

mountain rescue

ISSN 1756-8749

£4.75



54 AUTUMN
2015



THE OFFICIAL MAGAZINE FOR MOUNTAIN AND CAVE RESCUE IN ENGLAND AND WALES



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WELCOME TO ISSUE 54

Mountain Rescue is the membership magazine for mountain and cave rescue in England and Wales.

EDITORIAL

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NEXT ISSUE ISSUE 55

Editorial Copy Deadline:
Friday 4 December 2015

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).

Cover story



Keswick MRT on a practice at Woden's Face, Borrowdale. It was the ideal opportunity for less experienced team members to get hands-on with a horizontal lower on what is quite a difficult semi-wooded, stepped cliff.
© Rob Grange & Keswick MRT.

PLEASE NOTE

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Word ^{first}

MIKE FRANCE



I finished my last 'First Word' by telling you about the forthcoming meeting of the regional chairs and by the time you read this I am hoping we will have had our second meeting. Judging by the feedback, the first meeting went well. We do need to engage with you better. I am listening and will look at your concerns.

One of the things I needed to sort out was the Major Incident Task Group (MITG), I have now met with Phil Benbow about this group and he has some aims to take this project forward.

At the AGM in May, I talked about changing the format of our main meeting. You may have read in Judy's 'Off the Record' that for the November meeting I plan to start at 10.00am with the main meeting in the lecture theatre. We will have things to inform you about but, when you register for the meeting an additional box on the form will enable you to ask a question. Dave Close will collate the questions received then, hopefully, we can have a 'question time' session which should give us a bit of debate and the management team a better understanding of what you would like to see happening. The morning will finish at 12.30pm, giving time for lunch and that all-important networking and the subcommittee meetings will start at 13.30pm. You can then finish when you are done instead of rushing these important meetings.

I have also talked to you in recent months about Charity Incorporated Organisations (CIOs). With the support of the trustees, we are hoping to present something to you for the November meeting to get agreement for us to take forward. I understand there are many teams looking at CIOs at the moment, it is a little more complicated for us as a national body having a separate trustee board. The CIO appears to have many things that will protect the charity but with our format there are some major disadvantages unless we change the current structure. Bill Whitehouse and I intend to meet in September to look at our constitution and how the relationship between BCRC and MREW is worded. I appreciate you will need the appropriate papers if we are going to debate this in November.

I hope you are aware that I represent MREW at the UKSAR meetings in Southampton. In my time of attending these meetings, I've become more aware of their importance. The people

who sit around the table are the people who influence change. Thinking we are okay, managing what we do locally, may work on the ground but without engaging fully with UKSAR, the powers that will influence change will have no idea of what our needs are, they may think they know but we need to sit there and educate them.

From the top down, the Strategic Committee is made up of government departments, the National Police Chief's Council (NPCC, what was ACPO), chief officers from the MCA and other statutory emergency services. Their role is to look at the frameworks, change policy, influence funding and request information about all these from the Operators Group. The Strategic Committee is the group that influences government understanding. I sit at the Operators Group alongside the other voluntary Land SAR organisations, the maritime and flood organisations and the statutory agencies. The working groups feed into this. I've had concerns that LandSAR has not made others aware of the financial pressures on us, as volunteers, given the volume of paperwork required.

I also attend the Volunteers Working Group. This is the forum in which we need to let people know our requirements. That information should work its way right up to the Strategic Committee and this is the only way they will have an understanding of our needs. There is no short cut to this. Mark Lewis chairs the Communications Working Group, Mike Greene sits at the Medical Working Group, John Hulse, Phil Benbow, Mike Park and Al Reed sit at the SAR-H Steering Group, giving us good representation to the LandSAR working groups. There is a huge expectation from the Strategic Committee that LandSAR works together but, historically, I don't think we have. I have asked Phil Benbow to be our link officer to ALSAR — we are both voluntary organisations with the same aims, just working in different terrains. Mike Margeson is our link to Scotland and Ireland, and Bill Whitehouse sits at our management meetings. If we can get our act together, the Strategic Committee will have to listen to us, doing our own thing and not communicating, keeps the maritime and water issues on the agenda — we only have to look where all the government money has gone in recent years. ●

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.

Soft stories that still do the job

After a few columns that have focused on the tougher aspects of working with the media, I thought something that looked at softer stories might make a change.

The idea came mainly from local experience. Patterdale and Cockermouth MRTs have had as much recent coverage in the monthly Cumbria Life magazine for duck races, Herdwick sheep attacks and comedian connections as for anything more incident-related. And the Penrith and Kirkby Stephen teams and their catering enterprises (bacon sarnie at Nan Bield Pass anyone?) and events have created media interest too.

Given that the coverage has been striking, usually accompanied by a photograph and just as likely to get a reader to look at each team's Facebook Page or website as the more conventional incident report, it's worth sharing some ideas.

Another way of working with magazines and more 'lifestyle' media is to look at their regular columns and features and supply the editor or a writer with something that would easily fit into the existing space. This is often particularly appreciated in time for January and summer issues of magazines when resources will be tight. Examples might be:

- **One to watch** — if you have a younger new member (just passed probation) who is doing a grand job and pulling his or her weight in the team, think about introducing them to a local magazine. The journalist will

probably need a bit of information on age, location, how MRT connection began, what they enjoy most, what they find hardest and their hopes for the future.

- **Christmas supplement** — most local newspapers produce Christmas shopping supplements in late November or early December and they usually need editorial to fit in between all the adverts. If you have some good, snowy photographs from training or if you have an online shop raising funds for the team, let the editor know some details and ask if you could contribute an article. Lots of people consider charity donations at this time of year so it should be worth a try.

- **Walking magazines** — walking magazines are often on the lookout for route ideas and, with added safety advice and a website link, a couple of team members could share their favourites, include a few striking images

and make the connection (again) to the team's website.

