 2,400m. In Peru I'd got to 4,500m. So the next challenge was to go higher

again — where better than Everest Base Camp? The route would be the same used by those climbing Everest today and the successful 1953 expedition of Hillary and Tenzing. On 22 March this year I took an overnight flight to Kathmandu via Delhi along with six others supporting a variety of charities. A night in the wonderfully named Yak & Yeti Hotel, and Day 3

Day 4 continued along more Nepalese Flat and, having gained only another 100m by lunchtime, we came to two suspension bridges high above the river. Crossing the higher of the two, some 200ft above the river bed, we embarked on a 700m and three-hour climb through a forest to Namche Bazaar.

We were told that the rule at altitude was not to gain

Day 7 took us further up the trail to the village of Dingboche at just below 4,400m. This part of the trail is dominated by the peak of Ama Dablam — at 'only' 6,856m it doesn't even register in the top 100 highest mountains! However, the climbing community regards it as the hardest and most technical climb in the world which is why it's the third most popular climbing permit sought in Nepal.

Day 8 was another acclimatisation day. We ascended another 500m before returning to Dingboche for a second night.

Day 9 took us further up the trail to the village of Lobuche at 4,928m, via the Thokla Pass. At the top of the Pass there is a memorial ground with cairns to those who have died on Everest. Reading the plaques, it is noticeable how many make the summit but die on the descent.

On the morning of Day 10 we walked to the last village on the trail, Gorak Shep at 5,288m, the site of the 1953 Everest base camp. After lunch we climbed the nearby mountain of Kala Pattar — at 5,550m, the highest point we'd reach on the entire trip. Although only 300m higher than Gorak Shep, it took over two hours to climb as there is only 50% of the oxygen at sea level.

From the summit you get

yet it is over 3kms higher.

Next morning we walked to Base Camp at 5,357m, eventually stepping onto the Khumbu Glacier itself. You actually stop about 1/2km from Base Camp at a cairn, as it's off-limits for non-climbers to prevent illness being brought in. The climbing season hadn't yet begun, so the only people in camp were the Sherpas

more than 500m a day, but that if do then to spend the next day acclimatising. There is also an adage of 'climb high, sleep low'; if you can gain height during the day, but descend to sleep it will aid your acclimatisation. For this reason, Day 5 was an acclimatisation day where we'd climb about 400m to the Everest View Hotel, before returning for another night in Namche.

The day began before dawn, when we rose early to walk to a nearby viewpoint which gave us our first glimpse of Everest and Lhotse, the fourth highest mountain, as the sun rose.

After completing the acclimatisation trek in the morning, the afternoon was free to explore Namche Bazaar, a market town with all manner of stalls plus the obligatory Irish Bar (though alcohol will leave you dehydrated at this altitude so is best avoided).

Early on Day 6, we passed a stupa commemorating Tenzing and the 50th anniversary of the ascent of Everest. After crossing the river once more we had a two-hour, 600m, climb to Tengboche Monastery for an overnight stop in a nearby village at roughly 3,600m.



a clear view across the valley of Base Camp, the Khumbu Icefall and Lhotse, Nuptse and Everest itself. The sheer scale is incredible — you're probably no more than 10kms from the summit

laying out the route on the Khumbu Icefall and establishing the camps on the mountain.

The Icefall is part of the

raising funds for rescue



glacier that sweeps down off Everest before making a 90° left-hand turn near Base Camp, moving up to a metre a day. Full of crevasses and overhanging blocks of ice called seracs it is best crossed early in the morning when the ice has frozen overnight. By afternoon, it has warmed considerably, remaining the most dangerous part of the Everest ascent.

Ten days after we were at Base Camp, an avalanche struck the Icefall killing sixteen Sherpas in the worst tragedy to ever hit Everest. I later learned that Kamal knew six of the deceased, and another he'd introduced us to was among the survivors.

We spent about half an hour at Base Camp, long enough to have a hot drink, take some photos and leave prayer flags, before returning to Gorak Shep and an afternoon relaxing in one of the tea houses. That night the temperature dropped to -20° and we woke the next morning to our tents covered in snow.



Day 12 took us back down the trail to the village of Pheriche, the home of the Himalayan Rescue Association, a voluntary non-profit organisation created in 1973 to help reduce casualties in the Nepalese Himalayas among foreigners who trek in the wilderness. They run a health centre in the village, staffed by volunteers, which provides basic medical care for altitude sickness.

More serious cases require evacuation by helicopter to

Kathmandu. The nearest road in the region is a four-day walk from Lukla. We learnt of a rescue that had taken place the day before, when a Sherpa broke his leg on Ama Dablam and was airlifted off the mountain by rope.

Over the next three days, we retraced our route. As we passed through Tengboche we were hit by a blizzard and spent some time in Namche shopping for souvenirs before finally arriving back in Lukla early afternoon on Day 15. Then it was back to Kathmandu, lucky to be on the last flight to leave Lukla before they were suspended for the day due to bad weather.

With a day and a half to take ourselves, we explored Kathmandu, taking in Durbar Square, a UNESCO World Heritage site and the 'Living goddess'. A taxi ride across the city took us to the Swayambhunath Stupa, an ancient religious site where holy monkeys are allowed to roam free.

But, eventually it was time to leave Nepal. We'd trekked 110km, not including acclimatisation days, and through sponsorship and collections I raised another £750 for Longtown MRT, which will go towards their annual running costs.

In all likelihood I'll undertake another challenge and, keeping up my theme of going higher again it could mean climbing Cotopaxi in Ecuador, one of the world's highest active volcanoes. If anyone feels inspired to do something similar for mountain rescue, Charity Challenge run a range of activities of varying difficulties. You can find them online, at [charitychallenge.com](http://charitychallenge.com).

*Top: The group at Everest Basecamp. Above: One of the many suspension bridges en route. Previous page, clockwise from top: Panorama of Namche Bazaar, Andrew Wilmot and the Khumbu Icefall © Andrew Wilmot.*



## CHAMPAGNE AND DIAMONDS: WHAT MORE COULD A GIRL ASK FOR?

JUDY WHITESIDE

Diamond Jewellers Royal Charity Polo Cup, at Billingbear Polo Club in Berkshire and Mike France, Neil Woodhead, Chris Cookson and I were there to represent Mountain Rescue England and Wales, cheer on the Princes and generally see how the other half live. William captained the Baku Guards team, whilst Harry headed the King Power team. Around 300 guests watched the game come to a 6-6 draw. After the match, there were two auctions – one live and one silent – culminating in a stunning diamond necklace, a snip at just £62,000! (And no, I didn't buy it...). We await a final figure for the donation which will come to us but, on behalf of mountain rescue, a huge thanks to De Beers and the Princes for the much-valued support and the opportunity to enjoy another fab day out!

Royal patron, HRH The Duke of Cambridge, and his brother Prince Harry went head-to-head in a friendly game of polo on Sunday, 11 May, in aid of four of their charities: Mountain Rescue England and Wales, the English Schools Swimming Association, HALO and Walking with the Wounded. It was the De Beers



## POUNING THE STREETS OF MANCHESTER FOR YOUR BENEVOLENT FUND

NEIL WOODHEAD

Having spent all day on the Saturday, indoors at the MREW meeting at Lancashire Police HQ, looking out of the window and wishing I was outside in the glorious sunshine, Sunday morning saw me running the streets of Manchester in the

baking heat and wishing I was out on the hill instead! The BUPA Great Manchester Run is a great charity event with 40,000 runners raising funds for charities close to their hearts. I was running for the Mountain and Cave Rescue Benevolent Fund, hoping to raise funds and awareness. If you haven't yet heard of the fund, it's an independent charity set up last year to help alleviate hardship suffered by individuals or their families which has arisen in connection with a mountain or cave rescue operation. You can apply for benevolence if you are a member of any England and Wales mountain or cave rescue team — and you don't need to have paid any subscription. But to enable us to operate we need donations into the fund and the good news is that anyone can now donate — as a region, a team, an individual team member or a member of the public. Has your team donated? If not, why not ask them to? Or fundraise for us.

**IF YOU NEED TO APPLY, OR TO FIND OUT MORE, CONTACT JUDY ON [JUDY.WHITESIDE@ZEN.CO.UK](mailto:JUDY.WHITESIDE@ZEN.CO.UK) OR 07836 509812 — OR SPEAK TO YOUR REGIONAL REP. YOU CAN ALSO DOWNLOAD INFO FROM THE MEMBERS AREA OF THE WEBSITE. PLEASE HELP US RAISE FUNDS AND DON'T HESITATE TO CONTACT US IF YOU FIND YOURSELF TO BE THE RESCUER IN NEED. WE'RE HERE FOR YOUR BENEFIT SO PLEASE MAKE THE CALL.**

Dave Hadden was the fastest of the five mountain rescue runners with a satisfying 3.15:45, hot on the heels of Mo Farah, at 2.08:21. But more important than his time was his satisfaction in helping to raise thousands

Rescue flag made up for the marathon and heard never-ending shouts of 'Go on mountain rescue!', which was so uplifting.' Alasdair is a member of Glossop MRT, and enjoys running the mountain tops of the Lake District as well

marathons, hopefully including London again, to better my time!' For Jon Jones of Derby MRT it was a different story — one that started twelve months before. As one of our entries for 2013, he was in the midst of his training



## ARE THE STREETS OF LONDON REALLY PAVED WITH GOLD?

NEIL WOODHEAD REPORTS ON THE VIRGIN LONDON MARATHON

'So Mo Farah and I learned a lot on our debut marathons,' said Dave Hadden. 'He'll give it another crack next year... I might wait until I can walk up and down the stairs without having to hold on to the bannister before I think about that!'

of pounds for mountain rescue. As a team member with the Kinder team, he knows how important his fundraising was and how it will help every team.

We're lucky to receive a number of places through our Royal patronage and involvement with the Princes' Charities Forum. It's a great opportunity for mountain rescue to leave the fells and descend on the streets of London to raise funds and awareness of Mountain Rescue England and Wales.

'What an absolutely amazing day that was, I enjoyed every moment of it,' said Alasdair Cowell. 'I managed to get a Mountain

as the more local Peak fells. 'The cheering crowds were amazing throughout the course. It was if they were picking you up and carrying you along.' He finished the race in 3.27:09, which meant double sponsorship from those friends who said 'double your money if you go under 3.30!'