- **Unusual spots to read** — several of the outdoors media give a page to photographs of readers with the magazine in an unusual location or situation. If you're planning training near a bothy or a casualty crag rescue or even if a search 'body' would be happy to be photographed with the magazine while waiting to be found, why not take the picture and send it in?

These are just a few ideas — if you have others that are low on investment of time and effort but could be worthwhile, let me know via sally@stoneleighcomms.co.uk or the editor and we'll feature a few more in 2016. Thanks. ●



...PATTERDALE AND COCKERMOUTH HAVE HAD AS MUCH COVERAGE IN 'CUMBRIA LIFE' FOR DUCK RACES, HERDWICK SHEEP ATTACKS AND COMEDIAN CONNECTIONS AS FOR ANYTHING MORE INCIDENT-RELATED.



THE PRINCES' CHARITIES DAY SATURDAY 27 JUNE 2015: THE OGWEN VALLEY

This year's activity-packed day was hosted by the North Wales Mountain Rescue Association (NWMRA), with team members from NEWSAR, SARDA, Llanberis and Ogwen teams pitching in to give the visiting charities a day to remember. **Chris Lloyd** reports.

On the Friday afternoon, five youngsters and two staff from Centrepoint in Sunderland, five children from Child Bereavement and two families from WellChild arrived at The Towers near Capel Curig where, after supper, they were briefed about the workings of mountain rescue. The following morning, a fleet of team Land Rovers ferried the kids up to the London Craggs at Gwern Gof Isaf (aka Big Willy's campsite), where Llanberis and Ogwen team members were

busy rigging up. While this group set about their rock climbing and abseiling experiences, the vehicles returned to The Towers to collect the six children and four adults from A Place 2 Be in Burnley. Soon, these six children were on the crags too, impressing their supervisors and parents. At the Towers, the other three WellChild families had arrived and all the youngsters had a go at abseiling and the zip wire — including the wheelchair-bound. Meanwhile, members of

NEWSAR were setting up a small search exercise high in the shadow of Carnedd Llewelyn. The abseiling and rock climbing group returned to Oggie base for lunch, ready for a briefing by a police officer. Two men, he reported, had been descending Tryfan. Whilst in sight of the A5 road, one had slipped injuring his leg. The other man continued on to get help, but also had an accident. The team would have to go out to search

for the two men, treat them for their injuries, then carry them on stretchers off the mountain. During the briefing, a NEWSAR Land Rover escorted the WellChild families to Ffynnon Llugwy where they were told about searching. The police helicopter landed on and a SARDA dog demonstrated his impressive search and sniff skills. Back at base, the young search and rescue parties clambered aboard the Land Rovers. Soon, both men were located. Hand

meetings

MREW BUSINESS AND COMMITTEES

Places: 100
Saturday 21 November
Lancashire Police HQ, Hutton

MREW BUSINESS AND COMMITTEES

Places: 100
Saturday 21 May 2016
Lancashire Police HQ, Hutton

To book in, contact:
Dave Close
secretary@mountain.rescue.org.uk

Or speak to the relevant officer for your subcommittee — contact details available on the MREW website.



held flares (used under very close supervision) indicated the finds. As young voices transmitted details of injuries and treatments over the radio, the casualties were loaded onto stretchers and sledged and carried to Gwern Gof Uchaf. A Sea King 'tipped its wings' as it flew overhead, en route home from a mission. With everyone safely back at base, all that remained was food, speeches and goodie bags... then completely

unexpectedly, once again the hum of rotor blades as the new S92 landed briefly behind Oggie base — a hat trick of helicopters in one day! The sun shone that day in so many ways and team members could be satisfied that, through their hard work and humour, they'd put a smile on so many young faces.

Images © Judy Whiteside & Andy Harbach.



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30 What's on at the Medical Seminar: Programme 2015



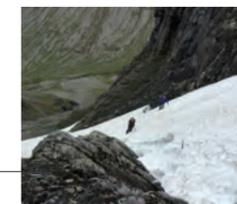
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what's in at a glance

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TEAMS: 14-25

INCIDENT STATS: 25

ROPE RESCUE: 26-29

CASCARE: 30-37

CAVES: 40-47

WEATHER: 48-49

TRUSTEES UPDATE

PAUL AMOS



The Trustee group is now over two years old and no longer 'new' so it is perhaps timely to provide an update on our work to date. The Board of Trustees was established to strengthen the governance arrangements within MREW, to help negotiate the legal and financial landscape and to help steer the charity into the future. Well, we have done our best to meet these expectations.

The first thing we did was get ourselves organised with a Code of Governance that provides a framework for the way we work. The Code describes how we do business and includes a Code of Conduct that reflects the requirements of the Nolan Committee on standards for service in public life. All trustees are required to sign up to this document.

We meet every three months and our agenda is designed to meet our legal duties as laid down by the Charity Commission to:

- Ensure your charity is carrying out its purposes for the public benefit
- Comply with your charity's governing document and the law
- Act in your charity's best interests
- Manage your charity's resources responsibly
- Act with reasonable care and skill
- Ensure your charity is accountable.

Most of the managerial work within MREW is carried out by the elected officers, and the wider management team, colloquially known as 'the Exec'. These activities are carried out under the direction of the chairman of the charity, Mike France and Mike is a key member of the Board of Trustees. He reports on management arrangements at each and every meeting including an assessment of the potential risks facing the charity as well as the financial performance. This is important as it enables the trustees to ensure that the charity remains accountable.

But this is only part of what we do. The Board of Trustees has been constructed to provide a range of skills and experience from within MREW and from the outside world in order to help 'manage the charity's resources responsibly'. Sometimes we produce policy and procedure documents to help strengthen management arrangements. At other times we carry out investigations and enquiries into new initiatives and we have taken direct action to help solve

difficult legal and contractual problems that present a significant risk to the charity.