Dan Case is a team member of Dartmoor SRT and travelled up to London from Plymouth for his first time. 'I ran at a pace to make sure I completed the course as it was my first marathon,' says Dan, 'but I now have the drive to go on and run further

when he was taken ill and had to give up his place, so we were delighted to hear he was able to take up his place in 2014.

After the disappointment of last year, was it worth the wait? 'Better than I could have ever imagined. Carrying injuries which messed up training meant I just dawdled along and enjoyed the atmosphere, finishing in just under five hours.' But Jon did get a second wind at mile 23 and overtook 700 people in the last 7k — clearly a strong finisher! He's also entered for the Tissington Trail Half Marathon in October and the Snowdonia Marathon the following weekend so we wish him luck in both races.

With another runner dropping out in the run up to the race due to injury, we were helped out by Jon Evans from North Wales. Having completed the Barcelona Marathon just a few weeks before he knew he was fit enough. 'Of the 60 or so races I have completed to date, including three other marathons, nothing compares to London. It was an almost evangelical experience!'

Another of the Princes' Charities Forum members is BAFTA and they very

kindly invite runners from the other charities to their post-race reception. It's a civilised opportunity to take a sit down after running the race, meet other charity runners and start to recover — 'very pleasant and convivial, the icing on the cake,' says Jon.

It wasn't just our own runners who were raising money for mountain rescue. BAFTA's Chief Operating Officer for the past thirteen years is Kevin Price. He was raising money for five charities, including Mountain Rescue England and Wales, by running 50 races as a way to celebrate his 50th birthday, which fell just four days after the London Marathon. Kevin finished just ahead of our own Dave with a time of 3.14:16. Many thanks to him for his support — we hope the '50-Pub Pub Crawl' across the UK went as well! Some of the pubs are in the heart of mountain rescue territory, so you may have seen him on his travels.

Another runner we met at BAFTA was Radek Erban. He obtained his marathon place through the Royal Society (another member of the Forum), because he is one of their research fellows. The Royal Society encouraged them to run in aid of one of the other Forum charities.

'I was happy to fundraise for mountain rescue,' said Radek, 'because your teams do a very important community service. I grew up in the mountains of Czechoslovakia where mountain rescue is handled by professional teams, so I'm very impressed that in the UK it is provided free by volunteers.'

Despite there being no mountains in Oxford where he lives, Radek was happy to raise more than he expected: almost £900. Thank you Radek and well done on a great time of 3.23:54.

Final thanks go to Lauren Hadfield from Washlands Womens' Runners, who hopes to have raised over £700. 'I chose to run for MREW because my partner and I love spending time in the mountains,' says Lauren. 'Fortunately we've never needed mountain rescue but it's great to know that dedicated teams are on

hand should we ever need help. I also wanted to raise awareness of the hard work carried out by teams all over the country and highlight that teams are made up entirely of volunteers.'

Well done Lauren, both with your time of 4.09:54 and also your fundraising.

'I'd like to take this opportunity to thank MREW for the opportunity to represent mountain rescue in the London Marathon, said Alasdair. It's given me a memory I'll never forget.'

You can still support via [uk.virginmoneygiving.com/team/mountainrescue2014](http://uk.virginmoneygiving.com/team/mountainrescue2014). And, if you're interested in running next year, email [insurance@mountain.rescue.org.uk](mailto:insurance@mountain.rescue.org.uk) and pencil Sunday 26 April 2015 in your diary. You could be one of our lucky runners to enjoy this amazing experience and raise funds for mountain rescue.

### OUR RUNNERS' TIMES

DAVE HADDEN	3:15:45
ALASDAIR COWELL	3:27:09
JON EVANS	3:44:10
DAN CASE	4:21:53
JON JONES	4:55:47

*Photo: Our runners on the front row, left to right: Jon Jones, Jon Evans and Dave Hadden, with Mike Woodcock (who had been set to run but came to support) and Woodie stood behind.*

raising funds for rescue

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Tomasz Mackiewicz sleeps heavily in his Rab® Andes bag after getting to C3 on his bid to be the first to summit Nanga Parbat in winter. Photo: Michal Dzikowski - Clearskiesahead.com.



## PENDLE HILL CHALLENGE

### RAISING FUNDS FOR BOWLAND PENNINE MRT AND ROSSENDALE & PENDLE MRT

Keen fell walker Lee Roe has come up with a novel way of raising funds for the two teams which straddle Lancashire's iconic Pendle Hill: a sponsored walk with a difference. In September, in the company of friends, Lee will be walking from Downham to Barley over the summit of Pendle whilst also driving some very distinctive radio-controlled 4x4 vehicles.

These very specialised model vehicles have scale replica parts and function just like the real vehicles, albeit on a small scale. As Lee explains: 'Whether you are out for a stroll by the river, a fell walk in the Trough of Bowland, if your car leaves the remote country road you are travelling on, or in fact almost anything that makes for a difficult rescue then the two local teams could be called to assist with the rescue. Their volunteers will jump out of bed in the middle of the night to rescue members of the public like you and I without so much as a thought of inconvenience. They are not only dedicated but passionate about being there to help when needed. It is with this in mind that I am starting the Pendle Hill Challenge. This event is for anyone, you don't have to be a mountaineer, as this will be a walk at a steady pace to talk to people on the way and enjoy our lovely countryside whilst raising funds and making others we meet aware of what the teams do'.

As group controller for Raynet (Radio Amateurs Emergency Network) in the Ribbles Valley, Lee has worked with both teams on a number of occasions and, as one of the founder members of the responder radio network otherwise known as ERAL (emergency radio area link) he has also been involved in putting up repeaters on Waddington Fell, Barnacre, Winter Hill and Hameldon. 'I applaud the service you guys provide,' says Lee. 'I am frustrated people don't know what you do and risk to help others year round and if I can raise awareness and a few quid my mission will have been accomplished. I guess it sounds a bit gooey but I just like helping people and if I was a little slimmer, fitter and younger I would join my local team.'

YOU CAN FOLLOW THE EXPLOITS OF LEE AND HIS 'FLEET' ON FACEBOOK AT [WWW.FACEBOOK.COM/PENDLEHILLCHALLENGE](http://WWW.FACEBOOK.COM/PENDLEHILLCHALLENGE).

raising funds for rescue

## 'TOUR DE PEAKS' TEAMWORK FOR MOUNTAIN RESCUE RIDERS

### RAISING FUNDS FOR PEAK DISTRICT MOUNTAIN RESCUE

This year being the 50th Anniversary of the Peak District Mountain Rescue Organisation — and, coincidentally, the year the world's largest cycling race, the Tour de France, comes to Yorkshire — a team of forty mountain rescuers have set themselves a challenge: to ride between all seven rescue bases in the region, taking in some classic climbs along the way. Over a distance of 142km, with 2450m of ascent.

Departing Oldham base at 09.00hrs on Saturday 28 June, they kick the day off with a long but steady climb up the A635 Isle of Skye Road before hurtling down into Holmfirth. Out of Holmfirth and up to Woodhead base at Hepworth, then another steep descent into Holmebridge where they will prepare themselves for the ascent of Holme Moss — a Category 2 climb that one week later will be made world famous as the Tour de France ascends this iconic British climb. Whilst this will be a social ride, the Holme Moss climb will be a race. First rider over the line at the top will be crowned 'King of the Mountain in PDMRO'. They will then ride back down the hill to encourage those who are a little less nimble up the hills, since it really is all about teamwork.

From the summit of Holme Moss they take the wild descent down to the Woodhead Pass, before setting out along the rolling terrain past Torside Reservoir to drop into Glossop base. A short stop before the pain begins again with a steep climb over the hill to Hayfield to call in at Kinder base. From Hayfield, the teams will set to work up the steep climb to Buxton base at Dove Holes, before carefully descending the Winnats Pass and making their way down the Hope valley to Edale and the long final leg. Through Hathersage, Grindleford and the Chatsworth estate, picking up the A6 down the Derwent Valley on a long stage through Matlock and Belper, to finish with another short sharp climb to the finish at Drum Hill Scout Camp, where Derby MRT will host the finish celebrations.

THE RIDERS ARE, OF COURSE, RAISING MONEY FOR PDMRO AND DONATIONS CAN BE MADE AT [WWW.JUSTGIVING.COM/PDMRO-TOUR-DE-PEAK](http://WWW.JUSTGIVING.COM/PDMRO-TOUR-DE-PEAK), EVEN AFTER THE EVENT. FULL REPORT NEXT ISSUE!



## A VERY PERSONAL CHALLENGE

### RAISING FUNDS FOR NORTHUMBERLAND NATIONAL PARK MRT

Victoria Rumis emailed us with a story about her husband, Jack, a member of Northumberland National Park MRT who is about to take on his own, very personal challenge, raising some funds for his team along the way.

Jack, a 42-year-old retired Sgt Major, has served all over the world with the British Army. On 27 December last year, he suffered a stroke and became critically ill. An infarct in his brain stem came on without warning, while he was relaxing at home with his family after having had a lovely Christmas. It left him fighting for his life. But Jack was determined to get back on the hill and, on 9 May, he and Victoria climbed Cat Bells in the Lake District together. As she says, 'not bad only four months post-stroke, which had required intense physio and rehabilitation.' Now he is set to climb Scafell Pike, to raise funds for his team, accompanied by his 13-year-old son, and fellow team member Jamie Patterson.

'His amazing determination and recovery has been an inspiration to all that know him and within weeks of his stroke he was back out training with the team', adds Victoria. 'Cat Bells was just not challenging enough for him and now his sights are set on Scafell — a personal challenge for him and his way of raising funds for mountain rescue, which he feels so passionately about.' By the time you read this, Jack will have completed his personal challenge, so we hope the day went well and the Lake District weather was kind!



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## GREEN CHEMISTRY WINS QUEEN'S AWARD FOR NIKWAX



Nikwax is the first outdoor brand to receive a Queen's Award for Enterprise in Sustainable Development, the UK's highest accolade for business success and a prestigious environmental achievement.

Nikwax founder and Managing Director, Nick Brown, said: 'We must stop to think about the fuel we burn to arrive at our work, the energy and materials consumed in the clothing that protect us from the elements, and even the wear on the pathway. We may be destroying the very hills we care so much about.'

'Restoring the waterproofing of your outdoor clothing is in itself a sustainable act, using far less energy and money than replacing equipment, and for us, it all counts.'

In its fight against the harmful chemicals used by other brands, all Nikwax products are water-based, solvent free, non-flammable and do not use aerosols. In fact, it is the only aftercare company in the world never to have used fluorocarbons (PFCs), as these persist in the environment with serious health implications for humans.