Of course, for any trustee of any charity, the main duty is to be aware of all the forces that affect the organisation and use their experience to steer a way through. The Board of Trustees for MREW supports all our members and elected officers, we try to listen to what is being said within the charity as well as what is going on in the wider world. By acting as a critical friend, we can help develop the right strategy to take the charity forward. Many of you will be only too well aware of some of the challenges we face.

The current economic situation has influenced government policy on funding in a significant way. Regular mainstream central funding is a thing of the past for the foreseeable future. Initiatives such as the Libor funding are unpredictable and therefore not reliable. And yet the demands on our national charity continue to increase. In short, funding is now becoming a key issue: lobbying for funding requires resources.

And yet funding is only a part of the equation. We must decide what kind of charity we want in the future. Perhaps it is time to broaden the discussion, to build on the work of the Forward Planning Group, the Major Incident Group and others. We have proved that teams can benefit from a national, centralised support function and not just in a financial way. The policy work done in training, search management and water/flood rescue are examples of where national level engagement with key partners has brought benefits to local delivery. And this is not going to diminish. Many statutory bodies such as the police, ambulance, coastguard, fire service and health protection agencies, determine local policy through national level engagement, with you and your elected officers. Such activity requires a different mind-set and it needs resourcing. As volunteers, your elected officers strain to the limit to meet

these ever increasing demands. We must find a way to ease that burden.

Another 'force' is that of professional performance and compliance with safety standards. The recent work on peer review has been very positive. Teams are beginning to see that there may be benefits to highlighting areas of good practice as well as those that could be improved, but they also see the advantages of being able to demonstrate their professionalism and effectiveness in a recognised way and how this process might reduce their own organisational risks. Perhaps it is now time to consider whether MREW can help facilitate that even more, but again it will need people and cash to do so.

And finally, of course, we must consider our position within the wider voluntary SAR world. As we've already seen, MR can find itself in demand or needing to train away from its normal area of operation working with other statutory authorities and SAR organisations and where the police may not have primacy or may not be the lead agency. As full time and volunteer resources become stretched because of funding limitations or availability, so UKSAR has to become an even more cohesive, collaborative and cooperative entity in which MR can play a prominent role but, once again, this takes effort, people and time.

These are just a few of the challenges the trustees are trying to help the charity steer a way through. We are committed to our charity, we fully support the work of the elected officers and of Mike France, we will always listen to the views of all our members and seek to do what is right for the charity.

The trustees are keen to get out and meet as many of you as we can. I would be really interested if you think this would be useful — or even if you would like to invite one of us to visit your team or region. Please feel free to get in touch via paul.amos@mountain.rescue.org.uk. ●



Images © Mark Lewis.

POLO MATCH BENEFITS MOUNTAIN RESCUE

Polo was on the agenda again in June, when Mountain Rescue England and Wales was selected as one of the beneficiaries at the Beaufort Charity Polo Day. Mark Lewis (ICT Officer), Dave Close (Secretary) and Penny Brockman (Financial director) travelled to Gloucestershire to represent us and join in the fun — and they were in good company, with the Irish Guards Appeal and the Household Cavalry Operational Fund also benefiting from the day — and Catherine, Duchess of Cambridge, and two-year-old son George also amongst spectators.

The day proved as entertaining as ever, with the Duke of Cambridge and Prince Harry taking opposite sides in the match, part of the Gloucestershire Festival of Polo. The action-packed game saw the Royal Salute team, including Prince Harry, fighting against the Piaget team, including our Royal patron, the Duke of Cambridge. In front of an enthusiastic crowd, the match was at four goals each in the final chukka but, in the closing seconds, Prince Harry scored the winning goal. 'We were very well looked after,' said Dave. 'The auction to raise funds for the charities was brisk, with a substantial amount raised for which we are extremely grateful.' So, once again, thank you to our patron and to the Beaufort Club for their hospitality and the donation.

TRAINING UPDATE: AL READ

This year we've been able to use grant money to assist with the provision of national training courses, more widely spread across England and Wales. This also includes the Libor funding grant that is supporting most of the cost associated with the 4x4 Off Road instructor courses. We have to support our financial director with all the paperwork that goes behind the courses so it has meant a tight window to run the courses and they have been pushed into the later part



of the year. For 2016, the Libor funding process has been revised in a number of areas and, hopefully, the training committee will be able to offer more courses to team members. The Libor grant focus starts in September but we will not know about allocations until March 2016 at the earliest. This timeframe has meant a significant compression of the available training schedules unless we can react quickly to the notification.

From a UKSAR level, multi-agency training is increasingly highlighted as a method to improve capability and maximise the value of any funding put forward to support training. We have to be careful that the training meets our needs as

mountain rescue teams but there is a lot of baseline commonality between most UKSAR organisations. Sharing training will improve interoperability and build awareness of what we are good at and continue to help the casualty get the best possible outcomes.

The SAR-H migration training is an example of this and the initial online helicopter training we have undergone is also being used in other areas (but not everyone needs what we do). The new AW139/AW189 training videos have now been completed and will be on iSAR shortly. We've had a tremendous level of success, with team members completing the iSAR training — some teams have achieved 100% completion rate. From an operational perspective the new S92 aircraft have already been busy with many teams and we are starting to learn operational lessons as well.

The training subcommittee and a number of officers are currently piloting the use of Moodle to help with internal communications and structured information storage. The intention is to make further use of it to help with course delivery. The new format Search Planning and Management courses will make extensive use of the system to help with pre-course learning and some assessment. We're looking at developing the Moodle support capability with MREW so that course content development and management can be provided.

PEER REVIEW GETS UNDERWAY

MIKE MARGESON

An interview panel consisting of Phil Benbow (North Wales chairman) Peter Bell (MREW president) David Close (MREW secretary) and myself (MREW vice-chairman, leading on operations) have appointed Tim Cain as the peer review project coordinator.