The company harvests rainwater for use in the manufacture of core products, has invested in a solar generation system that virtually offsets all electrical usage in its main offices and is carbon balanced through the World Land Trust. Nikwax's waste reduction initiative has seen its proportion of waste recycled go from 16% in 2006 to a targeted 80% for 2014, aiming to become waste and landfill free in five years.



TO FIND OUT MORE ABOUT NIKWAX PRODUCTS, SEE [NIKWAX.CO.UK](http://NIKWAX.CO.UK)

# dogs



## RAISING AND TRAINING A NEW PUPPY

The introduction of a new puppy to the family is an exciting time. But it's easy to get caught up in the moment and allow your puppy a few too many privileges in the first few weeks. Then as your puppy hits adolescence these privileges can lead into troublesome behaviours from your new four-legged friend. Dog behaviourist **Shelley Aspden** offers some advice.

Setting your puppy off on the right path is really important to making them feel safe and secure in their new family. Having clear house rules and setting your home up for the arrival of your new puppy will be key to its success.

### PUPPY PROOFING

Puppy proofing your home is important as puppies like to explore their surroundings with their mouth, paws and nose. They don't know what is or isn't dangerous, so it's up to you to make sure your puppy is safe.

In the house, make sure wires and plugs are safely hidden away, don't leave heaters or fires unattended and tidy away any small, sharp objects that can be easily swallowed such as children toys.

In the garden, make sure your puppy isn't able to escape through gaps in fences, gates or walls. Keep your puppy away from lawns and plants that have been treated with chemicals, as well as making sure that any plants in your garden are not poisonous to dogs.

### HOME LIFE

Decide on your puppy's day to day routine and who will do which roles. A set

routine will help your puppy settle in well and show them what to expect day to day.

### THINGS TO CONSIDER...

- **Meal times:** What time will you feed your puppy? Who will feed?
- **Walkies:** Where? How many walks a day? Who will walk?
- **Night time:** Where will your puppy sleep? In a bed or a crate?
- **Training:** Who's involved in training? Timetable? Training classes?

Deciding on what commands you want to teach your puppy and which words you will use to signal these behaviours is a good idea to make sure everyone communicates with your puppy clearly. Using the same list of command words, will greatly benefit your puppy's learning and avoid them having to learn more than one word for a single command.

### TRAINING AND STIMULATION

Training should start from the day your puppy arrives home. This doesn't just mean training your puppy to sit, or to lie down, but teaching them how you want them to behave within your family. Reward the

behaviours you want to see from your puppy again and again. Ignore and change your puppy's focus from the behaviours you don't want to see again.

Training through positive reinforcement will enhance your puppy's learning and confidence. Treats tend to work the best for most puppies. But for some, a toy or verbal praise works just as well. Find out what treats or toys encourage your puppy the most and keep these for training and rewarding good behaviour.

With puppies it's important that they learn to chew the right things early on. Providing a varied range of toys and chews will help to keep your puppy stimulated and prevent boredom. Rotating your puppy's chews and toys throughout the day will keep them novel and interesting. If you find your puppy chewing something they shouldn't, get their attention and direct them onto their toys or chew.

### OUCH!...PUPPY BITING

Play biting is normal part of puppy behaviour, a way of getting play and interaction. When with the litter, puppies wrestle and play bite with each other. They have a thick layer of skin, which means they

don't feel the hard bites, unlike us.

Play biting can be a troublesome problem for owners, if the behaviour isn't dealt with correctly or if the puppy is allowed to bite, it will take the behaviour longer to cease. It's important that family and friends who interact with your puppy do not allow any puppy biting.

When your puppy attempts to puppy bite, redirect their attention onto a fun game with their toy(s). If your puppy comes back to you to puppy bite, making a loud yelp to show your puppy this hurt you and redirect their attention back onto the fun game with their toy. Mimicking another puppy or dog in this way is easier for your pup to understand. For persistent puppies who continue to play bite, simply walking away from them will teach your puppy over time that biting makes the game stop.

These are just some of the topics which are involved in raising and training a puppy.

IF YOU'D LIKE FURTHER ADVICE FOR YOUR DOG, YOU CAN CONTACT OSCAR'S BEHAVIOURIST SHELLEY ASPDEN BSC (HONS) MSC ON 0800 195 8000 OR EMAIL [HELPLINE@OSCARSCO.UK](mailto:HELPLINE@OSCARSCO.UK).

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Mountain rescue is challenged by geography! We have many teams scattered across England and Wales and each with different experiences, but there are a few occasions when we can share these and learn from each other. The incident report forms in the Medical resource section of the website provide this opportunity.

The following account illustrates how we can manage an unexpected event and then share what we have learned with each other.

A rescue team was called to a serious incident. While attending to the casualty, a potentially life-saving piece of the team's medical equipment was found to be non-compatible with spares ordered from a supplier. After the event the team took the following action:—

1. Photographed the equipment.
2. Took written statements from team members.

3. Informed the supplier and manufacturer immediately.

4. Informed the MREW medical officer and completed an incident report form.

5. Informed the MREW insurers.

6. Informed the Medicines and Healthcare Products Regulatory Authority (MHRA).
7. Informed other teams of the circumstances of the incident via the relevant MR Facebook pages.

Over the next few days they collated information such as the original order forms and



## LEARNING FROM EXPERIENCE. LEARNING FROM EACH OTHER. THE IMPORTANCE OF CLINICAL GOVERNANCE.

MIKE GREENE MREW MEDICAL OFFICER

receipts for the goods received. They took screen shots of the website showing the products which had been purchased. This was important since the company website was subsequently amended as a result of our concerns.

All this information, along with a timeline of events was shared with the company involved, the medical officer and insurance company.

The medical officer was able to provide support and advice and communicate directly with the managing

director of the company to express the concerns of the national body.

The result has been:—

1. All teams were informed promptly of the need to check compatibility.

2. The company changed its web advertising to make incompatible purchase less likely. Also, they have placed a warning on their catalogue suggesting that buyers contact them before making such a purchase and are reviewing their own labelling on the

manufacturer's packaging.

3. The manufacturers are looking into the possibility of transparent packaging to make such an event less likely in future.

4. The issue of industry and manufacturer standardisation of parts to reduce incompatibility risks has been raised with the MHRA.

5. The team has had support from MREW as an organisation and from individual officers.

What have we learned?

1. Always double check

compatibility when ordering equipment, particularly online. A telephone call to the company may help.

2. Consider ordering direct from a manufacturer rather than a supplier.

3. Keep all orders and receipts for goods you purchase for your team.

4. If an incident occurs, make notes at the time and act quickly to collect the information. The opportunity may be lost if you wait.

5. Involve MREW early for support and advice.

6. Early dissemination of

an alert to other teams helped to minimise risk.

7. Early reporting to the MREW insurers ensures that they have up-to-date information on file, gathered in real time, and are not reliant on distant memory to demonstrate the good practice employed by the team.

Ask the question: Would you have done the same?

*Note: This article has been produced with the consent and involvement of the rescue team involved.*



The ICAR medical commission meeting was held in Italy. Combined with the International Society of Mountain Medicine, it brought together mountaineers, rescuers and doctors from around the world. There were some important messages from the day devoted to hypothermia.

❖ **The routine use of a vapour barrier inside the casualty bag** significantly improves insulation by minimising the heat lost to evaporation. The barrier can be simple bubble wrap or a plastic sheet placed around the patient inside the casualty bag. The quality of the casualty bag really matters in cold conditions.

❖ **After drop** (a persistent fall in temperature after you have insulated the casualty) is a significant process. It can result in stable casualty becoming sufficiently cold after rescue that they develop cardiac arrhythmias and collapse. Consider using chemical heat pads around the chest area and monitor all patients carefully during evacuation.

❖ **The gold standard of care for deeply hypothermic patients in cardiac arrest** includes the use extra corporal circulation rewarming. This is in keeping with the severe hypothermia guidelines presented in this magazine from the Lake District medical committee. MREW regions and teams should consider how these guidelines can be implemented locally.

❖ **Staging of hypothermia.** For basic mountain rescue the three stages of mild, moderate and severe remain adequate. To implement the correct treatment in the severe group casualty careers and health care professionals should use the Swiss Staging in order to differentiate between Stage three and four cases.

❖ There is growing consensus that **good quality CPR should be started early** on deeply hypothermic casualties who show no signs of life. More guidance will be provided on this topic during the year.

❖ There is good evidence that **hypothermia which occurs in trauma is associated with a significant increase in mortality.** This occurs at levels of hypothermia which we would regard as mild or moderate when the cause is only environmental. Therefore we should make temperature management an important priority of all trauma management on the mountains.

**The tragic events of the Everest ice fall avalanche, which happened on Good Friday, were described in detail at the conference.**

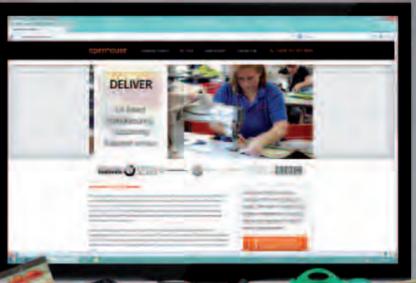
This season, Everest ER was manned by a British and Nepalese doctors. They achieved remarkable results of organisation and high standards of care in the ER tent at Base Camp.

This mass casualty event reminds us that we need to prepare and train in advance for such rare but devastating events. In the mountains, a mass casualty event may have as few as three or four patients because these numbers can overwhelm our resources. We need clear command and control, good communication, and to modify the approach to medical care. Triage should be used to make best use of the available resources. This requires clear and experienced decision making on site.

This sad event reminds us that our mountaineering adventures are special because of the mountains and the people with whom we share the experience. The Sherpa community has lost many sons, brothers, fathers and friends and we should pause and remember the human consequence of climbing. They were carrying loads through the ice fall and helping the expedition climbers. We must not forget that in helping others in the mountains our first priority in casualty care is the safety of ourselves and others.

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as well as trauma emergencies and incident management. Those who successfully complete the course are awarded a certificate by the Royal College of Surgeons in Edinburgh. **Our next PhEC course is being held at the Daventry Court Hotel, Daventry on 5-7 September.** We also hold an annual conference, open to everyone, to discuss the latest developments in Pre-hospital Care. **This year's conference theme is Interagency Cooperation, also in Daventry, on 10-11 October.** We will look at interaction between the emergency services and BASICS practitioners, and other models of care. We will also have demonstrations of rescue techniques, a student programme run by the Faculty of Pre-hospital Care, Table Top Exercises, and host of other topics.