There was a very strong field and the four shortlisted candidates gave the interview panel a challenging day. Tim, who will probably be known to many of you, has a background in training and education at a high level, complemented with extensive and current MR operational experience and knowledge. He is keen to get started with the project and Bowland Pennine team have asked to be first on the list.

Tim will be reporting on progress in future magazines, as teams taking part will write and comment on the process to the wider MR community themselves. However, team members are requesting information on how this is all going to work and what the model for the process has been. So I thought I would try to make this clear. It is, however, not set in stone and I am sure that Tim, and others committed and involved in the review process, will be helping develop and improve it as it progresses.

I guess the myths and disinformation need clearing up first. Firstly, this is not a process for standardisation or comparing one team against another. The team will have ownership of their review and all information from the report made by the review team. What is released and how is up to the team concerned entirely. The team will choose the two reviewers working alongside Tim, who will coordinate the process, themselves. We have a list of volunteers and if the team do not wish to choose anybody from the list they can put forward their own representatives.

The process will involve the following:—

- Firstly, a visit to the team by Tim to agree the process, present a questionnaire and agree on preparation work for the review, and agree other review team members.
- Review weekend to include discussion with a wide range of team members, to include observation of a training exercise and to examine systems, admin and team process.
- Coordination of reviewer's observations and production of draft feedback document.
- Visit to team to feed back findings, and discuss and agree a final review summary. This meeting is also to agree any executive summary the team would be happy to circulate to MR as a whole or not. We have



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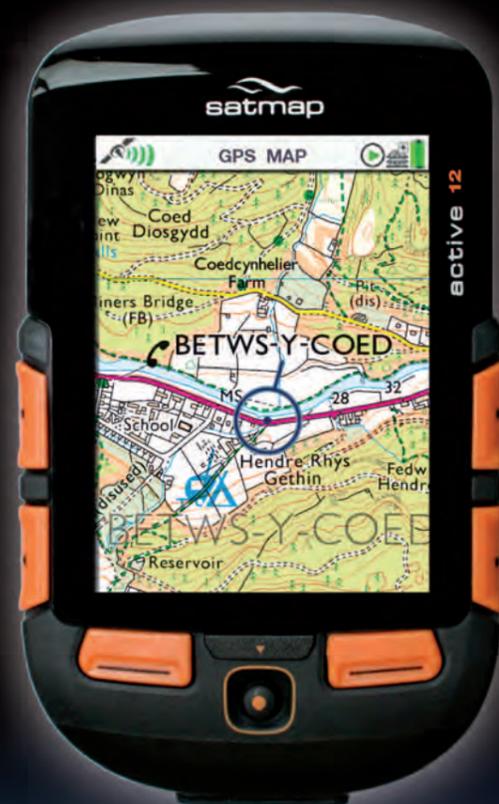
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four or five teams who have registered interest in taking part in the review process. If any other teams considering it, do get in touch or if you would like discuss

further any aspects please do contact either Tim Cain or myself — and read Tim's account of the process below.

PEER REVIEW COORDINATION

TIM CAIN



I'd just finished helping to get a casualty into the back of an ambulance when Mike Margeson called me to let me know I'd been successful in my application to lead the MREW Peer Review process. My first emotion was elation, followed quickly by sheer terror at the thought of standing in front of the MREW six-monthly meeting, to brief the assembled throng on a subject which I know has caused much debate, argument and consternation.

I immediately knew that if I am to generate trust, I must try to communicate how I'm going to approach the challenge of peer review. Here goes.

Firstly, I should clarify the objectives of the peer review process:

- To allow individual teams to gain greater self-awareness of their processes and procedures in order to enhance their own performance
- To share good practice widely across MREW and beyond
- To demonstrate that continuous improvement is embedded within the organisation's culture.

Peer review is not an audit, inspection, test or investigation of the subject team. Nor is it a comparison between teams for MREW. It is an opportunity, supported by mountain rescue peers, to 'have a mirror held up', so the team gets greater self-awareness of its ongoing learning and development. In essence, as MREW Medical Officer, Mike Greene puts it, 'a health check'.

Ownership of the peer review rests with the team. The reviewers are 'critical friends' in support of the team, using their extensive experience to ask coaching questions and suspending their personal judgement throughout the exercise. The team learns from the experience, drawing its own learning action points from the exercise for its own use. On

completion of the review, it is up to the team to decide if it wishes to feedback to MREW, perhaps highlighting any learning points it feels would benefit the wider organisation in the form of an executive summary and/or a piece in MR magazine. For its part, MREW has a record of which teams have undergone the health check which demonstrates the culture of quality assurance and continuous improvement across the organisation.

HOW WILL IT WORK?

I have produced a Peer Review Question Set, structured around seven key areas:—

- Standard operating procedures and process
- Equipment maintenance
- Operations teamwork and human factors
- Welfare and trauma risk management (TRiM)
- Technical rescue
- Casualty Care and medical standards
- Individual training.

WHAT'S THE METHOD?

- Team calls me for a review
- Initial visit to establish rapport, explain process and details (2-3 hours)
- Internal team review using question set
- Review team visit (2 days)
- Final feedback' visit (2-3 hours)

I will share the question set with the team during my initial

visit, where I have the opportunity to explain the process and hand over ownership to the team, including agreeing the review team composition from a national pool of volunteers. In addition to me, the review team will ideally include a team leader, a medical officer and an equipment/training officer. Apart from me, the team will be different people for each review, with the aim of spreading the culture of improvement widely.

Over the following period, of between one and three months, the team internally answers the questions and gathers any evidence it needs to expand their answers. Then the completed answers are sent to me for distribution to (only) the agreed review team who familiarise themselves.

At the next stage, the team invites the reviewers to visit, ideally for a weekend. Day one sees the reviewers meeting with the team officers to discuss the answers to the questions and asking challenging questions to provoke thought. Day two sees the review team observing a team exercise, where they have the opportunity to join the team in action and, importantly, talk to team members in order to reinforce their understanding of team processes and procedures, again provoking thought. The review team then finally meets with team officers for a 'hot washup', led by the team leader before departing.

Subsequently, I gather individual reviewer observations and put them together as written feedback for the team. This feedback is then discussed during my final visit. The final visit is intended to help the team confirm and agree their answers to the question set so that they can produce their own internal learning action plan. It is good practice for the team to produce a formal document, which it retains for its own reference, but which they can also use in the future, should they need to demonstrate their culture of continuous improvement and quality assurance.

It is worth stating here that the question set is a dynamic document. It will evolve as the process matures, based on individual team feedback. The question set forms the basis for an MREW culture of improvement. Teams are positively encouraged to contribute to this process so the peer review system improves as we move forward.

There is no formal or informal report to MREW. Production of any feedback to MREW is the decision of the team, as is any piece for MR magazine. Both are voluntary and intended to help us all to learn and develop. Part of my role is to support the team in producing such documents where the team chooses to do so. ●

How to get in touch with not just the officers and trustees but also some of the key specialist advisers who assist in running the organisation: producing the magazine, maximising PR opportunities, developing and maintaining SARCALL and securing insurance cover on your behalf.

who?

your management team



CHAIRMAN: MIKE FRANCE

chairman@mountain.rescue.org.uk
Represents mountain rescue with Government, the emergency services, other SAR organisations and The Princes' Charities Forum. A member of Woodhead MRT.



VICE CHAIRMAN: MIKE MARGESON

vice-chairman@mountain.rescue.org.uk
Works on operations and governance, supporting the officers in their roles. Currently developing a peer review process. Team leader of Duddon and Furness MRT.



ACTING SECRETARY: DAVE CLOSE

secretary@mountain.rescue.org.uk or assistant-secretary@mountain.rescue.org.uk
Dave has temporarily stepped into the secretary role, acting as an interface between teams, regions and the MREW management team. He is a member of Dartmoor SRT (Ashburton).



FINANCIAL DIRECTOR: PENNY BROCKMAN

treasurer@mountain.rescue.org.uk
Penny continues in the role in lieu of a new appointment. She manages MREW finances and the administration of grant monies and continues to review the financial systems. Penny is team leader of Central Beacons MRT.



MEDICAL: MIKE GREENE

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
Deals with the press, TV and radio, and supports teams in their own publicity, chairs the communication group (PISC) and is also chairman of Rossendale & Pendle MRT.
Vice chair: Judy Whiteside: editor@mountain.rescue.org.uk



VEHICLES: DARYL GARFIELD

vehiclesofficer@mountain.rescue.org.uk
Works with the police, Government and teams in all matters 'vehicles'. A member of Penrith MRT.
Vice chair: Paul Smethurst: smethyp@gmail.com



WATER: ANDY LEE

waterofficer@mountain.rescue.org.uk
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
Develops comms technology across mountain rescue. Mark is a member of Western Beacons MRT.
Vice chair: Iain Nicholson: iain@sardogs.org.uk



EQUIPMENT: RICHARD TERRELL

equipmentofficer@mountain.rescue.org.uk
Richard continues in the role until November, in lieu of a new appointment, liaising with suppliers and manufacturers. Rich is a member of Central Beacons MRT.
Vice chair: Ray Griffiths: raygriff@btinternet.com



FUNDRAISING: NEIL HAYTER

fundraisingofficer@mountain.rescue.org.uk
Develops revenue opportunities and sponsorship deals to benefit all teams. A member of Edale MRT, Neil also oversees the MREW social media presence.
Vice chair: Bill Whitehouse: billrhw@aol.com



TRAINING OFFICER: AL READ

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@timcainleadership.co.uk



BCRC: BILL WHITEHOUSE

brcr@mountain.rescue.org.uk
As chairman of BCRC, Bill represents the interest of cave rescue and supports the management team. He is also a trustee of the Benevolent Fund.

internal trustees



MREW CHAIRMAN: MIKE FRANCE

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
Shirley has been a member of the Scarborough and Ryedale MRT for 24 years, during which time she has undertaken a variety of roles at all levels. She is also treasurer of the Benevolent Fund.



MARK HODGSON

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
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
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
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
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.

PRESIDENT: PETER BELL

president@mountain.rescue.org.uk

VICE PRESIDENTS: TONY JONES & PETER HOWELLS

external trustees



STATISTICS: ROB SHEPHERD

statisticsofficer@mountain.rescue.org.uk
Rob takes over from Ged Feeny. He will continue to collect and collate incident information from the teams but he's also got some new ideas for the future. A member of Llanberis MRT and North Wales CRO, he is also involved with SARDA Wales.



PROCUREMENT OFFICER: DAVIE THOMPSON

procurementofficer@mountain.rescue.org.uk
Davie will be looking to establish an effective purchasing policy, including an online catalogue and training modules in how to negotiate better deals at team level. He is a member of Swaledale MRT.

specialist advisers



EDITOR: JUDY WHITESIDE

editor@mountain.rescue.org.uk
Provides design and editorial services for the magazine. Outside her role as editor, she assists in a number of areas in communication, publications and marketing and supports the fundraising group. Judy is also secretary of the Benevolent Fund.



INSURANCE: NEIL WOODHEAD

insurance@mountain.rescue.org.uk
Woodie is a member of Kinder MRT and also chairman of the Benevolent Fund. He is consulted by the management team and other specialist advisers on insurance matters, helping to manage the insurances we have in place. He will also offer basic help and assistance to teams with their general queries.



SAR-H: JOHN HULSE

SAR-H@mountain.rescue.org.uk
The creator of SARCALL and a team leader of the Ogwen Valley MRO, John continues to lead on the SAR-H migration process.



PR SUPPORT: SALLY SEED

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, seeking to improve communication both internally and externally. Sally also helps deliver media skills training.