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In late 2012, mountain rescue team members were invited to participate in a research study investigating predictors of post-traumatic stress disorder (PTSD). This is a mental health problem which some people may develop after experiencing trauma.

A traumatic event has been defined as one where a person is directly or indirectly exposed to a situation involving the potential or actual death, serious injury or compromised physical integrity of the self or others [1].

### SYMPTOMS OF PTSD INCLUDE:

- **Involuntary re-experiencing of the event** eg. as recurrent memories, flashbacks or nightmares
- **Altered beliefs** eg. persistent negative expectations about oneself or the world
- **Altered emotions** eg. persistent fear, anger, guilt
- **Hyperarousal** eg. irritability, exaggerated startle response, poor concentration
- **Avoidance** of trauma-related thoughts, feelings or external reminders such as situations or places.

Although most people will experience at least one traumatic event in their life, the psychological impact diminishes over time for the majority. The diagnosis of PTSD is only made where symptoms are still problematic more than a month after the event, causing significant distress or impaired functioning. Less than 10% of the population are thought to be affected in this way in their lifetime [2].

It is known that some groups of people (eg. emergency services, military and search and rescue personnel) are more frequently exposed to traumatic events than the general population and may be at increased risk of developing PTSD [3,4,5]. When I was planning this research (as part of a doctorate in clinical psychology at Staffordshire University), seeking the involvement of one of these groups therefore seemed important. My partner has been with mountain rescue for several years and I was

delighted when the organisation agreed to distribute an invitation to team members to participate in the study.

There have been repeated attempts to devise interventions to prevent people from developing PTSD after a traumatic event. Unfortunately, while these have helped some people, others have been adversely affected and actually reported increased PTSD symptoms and, because of this, it is recommended preventative interventions should only be offered to those individuals who are most likely to experience difficulties [6,7]. This clearly requires a greater understanding of the factors that enable some people to adjust to trauma more easily than others, to help identify those who would be likely to benefit from preventative input. Research suggests that these factors can be categorised as:—

- **Characteristics of the event** eg. degree of threat to life
- **Individual factors** eg. previous exposure to trauma and mental health problems
- **Psychosocial** processes operating during and after the event eg. emotional responses, coping style and social support.

Although these are all important, the psychosocial factors are thought to be the strongest predictors of PTSD. Previous research suggests that people with certain coping styles and greater social support are less likely

to develop PTSD after a traumatic event than others [8,9,10]. Some studies have found an association between higher emotional intelligence (the way people experience, recognise, use and manage emotions) and reduced PTSD symptoms [eg.11,12]. However, as emotional intelligence has been linked with effective coping styles [13] and more robust social support [14], it is not clear whether emotional intelligence in itself predicts PTSD, or only through its effect on social support and ways of coping.

The research conducted with mountain rescue team members measured emotional intelligence, coping style, and social support, along with levels of PTSD symptoms. Emotional intelligence and social support were not related to PTSD. The main factor predicting increased symptom levels was a maladaptive coping style. Maladaptive coping includes the following strategies:—

- Alcohol/substance misuse
- Denial
- Venting
- Self-distraction
- Behavioural disengagement
- Self-blame.

Only a small proportion of those who completed the questionnaires reported significant levels of PTSD symptoms. This could be because PTSD is generally associated with avoidance of trauma-related stimuli, so those experiencing problems might have been less likely to choose to participate in the research. However, it was

also noted that on the whole, team members tended to use more adaptive (helpful) coping strategies. These include:—

- Active coping
- Planning
- Positive reframing
- Acceptance
- Humour
- Religion
- Accessing emotional support
- Accessing practical support.

It is therefore possible that the low levels of difficulties reported reflect a widespread tendency to use the more helpful strategies to cope with traumatic events. Avoidance of trauma-related thoughts, feelings and external reminders can prevent the event from being processed psychologically. This type of processing is thought to have a fundamental role in enabling people to adjust to and move on from their experience. The maladaptive coping strategies are those which emphasise trying to block out what has happened, rather than accept and come to terms with it.

The main conclusion drawn from this research is that individual differences in coping style, rather than emotional intelligence or social support, may be the most useful focus when trying to identify those people who are most likely to encounter difficulties following a traumatic event. Maintaining an adaptive, positive coping style in the aftermath of a particularly distressing experience may be more easily said than done. Further information about PTSD and

how to access support for trauma-related difficulties is available from a range of sources including your GP, the Samaritans (samaritans.org.uk) NHS Direct (nhsdirect.nhs.uk) and Mind (mind.org.uk).

May I take this opportunity to thank team members for their support and participation in this research. If you would like further information, please contact me by email: jennifer.kelly@derbyshcft.nhs.uk.

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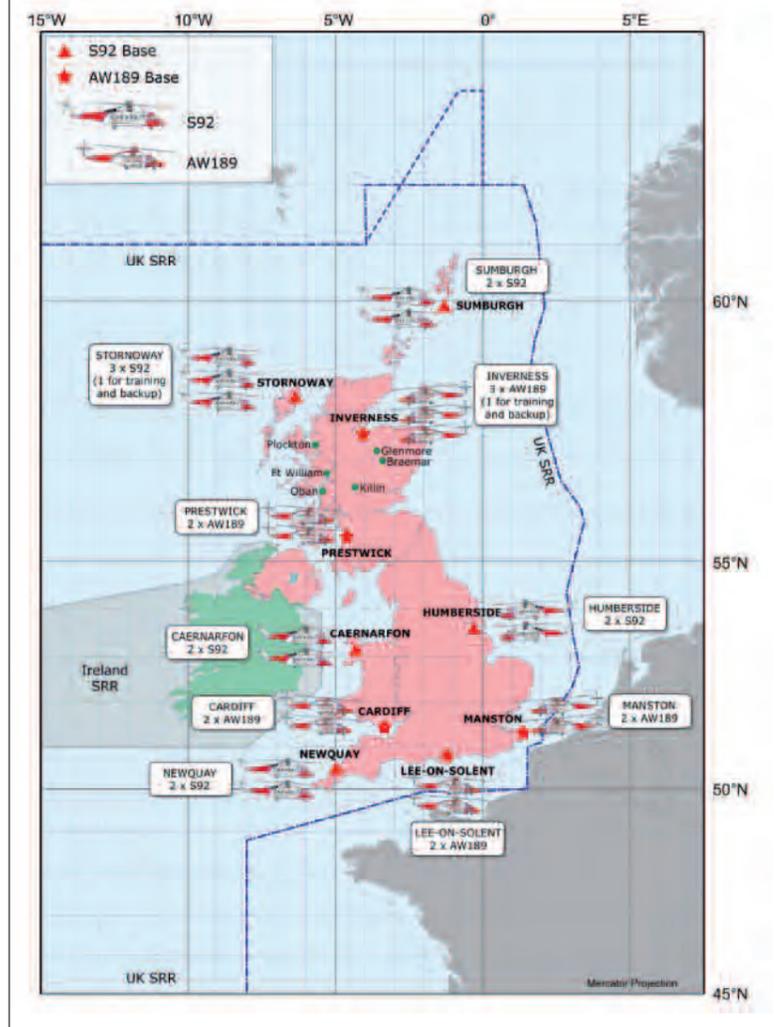
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# NEW SAR-H HELICOPTER PROVISION BRIEFING SUMMARY: SAR VOLUNTEER FOCUS\*

## NEW BASE LOCATIONS



## BASE TRANSITIONING AND AIRCRAFT TYPES

Current Base	Future Base	Aircraft Type	Transition Date
Lossmouth	Inverness	AW189 x 3	April 2015
Leconfield	Humberside	S92 x 2	April 2015
Valley	Caernarfon	S92 x 2	July 2015
Wattisham	Manston	AW189 x 2	July 2015
Chivenor	Cardiff St Athan	AW189 x 2	October 2015
Prestwick (Gannet)	Prestwick	AW189 x 2	January 2016
Culdrose	Newquay	S92 x 2	January 2016
Sumburgh	Sumburgh	S92 x 2	April 2017
Lee-on-Solent	Lee-on-Solent	AW189 x 2	April 2017
Stornoway	Stornoway	S92 x 3	July 2017

During the UKSAR Operators meetings in July 2013, Damien Oliver (UK SAR Helicopter Programme and Change Manager) presented an overview of the state of the SAR-H project. Last year, a roadshow around the UK helped to introduce the project and key people. Subsequently, the Mountain Rescue SAR-H Steering Group comprising the MCA, MREW, Scottish MR and Bristow met on 20 May to formulate the framework for the migration to a civilianised SAR-H model. **John Hulse** provides an update.

\* This note is intended to provide a top level update to team members on the state of the project and is an updated version of the article previously published in October 2013. Further details of the Steering Group meeting can be found on page 12.



## AVAILABILITY AND COMMAND & CONTROL

- The new helicopters will all be operated by Bristow and marked in MCA livery.
- No decision has been taken on the future location of the ARCC. It will remain at Kinloss Barracks for the time being but its future location is a matter for Government ministers. Regardless of location, all tasking will remain the responsibility of the ARCC.
- The new base locations and new aircraft are intended to reduce the average flight time from 23 minutes to 19 minutes for SAR responses.

The AW189 SAR certification is in progress

and mountain rescue will be actively involved in the process of working with Bristow in learning how to get the best from the airframe in mountain operations.

## S92 HELICOPTER CAPABILITY

- The aircraft will carry eleven passengers plus two stretchers.
- The aircraft has an extended range of 250nm with 30mins on scene and then return.
- The aircraft will have a single internal cabin fuel tank in addition to the standard external fuel tanks
- Cruising speed is 145 knots and maximum speed 165 knots.



## AW189 HELICOPTER CAPABILITY

- The aircraft will carry six passengers plus two stretchers.
- The aircraft has a range of 190nm with 30mins on scene and then return.
- Cruising speed is 145 knots and maximum speed 169 knots.

## WINCH CAPABILITY

- There is dual winch capability in both new S92 and AW189 helicopter types using the same fit as the current S92 aircraft. The winch characteristics are:—
- Aircraft hoists have cable lengths of 290 feet with no restrictions on minimum length.
- The hoists can run continuously at a cycle of

## WEIGHT LIMITS

300lbs out and 600lbs in until the cabin capacity is reached.

## AIRCRAFT FIT

The contract included assumptions made for a typical MRT group to be flown, based on a team of six people each weighing at 80kg, plus 25kg for hill bags, hill bag dimensions being 0.6m x 0.35m x 0.3m. Additional rescue kit characteristics which may or may not be in the same lift:—

- One stretcher at 25kg with dimensions of 1.2m x 0.6m x 0.4m.
- Four rope bags at 10kg per bag, dimensions 0.6m x 0.3m.
- One crag bag at 15kg, dimensions 0.6m x 0.3m.

## SAR-H CREWS

The new aircraft are fully NVG-capable. The new radios will have a better set of scan controls than the Sea Kings and also have Airwave access.

Approx two-thirds of the new SAR-H aircraft crews will be ex-military personnel and Bristow have now completed most of the recruitment under the MoD Managed Transition process. Several Chief Pilots have been appointed.

## TRAINING PROVISION

- The CAA will regulate SAR training according to its own published guidance contained within CAP999. It is not anticipated that there will be any sort of capability gap for SAR training under

SAR H. See document CAP999 in reference 4 below.

- The provision of training for SAR teams in 2014 is being measured by the MoD and this will be assessed and used to help formulate future training.
- Existing Coastguard SAR helicopters currently operate with less training hours than their military counterparts. This model is said to have been successful and has formed the basis for the contract.
- Each flight/base will operate with 50 hours per month which is less than in a military environment. The 50 hours is inclusive of transit times. No real metrics are currently available for volunteer access to RAF helicopters — this will be a point for discussion.
- It is recognised that there will be an assimilation period during the introduction of the new aircraft where more training time is required, but planning is still underway and we are very actively working on this matter.

It is thought that Bristows will be more deterministic in availability of training for SAR teams. In other words, their aircraft are assumed to be more reliable than the RAF so we are more likely to have training commitments honoured.

My view is that there is more work required on the volunteer context for SAR-H. The UKSAR Operators meeting was assured that performance aspects of the SAR-H contract will be under close review, however, it is absolutely clear that we will need to work cohesively at national rather than team or regional level to make progress. ■

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The SAR-H migration is now a standing item at the UKSAR

Operators and Volunteers Group meetings in Southampton.

RAF MRS teams report that the downdraught from the S92 is significantly worse than that of the Sea King. As a consequence, all MRS team members carry protective glasses for use when working with the S92.

## SUMMARY

Reports from some of the Scottish teams about the current Bristow helicopter service levels are generally favourable. It is clear that the Bristows delivery will be in a different framework and style than the RAF helicopters, however, the overall response will be closely monitored and that should work to our advantage providing we can clearly evidence any assertions and/or requests.

My view is that there is more work required on the volunteer context for SAR-H. The UKSAR Operators meeting was assured that performance aspects of the SAR-H contract will be under close review, however, it is absolutely clear that we will need to work cohesively at national rather than team or regional level to make progress. ■

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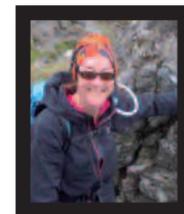
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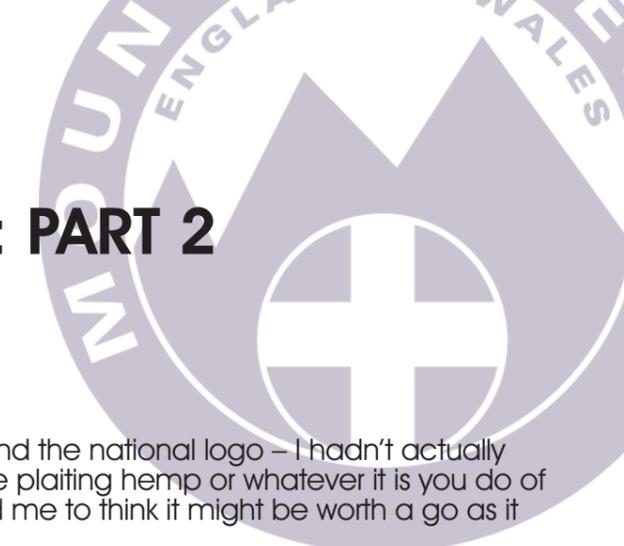
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## BRAND GUIDELINES: PART 2

**JUDY WHITESIDE** EDITOR

EDITOR@MOUNTAIN.RESCUE.ORG.UK



Apologies for this, another piece about brand guidelines and the national logo – I hadn't actually intended to write a 'part two', and I know you'd all rather be plaiting hemp or whatever it is you do of an evening down at base, but one enquiry in particular led me to think it might be worth a go as it raised some interesting points.

Al Pewsey (who is happy for me to recount his email here) admitted to being more than a little confused:

*'I read your article on brand guidelines in the [Spring] mag with interest having just gone through a lot of brand pain recently in getting some logo'd PR material made and I had a few questions as I find the whole area completely confusing.*

*'I couldn't find any brand guidelines when I looked on the website a few months ago. I note in your article it says they are under Publications so I have looked again and I still can't find them. Can you point me in the right direction?*

*'The link I assume you mean is [www.mountain.rescue.org.uk/publications/](http://www.mountain.rescue.org.uk/publications/). This area seems to be more about selling books than information-based publications for teams? Apologies if I am looking in the wrong place.*

*'I found the article a little confusing, sorry. I'm not a brand expert so this is all new to me. When would you use a spot colour (not sure what spot colour means) version as opposed to a CMYK version? We have the logo in jpeg format and you mention RGB as well as the two other formats above. So why would you use an RGB jpeg instead of the full CMYK jpeg image on a website for instance?*

*'One thing I was asked by the companies who printed our logos recently on a gazebo was they needed vector files. I was sent the MR roundel vector file by Andy but do you have versions of our team logos in 'ai' versions too?'*

Ending with a smiley (so still friends), Al hoped I could clear 'the branding cloud I find myself lost in!'

Well, not wishing to banish anyone to an eternal branding cloud, I tackled Al's questions in what can only be described as a lengthy email explanation. And here it is for you, should the hemp now all be plaited and you find yourself with a moment to spare.

Firstly, when I referred to finding

something in 'Publications', I meant in Resources in the Members area, not the public side, and the file was (is) definitely there. Sign in, then go to [www.mountain.rescue.org.uk/mrew-members-area/resources/publications](http://www.mountain.rescue.org.uk/mrew-members-area/resources/publications) — it's about halfway down the list, entitled 'MREW Corporate Guidelines (2009)'.

I generally also advise people that we have a good search facility on the site. If you type 'corporate guidelines' into the search box, the file would come up — or so I thought. Having tested this out, as I write, it seems you do have to be signed in as a member for the search to show it to you. If you're not, it doesn't appear — which I'm quite pleased about in one respect. However, it does mean you have to be registered as a member and remember to sign in before searching for anything that might be members-only. A learning curve for me too here!

Al was indeed correct about the public side of publications containing nothing more than books. To resolve the confusion, I have now renamed that folder as 'Books' (simples!). So thanks Al, for making me aware of this. And now for the techie bit — hang on to your hats!

### SPOT COLOUR

In offset printing, a spot colour is any colour generated by an ink (pure or mixed) that is printed using a single run. CMYK printing is essentially four runs of four 'spot' colours: Cyan, Magenta, Yellow and Key (black), commonly referred to as CMYK.

Spot colours are generally specified as Pantone numbers — hence the 032 (red) and 072 (blue) references for the MREW logo. Some versions of the logo (for example on the MREW business cards and letterheads) will be printed in two passes, termed 'two colour print'. Hence you specify to the printer the two spot colours.

Every spot colour has its own lithographic film and all the areas of

the same spot colour are printed using the same film.

### CMYK

CMYK is a 'subtractive colour model' which mixes a limited set of inks to create a wider range of colours. The process begins with white and ends with black: as colours are added, the shade gets darker. CMYK is specified when we print something like the magazine.

### RGB

RGB is an 'additive colour model.' The colours we see on a computer screen are created with light using the additive colour method. This begins with black and ends with white — as more colour is added, the result becomes lighter. The RGB colours are the percentages of red, green and blue light (hence RGB) required to generate colour on a computer screen. (The same principle applies if you're lighting a theatre stage — red, blue and green lights would create a white spotlight.)

So if we're putting something on a website it would be rendered in RGB not CMYK. You may be able to upload a CMYK image but the computer will only 'see' it in RGB (indeed some programs will not work with/recognise CMYK images).

RGB files also tend to be smaller files — preferable when you're building pages that you want to load reasonably quickly. The bigger the file, the longer it will take to load a page.

When I'm putting the mag artwork together, I change all the images from RGB to CMYK (even though the computer technically only sees them as RGB!!) so that when I send the artwork to print, the technology at their end is capable of breaking down my artwork into the four component colours. (Although techie pedants out there might point out that, with modern print technology, this is no longer strictly necessary.)

### VECTOR FILES

Vector files are created in programs like Illustrator and are capable of repro at any size, without loss of definition, whereas jpegs and tiffs etc are fixed pixel files so you are limited on the size you can print them at without losing resolution/definition. Vectors are basically mathematical formulae. And yes, we do have vector files of all the team logos, in both .eps and .ai format.

So there we have it. As Al's response to this admitted, 'it is a very confusing world that's for sure.' But it needn't be. Agreed, not everyone is a design and print buff (thank goodness) so my advice would be, if you're commissioning something which requires a logo, ask the printer for his/her advice. They should be able to explain to you exactly what format they require something in (spot, CMYK, RGB, vector, ai file, whatever). Then all you need to do is email me, or Andy Simpson, as Al did, and tell us what you've been asked for. We have ALL the team logos (MREW versions) on file in all the formats — and the MREW supporter logo too.

On a positive note, we probably had more feedback from that one article than any other we've recently published, which suggests you are all much more 'brand' aware and keen to get things right. Which means we're all working together to the same end. A couple of teams with logos which fell outside the guidelines have expressed an intention to now produce a new, more individual team logo for themselves, to run alongside the MREW roundel. All great news.

I do intend to update the MREW guidelines document — I think it's finally worked its way to the top of the to-do pile — and that will be uploaded in due course. In the meantime, the old one, it's worth repeating, is still there, in the Members area of the website, under Publications. ■

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Mountain rescue was a very early adopter of search management in the UK, with an initial five-day Managing the Search Operations course being run in the early 1980s, delivered by Rick LaValla and Skip Stoffle, with MR involvement in the delivery of the courses. Al Read, MREW Training Officer, outlines a vision for the future.