...turn to page 42 for BCRC contacts





FIRST CALL OUT TO OGWEN FOR THE S92

At the Princes' Charities Day in North Wales, at the end of June, helicopters were very much on the agenda, what with a trio of helicopters gracing the day, including the police helicopter, the 'old faithful' Sea King and the shiny new S92. Wistful talk about the demise of the yellow bird met mischievous speculation about who would be the first to call its newly operational red and white successor, once the Caernarfon base went live the following Wednesday. Would it be Llanberis? Or Ogwen? And how soon would it be?

Well, the speculation didn't last too long. Wednesday started out warm and sunny and two young couples from Somerset, who were staying in North Wales for a couple of days, set off to climb Y Garn, one of Snowdonia's 3000 foot peaks. But, by afternoon, conditions had changed: the skies had turned grey and a light rain was falling. The four had descended Y Garn and the path by the side of the Devil's Kitchen (Tŵll Du).

They were continuing on the path towards the base of the Idwal Slabs which, en route, crosses the Idwal stream at a little gorge. This 'difficult' step is renowned for incidents. Unfortunately for the eighteen-year-old girl, she slipped on the wet rock sustaining a painful ankle injury. She tried to continue but the pain was too severe.

Mountain rescue was called at about 6.00pm. A helicopter evacuation seemed preferable so the request was made. And, of course, Idwal slabs is Oggie's patch, so it was they who got the call. As team members arrived at Ogwen Cottage, the S92 was already inbound to the casualty. The hasty party, complete with Titan stretcher, soon joined the winchman on the path, in the shadow of the Devil's Kitchen, as the S92 circled in Cwm Idwal.

Working as a team, the winchman and Ogwen team members soon treated the casualty, giving her analgesics and splinting her injured ankle. The S92 came into the hover below the towering black cliffs. Using the 300 foot per minute winch, she was quickly winched aboard and whisked down to hospital in Bangor. Once the aircraft and casualty were safely away, team members walked off the mountain with the remaining three of her party. After a cup of tea and some chocolate cake (the surplus sandwiches from the MREW day having been kept for team members only), the three drove to Bangor as opposed to getting on the road for Somerset.

'This was an unfortunate incident,' says Chris Lloyd. 'Both casualty and team members were grateful for the prompt response by Bristow, as well as their expertise in winching from this area.'

And there you have it. The Caernarfon-based S92. Open for business.

Images © John Cairrie.

INSURANCE MATTERS NEIL WOODIE WOODHEAD



Many of you will recall that five years ago each police force arranged its own personal accident insurance for mountain rescue teams operating in their area.

This resulted in significant differences in cover between different areas. North Wales Police then very kindly arranged a tender process for us and a policy was arranged with Aviva, which individual police forces were encouraged to take up for teams in their area. This has worked very successfully and almost all the teams are now covered under this policy, resulting in consistency across the regions and teams in respect of the cover and benefits. North Wales Police has managed the whole process for us during this time and are once again very kindly arranging a new tender process ahead of the renewal next February.

We use Perkins Slade Insurance Brokers to arrange our liability insurances and the motor fleet scheme. They have now set up a dedicated page on their website for MREW and this can be found at perkins-slade.com/for-sports/mountain-rescue-england-and-wales.

Here you will see a reminder that if any changes are made to the vehicles owned by a team (eg. a vehicle is sold or a new vehicle is purchased, hired or borrowed temporarily), it is essential that you advise Perkins Slade in order that they can make the appropriate changes to the insurance cover.

An important change is that you are also required to update the information on the Motor Insurance Database (MID). From 1 July 2015 it is a legal requirement for policy holders to submit details of any changes, including all additions and deletions in their vehicle schedule, to the MID, within fourteen days of any such changes occurring.

You can access the secure RSA MID Phase II website using your team's individual User ID and password (which has been sent to each team contact directly) to submit changes to your vehicle schedule. Please refer to the Policyholder Information Guide — Quick Start section which provides step-by-step instructions on how to

access and update your records. Links to both can be found on the Perkins Slade page detailed. If you experience any problems updating the MID then please contact the RSA Helpdesk on 0330 102 3603 or email them at mid.support@uk.rsagroup.com.

Over the last couple of years, I've been asked many times about base and contents insurance and whether a scheme could be arranged for teams. This is one type of cover where requirements around the teams vary significantly. Some teams own their building and others rent, lease or simply borrow. The levels of contents vary and teams have very different requirements for insuring their equipment — is it stored in the base, in the vehicle/s or elsewhere?

We are pleased to say that, in conjunction with Hiscox Insurance, Perkins Slade Insurance Brokers can now arrange competitive cover for your base and contents. This can include cover for buildings, general contents and portable equipment. For more information or to arrange a quotation, please contact the Perkins Slade team direct either by email c.rhodes@perkins-slade.com or telephone on 0121 698 8160. Again the details and email link are on their dedicated webpage.

Copies of many insurance documents are available online in the members area of the MREW website, in the resources section under 'Insurance'. I also hope, when time permits, to put together a document that succinctly details each insurance cover for you and points you in the right direction. Fingers crossed I'll get it done this year and circulated around the teams.

Remember that as always if you have any queries, please just send me an email and I'll give you what help and assistance I can. Contact insurance@mountain.rescue.org.uk Also look at the members area of the website where policy documents and guidance notes can be found and downloaded. ●



LAKE DISTRICT

HISTORIC FIRST AND LASTS

Richard Warren Chairman LDSAMRA writes: August 2015 was an historic month for the Lakes teams as they held their very last training day with RAF Boulmer and also experienced their first Bristow helicopter rescue.

The training took place over the Bank Holiday weekend in the Loweswater valley. Twenty-five team members representing

twelve of the Lake District teams gathered in the field above the Kirkstile Inn to complete their important Stage 1 training and bid farewell to the Sea King, now in its 37th and final year in Search and Rescue (SAR) — important because although RAF Boulmer would be closing down Sea King operations on 1 October 2015, RN Gannet at Prestwick would still be supporting mountain rescue operationally SAR until January 2016. The weather in Loweswater was perfect, with light wind, so it bode well for a helicopter training day. Sometimes referred to by team

members as the big yellow bird or yellow taxi it was a great sight when it appeared, on time, flying up the valley, captained by RAF Boulmer's Commanding Officer, Squadron Leader Ian McFarlane.

Being the last training operation with an RAF Sea King, there was strong local media interest. Both BBC Look North and ITV Border were present, ready to capture the day on camera and conduct interviews with mountain rescue personnel and the helicopter crew. All went well with the standard training process covering safe helicopter approach and egress, safety briefings on what to do and, as important, what not to do, followed by winching procedures. Team members were split into groups of five ready for the short flight to the summit of Mellbreak. Before the helicopter fired up, the teams expressed their thanks to the crews past and present which was then reciprocated by Squadron Leader Ian McFarlane.

No sooner were the first stick of team members airborne and dropped off on the top, the inevitable happened. Wasdale MRT were called out to reported shouts for help in the vicinity of Broad Stand on Scafell, an accident blackspot with a history of major injury. Following a request from the team via Cumbria police, the Aeronautical Rescue Coordination Centre (ARCC Kinloss) tasked the closest helicopter... yes, you guessed it, Helicopter 131 hovering above Mellbreak.

The Sea King disappeared over the horizon and the last training event with RAF Boulmer came to an end. This was also possibly the last time Wasdale MRT would work operationally with the this Sea King before its retirement.

August also saw a memorable first for the region when Wasdale was called out to a rescue on Scafell Pike where a lady had broken her ankle. Due to a potentially hazardous stretcher carry, the team leader called in helicopter support and was extremely surprised and pleased when he was advised that a Sikorsky S92 from Humberside was being scrambled to their location. This much larger, heavier and more powerful helicopter has a very distinctive engine sound that both rescuers and locals will soon become used to. Teams will also quickly become experienced in handling the fierce downwash which will blow you off your feet if you are not prepared and secure. This rescue was the very first occasion where the new Bristow helicopter had flown into Cumbria on an operational mission, a truly historic event for the teams.

Postscript note: Helicopters were first introduced to SAR in 1953, initially Dragonflies. Whirlwinds were used before Sycamores replaced the Dragonflies. The Sea King was introduced to RAF service in 1978 replacing the Whirlwind which had been in service alongside the Wessex. The Wessex continued in SAR service until 1997

at the Search and Rescue Training Unit, RAF Valley. The Sea King was introduced at RAF Boulmer in 1979 and 5061 operations have been completed to 19 August 2015. During 2014 there were 152 call-outs for the RAF Boulmer Sea King and 126 persons were assisted. Over the last five years the average number of call-outs was 160, 25% of which involved mountain rescue teams. 'A' Flight 202 Squadron will cease operations on 1 October 2015. The personnel will move on to various other jobs in the RAF, some will move to Bristow and other aviation jobs and some will retire.

NORTH EAST

NORTHUMBERLAND TEAM LAUNCHES '50 FOR 50' CAMPAIGN FOR ANNIVERSARY YEAR

The Northumberland National Park Mountain Rescue Team was formed in 1965, in response to two shepherds who perished in a blizzard on 17 November 1962 in the Cheviot Hills. For the first few years the team responded to around five incidents a year but this has steadily increased over time to around 35 incidents per year.

Now in their fiftieth year, the team has planned a range of events, including a '50 for 50' fundraising campaign, aimed at raising £50,000. It's a figure they hope will fund a



number of projects: a desperately needed new digital radio system to replace an ageing analogue system, the fitting out of a replacement command and control trailer, and the purchase of specialist water rescue related personal protective equipment.

The award winning Allendale Brewery has brewed a new craft beer, 'Curlew's Rescue' which launched over the August Bank Holiday weekend proving an immediate success with local beer fans. The brewery is donating ten pence from every pint towards the team.

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CALDER TEAM HOST WORLD PREMIERE OF ALASTAIR LEE'S NEW EPIC FILM 'CITADEL'

Main image: Citadel. Above: Alastair Lee at work. Far right: Matt Helliker and Jon Bracey © Alastair Lee.

The Mytholmroyd based team were set to host the world premiere of the epic mountain film at Hebden Bridge Picture House, on Thursday 8 October, as part of the Brit Rock Film Tour. This follows the incredible success of last year's sell-out screening of the Brit Rock Film Tour which Calder also hosted. The proceeds from the evening will be donated to the team.

Tim Ingram said, 'Following the success of last year's event, Alastair Lee couldn't resist the charm of Hebden Bridge, so contacted us to ask if we'd be interested in hosting the premiere of the 2015 tour. Since he asked so nicely, how could we refuse? We are extremely honoured to be asked to launch this year's tour and we're all looking forward to hosting yet another adrenaline-fuelled fundraising evening with liberal splashes of the inimitable British spirit. This is a great opportunity for us to raise funds but also perfect timing to mention our forthcoming year of celebrations marking the team's 50th anniversary which begins in February 2016.'

The focus of this year's Brit Rock Film Tour is on the film-makers' native subject matter: mountains. The tour will feature three home-grown adventure films. The first is a short film called 'Wild Atlantic', a climbing montage from the west coast of Ireland from climbing photographer Craig Hillier. Following this is 'Operation Moffat' from Jen Randal and Claire Carter, an inspiring and charming account of Britain's first female mountain guide, the amazing Gwen Moffat, now aged 92.

The main feature is 'Citadel', which features the UK's Pro Alpinists Matt Helliker and Jon Bracey (above) as they embark on a first ascent in a stunning and remote corner of the Alaskan wilderness and is the world's first 4k mountain film. The evening will include a Q&A session with Alastair Lee and Matt Helliker, a surprise guest comedy featurette and a fundraising raffle with some amazing prizes. The Brit Rock Film Tour is the first home-grown adventure tour to emerge from the vibrant UK filmmaking industry.