## SEARCHING FOR THE FUTURE

Since then, the courses available to MR team members have developed further and now include Search Field Skills as well as the current version of the five-day course, the MREW Search Planning and Management course, which is recognised internationally as being a leading course with participants from the many teams and countries attending it over the years. Search is a difficult operation if we plan only over the short term and hope to find. We need to be planning as if we will fail to find and provide practical answers to the questions of what will we be doing in 12, 24, 48 and 72 hours, as well as applying practical skills in the field to find the missing person(s). It is perhaps time we look at the delivery of search training and how we develop and maintain the range of knowledge, skills and abilities to deal with search. Many incidents have a search component to them but they do not always develop into a formal search. The incidents that are searches do not always develop into an extended duration operation but it is difficult to anticipate those that will. The technology to support search has also moved on. Digital data, GPS and programs like SARMAN place an additional level of knowledge required by all who respond to searches. In 2012, the outline content of a Search Management Foundation course was developed, but there is still a need to update the methods of instructions as well as maintaining the value associated with the learning outcomes. The search for April Jones highlighted that we can still be involved in major incidents and our understanding of

incident management and command systems needs to develop to support the major incident where search is the key operation.

**A SEARCH SKILLS TRAINING FRAMEWORK**

Search is a key part of the capability of a mountain rescue team member. The National Training Guidelines for Team Member and Party Leader include 'search' in the skills required. Developing a framework of knowledge and skills for search needs to build on the current position of search within mountain rescue, but also reflect a more modern approach to the development of people to support the operations. The proposed framework should offer a progression for participants from introductory levels to more advanced search management roles.

**MODULE 1 SEARCH AWARENESS**

The Search Awareness module is aimed at providing a core level of knowledge and skills that introduces the roles, responsibilities and activities associated with searches, it is underpinning knowledge for responders that meets the national guide lines for team members.

**MODULE 2 SEARCH RESPONDER**

Search responders require a range of skills to be effective in the field as a searcher, as well as supporting the initial search management response. Team members that are clue aware and able to implement a range of search tactics, collect and manage search field information will help with the management of searches and be able to respond appropriately to the range of

search related activities expected.

**MODULE 3 FOUNDATION SEARCH MANAGER**

This is based on the work done in 2012 to develop the course outline and aims to provide participants with knowledge and skills to effectively manage a search up to the end of the first operational period. It includes the development of understanding of what to do when an incident starts and exposes students to the practices, procedures and capabilities of responders required to provide an effective response, as well as prepare for a handover for a more formal search management process.

**MODULE 4 SEARCH SUPPORT TECHNICIAN**

With the increasing advanced of technology to help with the planning and management of searches and the wider support required to make them effective, this module aims to provide support to the search management teams by helping implement systems to assist with management of communication, resources and search data and information. It would augment any SARMAN training and help to make a better equipped search /incident management team.

**MODULE 5 SEARCH MANAGER**

The need to have a good understanding of search theory and its application still remains, to ensure that effective search plans can be developed and implemented for longer or more complex searches. Aimed at search managers who've had some experience (eg. completing

and consolidating learning from the Foundation Search Manager course), and wish to develop the knowledge and skills required to manage complex or multi-phase searches.

**MODULE 6 SEARCH MANAGEMENT ADVISER**

A significant number of difficult and complex searches would benefit from the advice following a review by experienced search managers. In a difficult and complex environment, the provision of expertise and advice can be essential to moving a search forward. Search management advisers would be able to act as subject matter experts, providing advice to a range of organisations.

**ASSESSMENT**

Historically, MREW search courses have had little or no assessment of the abilities or competencies of participants but good practice would suggest this needs to change. Over the last few years, we have been developing and testing assessment questions on the current courses and evaluating different methods to assess student learning. The new modules would have an element of assessment with the amount required being related to the duration and operational significance of the module. Module 1 assessment would be more limited when compared to the Search Manager Module.

**MODULE VALIDITY**

It is common practice for courses to have a validity period and each module

# VARTA

CONSUMER BATTERIES

**PROUD TO POWER THE MOUNTAIN RESCUE**



## NEW HILL & MOUNTAIN SKILLS COURSES FOR NOVICE WALKERS

Mountain Training has launched a nationally accredited Hill & Mountain Skills Scheme, endorsed by Mountain Rescue England and Wales, for novice and improving hill walkers, aimed at equipping people with the basic knowledge and safety skills required to participate in hill and mountain walking in their own time. The courses are generally two to three days and run by approved providers in Wales, England and Scotland.

'Mountain Rescue England and Wales supports any initiatives that seek to develop the personal skills and self-reliance of hill and mountain walkers,' says Mike Margeson, MREW vice chairman. 'We are also confident that Mountain Training has an effective quality assurance system in place and courses will be delivered by experienced and approved providers.' The Hill Skills course is designed for hill walkers with little or no previous experience. It covers a practical understanding of the countryside and moorland environment, how to plan walks, familiarity with using maps, equipment, an understanding of the effects of weather and how to deal with emergencies. The Mountain Skills course is an ideal choice for walkers interested in transferring their walking skills to more mountainous terrain, including map and compass reading, mountain weather forecasting, movement through steep ground, planning and preparation, emergency procedures and the seasonal effects of the mountain environment. Walking has been identified as a great way to combat inactivity and is being promoted by various initiatives at the moment. Giving people an opportunity to equip themselves with the skills to explore the hills and mountains safely is a vital part of encouraging participation.

FOR FURTHER INFORMATION ABOUT THE COURSES OR TO FIND YOUR NEAREST PROVIDER, GO TO MOUNTAIN-TRAINING.ORG/WALKING/AWARDS/HILL-AND-MOUNTAIN-SKILLS.



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would have a validity period identified, with a reassessment required to revalidate the student, unless they gain a higher level module qualification. Typically the validity period would be between three to five years, combined with evidence of ongoing continuing development.

### WHERE DO WE GO FROM HERE?

The instructor cadre that is currently delivering the MREW search courses is developing module content and will look towards rolling out the delivery of the modules over the next year

or so. We also need to further widen the instructors group to help deliver materials. Some modules, or part of modules, could be delivered using online learning but some of the most effective learning occurs when people work together.

External accreditation of module content and delivery methods should also be considered. There is currently work being conducted at UKSAR level to look at search on a national basis to improve interoperability and it would be beneficial to align with any national standards that are developed. ■

## R-P-R EXCLUSIVE OFFER ON KESTREL WEATHER METERS FOR READERS

Richard Paul Russell Ltd (R-P-R), the official UK distributor for Kestrel Weather Meters, launches a special offer for the **Kestrel 4000** and **Kestrel 4500** to Mountain Rescue magazine readers.

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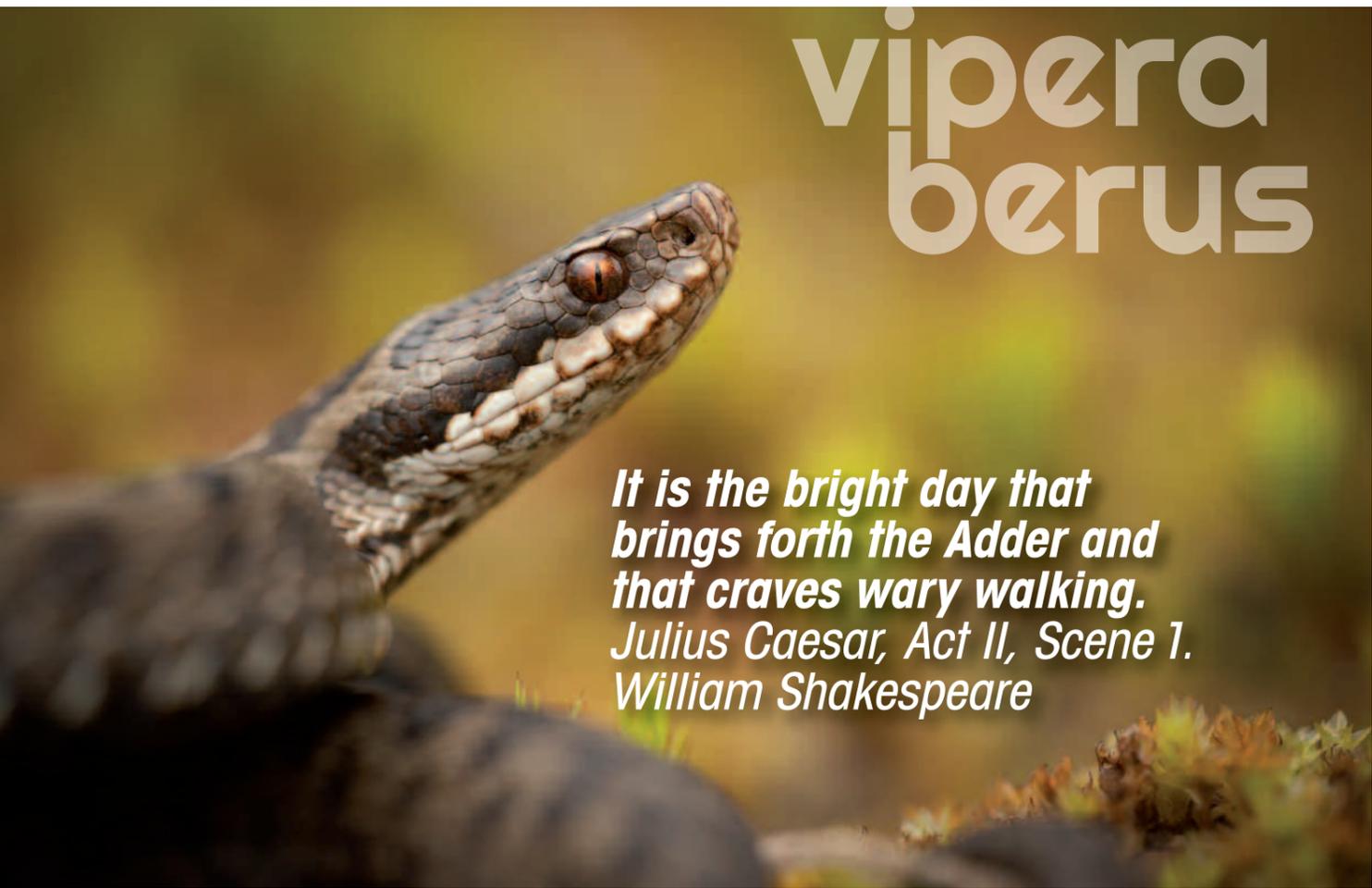
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# vipera berus

*It is the bright day that brings forth the Adder and that craves wary walking. Julius Caesar, Act II, Scene 1. William Shakespeare*

Viperus berus © Andrew Astbury, Dreamstime.

When I was struck by a British adder (Latin name: Vipera berus), whilst working on the west coast of Scotland late last summer, I felt relatively relaxed in the knowledge that few adults have died from their bites, and that I knew exactly what to do, having worked in areas abroad where there are multiple species of deadly venomous snakes. How wrong I was!

It was a typical strike: I had unwittingly placed my foot on a rock immediately next to the adder and it struck me in self-defence, after giving a short warning hiss. I instinctively moved backwards, alerted the rest of the party and looked for any other snakes nearby before I sat down and rolled up my gaiters and trouser leg, carefully examining my shin. The adder's fangs had not managed to penetrate through my outer garments (cotton trousers, waterproofs and gaiters), and thus I was saved

My fellow team members all proffered different advice:

- 'Lie still.'
- 'Apply a tourniquet.'
- 'Apply a compress to the bite wound.'

**None of the above is correct!**

We soon realised that not one of us, including me,

really knew what to do. When later I chatted with other mountain rescue colleagues, including paramedics and a GP, they too were equally unsure.



**LYLE BROTHERTON**  
INSTRUCTS ADVANCED SEARCH AND RESCUE NAVIGATION TO MOUNTAIN RESCUE TEAMS AND THE SPECIAL FORCES. HE IS AUTHOR OF THE ULTIMATE NAVIGATION MANUAL: ALL THE TECHNIQUES YOU NEED TO BECOME AN EXPERT NAVIGATOR.

## THE QUEST

This set me on a quest to find out more about these creatures, how frequently people are bitten, exactly what to do if you are bitten and how to treat a casualty with a suspected adder bite.

A quick Goggle search reveals that deaths from adder bites in Britain are

rare, there have been only fourteen known fatalities since 1876, the last a five-year-old child in 1975, and one near-fatal bite of a 39-year-old woman in Essex in

starting with the Health and Social Care Information Service for their Hospital Episode Statistics, to meeting some of the world experts in herpetology and

1998. Envenoming is most life threatening in children.

My next port of call was the UK Office for National Statistics to find out how many people are admitted to hospital each year with an adder bite. This was the beginning of my long journey through various government offices, from

the treatment of snake bites, including David Laloo, Professor of Tropical Medicine, Liverpool School of Tropical Medicine and David Warrell, Emeritus Professor of Tropical Medicine at the University of Oxford, world experts on snakes and the treatment of snake bites.

Last year, 122 people were treated for adder bites in Britain, yet this figure is deceptively low. For every strike an adder makes, only one in four strikes do the fangs penetrate the person's skin, so an estimated 500 people every year are bitten by adders in Britain. Add to this the unknown number of dogs, believed to be much higher, that are bitten every year. (The effects are more severe in dogs, as venom concentrations are higher than in humans because of their lower body weight.)

Dr Robert Harrison, Head of the Alistair Reid Venom Research Unit in Liverpool, world expert in antivenom and leader in the field of improved treatments of snakebite, informed me that the more worrying aspect of these bites is that of people who are bitten, the non-life threatening effects can be both severe and chronic, with symptoms that persist for up to nine months in 25 per cent of all victims!

I now knew that the humble British adder needs to be treated with much more respect.

## VIPERA BERUS

Vipera berus, the British Adder (aka the common adder and common viper) is Britain's only venomous native snake and it is found

on mainland Britain and some islands off the west coast of Scotland.

Their habitats are: chalky downs, rocky hillsides, moors, sandy heaths, meadows, rough commons, edges of woods, sunny glades and clearings, bushy slopes and hedgerows, dumps, coastal dunes, and stone quarries. They will venture into wetlands if dry ground is available nearby and thus may be found on the banks of streams, lakes and ponds.

The adder can usually be identified by dark diamond patterns, in the shape of a V or X, on its back, however, the colour pattern varies, ranging from very light-coloured specimens with small, incomplete, dark dorsal crossbars to entirely brown ones, which can make them easy to mistake for the harmless grass snake.

They are quite small (rarely more than 60cm in length, whereas grass snakes can be double this) and hibernate during the winter months, hence bites are only reported between February and October, peaking between June and August.

The adder is protected by the Wildlife and Countryside Act (1981). ■



Adders © Malene Thyssen.

## HOW TO PREVENT A BITE

- Local knowledge is foremost. Look out for warning notices on heaths and commons, and be generally aware adders might be about.
- Wear walking boots and long trousers and, ideally, gaiters (good advice for preventing ticks too).
- Never put your hand into a hole or crevice, for example between rocks. If you need to retrieve something, stand well back and use a stick to reach it.
- Never pick up a snake, even if you think it is harmless or appears dead.
- If you are very close to an adder, stand completely still for couple of minutes then back away very slowly. If you remain calm and still, the snake will depart without harming you.

## THE BITE

- For every four strikes, an adder will successfully break the skin of a person.
- For every ten bites (with fang punctures proving that the skin was penetrated) five will result in no envenomation (injection of venom) — the so-called 'dry bite' phenomenon.
- Half of bites are to people's hands, usually occurring when either putting a hand into a recess in rock or trying to pick an adder up.



5 MINS POST ENVENOMING 30 MINS POST ENVENOMING 60 MINS POST ENVENOMING © Mikkel Frederiksen.

## ENVENOMING

The earliest, most worrying and most distinctive features of British adder bite are fainting (*collapse and temporary loss of consciousness*) associated with symptoms suggesting allergy: itching skin, hives, wheezing, swelling of the lips and mouth. Specifically:—

### Local envenoming effects:

- ⊗ Immediate sharp pain is followed, usually within a few minutes but sometimes up to more than 30 minutes later, by a sensation of tingling and local swelling that spreads proximally.
- ⊗ Spreading pain, tenderness, inflammation and tender enlargement of regional lymph nodes are sometimes noticeable within hours.
- ⊗ Reddish lymphangitic lines and bruising appear, and the whole limb may become swollen and bruised within 24 hours with involvement of the trunk and, in children, the whole body.

### Systemic envenoming effects:

- ⊗ Dramatic anaphylactoid symptoms may appear within five minutes of the bite or may be delayed for many hours; ABCs must be continually monitored. These include nausea, retching, vomiting, abdominal colic, diarrhoea, incontinence of urine and faeces, sweating, fever, vasoconstriction, tachycardia, light-headedness, loss of consciousness, shock, angiooedema of the face, lips, gums, tongue, throat, and epiglottis, urticaria, and bronchospasm.
- ⊗ Hypotension is a most critical sign. It usually develops within two hours and may resolve spontaneously, persist, recur or progress fatally.
- ⊗ Bleeding from the gums and nose and into the lungs, gastrointestinal and genitourinary tracts, and serosal cavities and retroperitoneally can occur.
- ⊗ Fatal haemothorax, massive haematemesis and melaena, haematuria and intrauterine fetal death are rare tragedies.
- ⊗ Coma and seizures have been attributed to hypotension, cerebral oedema, hyponatraemia, hypoalbuminaemia, or hypoxaemia secondary to respiratory distress.
- ⊗ Cardiac arrest can occur.



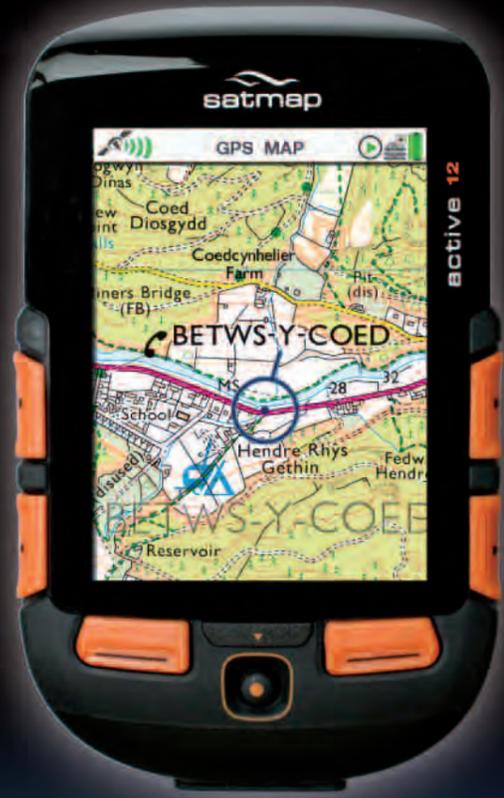
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# water



A national 'Water Strategy', published in May, sets out how the group hopes to guide water rescue capability within mountain rescue. Their aim is to reduce risk to the members and ensure members at all levels have access to all the necessary standards and guidance material and a means of sharing information. **Andy Lee**, MREW Water Officer, summarises the strategy here.

Since the 2007 floods, water safety has been high on our agenda. Sector experts from mountain rescue and other lead organisations were brought together to input and review the DEFRA Concept of Operations document.

Shown on the right are both the MR and DEFRA modules, produced with our involvement, which identify the standards required for all rescuers working near or in water.

During the initial production of the MREW water standards, the availability of qualified instructors, training venues, equipment and associated costs, as well as the training time involved for already highly committed volunteers was a huge factor. Five years have passed since the first draft and we now feel it's time to complete this piece of work and release standards for all relevant levels.

This comparison of MR and DEFRA standards has been simplified to help represent the correlation of standards. Currently, while most teams complete full module training with external agencies, some variations exist within written standards. We are keen to develop an option for regional approaches to their training and response capability, be this through LRF or as declared teams on the DEFRA asset register.

Over the past five years the Water group has developed a draft training syllabus for Module 2 Bank Team Training, also known as Margin Search. This year will see a review of these standards to ensure the DEFRA Module 2 is fully met and remove any uncertainties that exist.

MREW is committed to ensuring all members receive training in water awareness and to providing an option for Module 2 training (MR Bank/DEFRA First Responder). Various options have been reviewed and we now have a proposal for a trainer development programme to develop a self-sustaining capability.

Some teams, knowing their own risk

profile for the area they serve, will have identified the need to have members trained to Module 3 (MR Water Team or DEFRA Swiftwater Technician). A number of teams are keen to interact regarding water incidents with their local LFR or join the list of teams who currently sit on the national DEFRA Asset Register. The organisational priorities are being met and, while Module 3 training is not currently provided, we recognise the advantage of having members trained to this level.

Looking forward, once we've achieved the delivery of sustainable Module 2 training, we will move onto developing online training resources to support the maintenance of competence and help ease the limited training time available to teams.

Along with this will be clear online guidance for each level with a simple overview, a set of standards and finally options for delivery and maintenance to help guide teams and their members.

Careful financial planning is fundamental but the development of internal water trainers is set to save significant amounts of money at team level as well as provide local contacts and training at times which best suit the membership.

### EQUIPMENT

The need to provide advice and guidance on water equipment suitable for both training and operational deployment for a range of uses is key. As part of the strategy, we hope to provide nationally available resources along with the intention to increase national assets for training and large incident deployment at regional and national level.

We acknowledge that team equipment is not a national asset but, through the use of a water asset register and existing systems, it is envisaged an up-to-date picture can be maintained of MREW availability of water equipment assets.

### INCIDENT MANAGEMENT

The first Mountain Rescue Water Incident Manager course was delivered by Andy Lee, Al Read and Martin Bills in November 2012. In order to deliver relevant training to all who request it, we will offer an intermediate course with limited prerequisites and a qualification which is simpler to maintain.

It's also important to ensure a cohort of instructors exist to deliver this and that the right people are attending the course. MREW will support a regional approach to the availability of water incident managers.

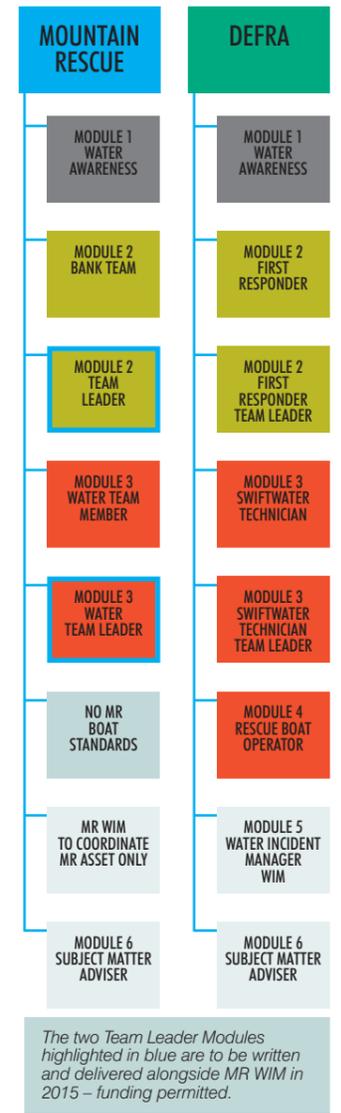
The Adviser role identified in 2011 will be reviewed, though this is a lower priority.

### COMMUNICATION

We recognise the need to increase the availability of information, expertise and communication to members, and that this is a two-way process. Besides the creation of a water resource centre on the website, we plan to provide a 'Water Who's Who' and also use the six-monthly meetings, the water conference, this magazine and, where information is safety-critical, the MREW National Bulletin to inform members. A feedback form has also been created, to be completed by the regional reps for the May/November meetings, to help inform decision making.

### RESEARCH AND DEVELOPMENT

There are many external organisations and experts we can engage with and we are currently leading a piece of work to provide official access to information for our teams with the Flood Forecasting Centre (FFC), looking at options to offer various methods of alerts and training so that this information is utilised to maximum effect. Work is also being undertaken in conjunction with the ICT team to provide information to teams from other



organisations who provide river and water data.

Many research and development projects are ongoing, with some clearly of a higher priority. This area is often seen as the first area to cut during times of financial challenge and these projects will very much be dependent on organisational priorities, the need to manage organisational risk, and the availability of funding and the volunteers necessary to support the work. We hope to maintain momentum and continue to make progress for the future MR response. ■

*A full version of the MREW water strategy is available to download from the Members area of the website.*

THE BMC TECHNICAL COMMITTEE INVESTIGATES REPORTS OF EQUIPMENT FAILURE AND PUBLISHES THE RESULTS IN THEIR TECHNICAL REPORTS. THESE RECENT FINDINGS WILL BE OF INTEREST TO MOUNTAIN RESCUE TEAMS AND INDIVIDUAL CLIMBERS ALIKE.



## BLACK DIAMOND BLIZZARD HARNESS: SNAPPED LEG LOOP INCIDENT REF. 03/11/E.WAR

This harness was sent to the BMC by a climbing wall. An indoor climber took a lead fall and a leg loop (right leg) failed (the user was not injured in the fall).

From general inspection, environmental or solvent degradation of the Black Diamond Blizzard harness is clear. The heavy fading of the belay loop suggests that the harness has been damaged by a solvent/acid and may have been left hanging to dry, which has accelerated degradation on the leg loops. The strength of the fibres near the failed section of the harness have been reduced due to the degradation, and resulted in a failure of tape (connecting the leg loop to the lower tying in point) in an indoor lead fall.

appearance of the BD Blizzard in general. Failure occurred close to the section that feeds to the lower part of the tying in point (shown circled in Figure 1 and Figure 2).

Similarly, there was evidence of damage in high stress concentration regions such as the aluminium buckle to adjust the leg loop length (Figure 4).

### INTRODUCTION

This harness was received from a wall manager at Dart Rock Climbing Centre. The user had been top roping with this harness, and had decided to lead a route at the end of the session. The climber slipped off after clipping the first bolt and was left hanging at a strange angle. The user assured the wall that the harness was stored correctly, and away from solvents etc.

It is assumed that as the climber did not hit the ground, that the fall factor was less than 1 and likely to be rather less than this. No further contact was possible with the user, so additional information was not available.



FIGURE 1



FIGURE 2

It is apparent that the stitching of the BD logo adds brand identity to the product, however, it does not necessarily provide even load distribution to the leg loop, see Figure 3. It is noted that uneven distribution of tensile load has not directly caused failure in this harness.



FIGURE 3



FIGURE 4

Discolouration of both sides of the leg loop does suggest that the connecting tape will have also been exposed to the damaging media eg. water, sweat, solvent, UV etc. (Figure 5 and Figure 6. This discolouration would give the indication that some kind of solvent attack has initiated or accelerated the aging of the harness (further UV damage).



FIGURE 5



FIGURE 6



FIGURE 7

Similarly, evidence of fading of the belay loop was observed — indicative of aging or UV damage (Figure 7).

Sample fibres were taken from the degraded side of the leg loop (Figure 8) and the undamaged side of the harness, termed reference (Figure 9).



FIGURE 8



FIGURE 9

### ANALYSIS

A range of tests and subsequent analysis, included optical microscopy, differential scanning calorimetry, FT-IR, reflection FT-IR spectra, attenuated total reflectance Infra-Red (ATR IR) spectra, processes of degradation in PA6 and single fibre tensile tests.

next page ►

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### DISCUSSION

From general inspection, environmental or solvent degradation of the BD Blizzard harness is clear. The heavy fading of the belay loop suggests that the harness has been damaged by an acidic solvent such as sulphuric acid (common in car batteries). The strength of the fibres near the failed section of the harness has been reduced.

A detailed analysis was conducted to better understand these degradation processes and gain an understanding of what analysis and testing may be useful in the future to study damaged polymer climbing and mountaineering equipment.

### RECOMMENDATIONS

Recommendation, as per normal practice, is to wash climbing equipment when using it near a sea atmosphere or where dirt or sand can penetrate the harness. Secondly, for longevity, the equipment should be kept clean, dry and away from harmful chemicals.

TO READ THE FULL TECHNICAL ANALYSIS OF THIS REPORT, GO TO [THEBMC.CO.UK/TECHNICAL-REPORTS](http://THEBMC.CO.UK/TECHNICAL-REPORTS) AND SEARCH FOR 'HARNESSES'.



## VIEWRANGER AN 'ESSENTIAL PART' OF SEARCH AND RESCUE

'It's mountain rescue without the mountain,' explains Kris Manning, reflecting on 27 years as a volunteer with Berkshire Lowland Search and Rescue (SEBEV)\*. Berkshire's flat and open downs and areas of dense population may be a far cry from Welsh peaks or the Lake District fells, but it is still vital for lowland search teams to know where they are at all times. Kris and his team benefit from using the ViewRanger mapping and navigation app.

Kris is chairman of the 60-member team. Formed 33 years ago, it is the UK's oldest lowland team, working closely with Thames Valley Police and typically dealing with around 50 call-outs a year. He has seen many changes during nearly three decades in search and rescue, including the adoption of GPS technologies and now ViewRanger.

The app works by combining the GPS functionality of a smartphone with ViewRanger's own tracking, navigation and location-sharing tools. Detailed maps can be downloaded and stored on the device for use even when there is no mobile phone signal. ViewRanger supports rescue teams worldwide by providing detailed topographic mapping to members of accredited mountain rescue and lowland search teams through its Voluntary Search and Rescue (VSAR) programme. More than 80% of the UK teams benefit from participation in VSAR and the mapping is an invaluable asset. 'Being able to use your own phone as an accurate GPS is brilliant,' says Kris. 'ViewRanger is very much appreciated'

Training on the use of ViewRanger is built into the eight-week training scheme for new volunteers at SEBEV. Entry-level search technicians learn how to use ViewRanger alongside traditional map and compass skills, alongside essential skills such as first aid, missing person behaviour and scenes of crime preservation. 'We use ViewRanger from the earliest stage of training,' explains Kris. 'It's the only navigation app we recommend. It complements the traditional navigation skills by allowing you to verify your position on the map. The BuddyBeacon is particularly useful as it allows team members to swap pin numbers and share their location to keep track of each other, even in the most trying of circumstances. And many of our members use ViewRanger to map their walks or cycles while they are enjoying the Berkshire countryside. For us, it's our first choice navigation tool.'

FOR MORE ABOUT VIEWRANGER, SEE [VIEWRANGER.COM](http://VIEWRANGER.COM).

\*Editor's note: For those confused, as I was, about the mismatched acronym SEBEV (pronounced sea-bev), a Google search reveals that the original name of the team was South East Berkshire Emergency Volunteers. This was dropped in 1994 and the team became known as SEBEV Search & Rescue (or sometimes by the media as Berkshire Search & Rescue). In 2011, however, the name changed again to Berkshire Lowland Search and Rescue (SEBEV).



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Answers to the wee brain teaser on page 52.

Figure 1: Neck Collar. Figure 2: KISU.  
Figure 3: Climbing harness. Figure 4: Top of strobe  
light. Figure 5: Roll Mat. Figure 6: Dry suit zip.  
Figure 7: Vacmat valve. Figure 8: Vacmat pump.

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