Not surprisingly, tickets have been quick to sell. By the time you read this, the event will have been staged — and, we hope, a great success reported.



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The Northumberland National Park team pose for their anniversary shot with the iconic Sea King.

On 23 October 2015, the team will host a black tie Golden Anniversary Ball at the Biscuit Factory in Newcastle. A number of outdoor-related products, donated by local companies, will be auctioned and raffled off. The team would like to invite as many as possible from the mountain rescue community to help celebrate this momentous occasion, and tickets are available via www.sientries.co.uk.

The local community is also celebrating the anniversary, with Rothbury Parish Council planting a floral MREW logo within the village.

In other news from Northumberland, Outdoors brand AboveandBeyond have recently announced a partnership with the team. They will be swapping NNPMRT's outdated maps with the new editions of OS map, and provide new revisions regularly. Once a quarter, the company will donate a proportion of profit directly to NNPMRT for every OS map sold, while also offering a

special discount on kit and clothing to NNPMRT team members. They also plan to raise awareness of outdoor safety with their customers by featuring relevant and useful advice (provided by NNPMRT) on their website.

TRAINING EVENT FOR TEAMS NORTH AND SOUTH OF THE BORDER

Rachel Smith writes: The area was just South of Carter Bar, in and around the area where the Raid of Redeswire took place in 1575 (the Scots won) — a little before the last time all four teams got together to train. On Sunday 9 August, there was to be no fighting, just an opportunity to share information on how we all work, what we use, and to hopefully get to know a few more names and faces. Having recently reunited at an incident in January, at Wooler, to look for a supposed missing mountain biker, then



Team members and vehicles from North of Tyne and Northumberland teams joined Borders SRU and Tweed Valley MRT for a training exercise in August.

again in March when the main road between the countries was closed due to heavy snow, we felt it time to meet in a more relaxed and organised environment.

So, after much planning, preparation and communication, a joint cross-border exercise occurred, with four teams taking part: Borders SRU, North of Tyne MRT, Northumberland National Park MRT and Tweed Valley MRT.

The format of the day was a 'show and tell' from both sides of the border, led jointly by



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LIFE'S A BEACH!

Team members were joined on the beach by members of the 333 Supporters Club, friends of the team, past team members and also crew members from Bristol's new base in Caernarfon. They were all welcomed into Cwm Idwal for what started out as a picnic and developed into a Hawaiian Beach Party and barbecue, hampered only by the winds which threatened to blow away the newly sprouted palm trees (spot the white horses on the lake!)

The raft race has been a regular, but sporadic, event over the team's fifty years and it has definitely grown in sophistication (full body swiftwater rescue suit anyone?). Time was when participants set off down the lake with nothing more than a confection of cardboard tubes, an old bedsheet and hope in their heart, to keep them from a dunking. How times change.

'Unfortunately,' says Chris Lloyd, 'there was a low turn out for the raft race due to three call-outs on the previous day but those who made it had a day to remember – notably KC Gordon, one of the original instigators of the Ogwen Raft Race, who was aboard the winning raft, and Jed Stone (ex-commando), whose raft capsized and fell apart!'

Fiftieth anniversary celebrations continued in the Ogwen Valley, through a draughty summer, with a beach party on the shores of Cwm Idwal and a raft race on Llyn Ogwen which left a few team members a little damp behind the ears.

Images © Andy Harbach/Ogwen MRT.

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north and south officers, much discussion of practicalities, procedures and some jealousy over the lightweight gear available, focusing upon equipment, teamwork, cascade, find site management and control teams. During the morning session there was the obligatory 'terrible accident' and the four overhead teams were called out to deal with this. After lunch, all team members were briefed by a single control and sent out to deal with the incident.

The day was a huge success on all fronts. It's always nice to have a picture in your head of the people you speak with regularly on the phone. It is reassuring that, despite being in differing councils, and having some differences in the team operations, we all use the same systems and relatively same equipment. The important aspects are always the learning curves — terminology can be quite different, equipment can be completely alien and approaches to search vary, but overall the teams have worked together for a long time and continue to do so more regularly. We hope this will become an annual event, with perhaps some friendly socialising in between. A great day out! And thank you to the organisers who spent many months organising it.

PENMACRA

DARTMOOR ASHBURTON LAUNCH SUPPORTERS CLUB

Dartmoor Ashburton has strengthened the bond with its supporters with the launch of a new supporters club, dart2ZERO.

On Sunday 13 September, the team opened its rescue centre doors to celebrate



the launch of the new club with a cream tea and a guided tour.

Fundraising officer Al Pewsey explains. 'Our supporters are our life blood and



Adventurer and television presenter Bear Grylls swung by North Wales in August to open Aberglaslyn team's new HQ. The Everest summiteer unveiled a plaque at the base near Porthmadog before being presented with two glass tankards, hand-engraved with the team logo. He was also made an honorary member, with a certificate to mark his new status.

CALL-OUT TO ABERGLASLYN FOR OUTDOORS ADVENTURER BEAR GRYLLS

'You can see all the love and attention that goes into this place to make it possible,' said Bear. 'As someone who has spent a lot of time on mountains and in jungles all over the world, I understand the value of a rescue team and how it works and I am so proud to open this new mountain rescue base.'

'At its beating heart is a team of highly motivated, well trained and determined men and women who risk their lives to help those in need in these mountains. For that I so admire them as they continue their incredible and very demanding work.'

Announcing the official opening of the new base, Dion Jones, team chairman said, 'We are delighted that internationally renowned adventurer and survival expert Bear Grylls has agreed to perform the opening ceremony for us.'

The hope is that such high profile support as Bear Grylls will help increase the team's public profile. The team spent a number of years raising funds for a permanent base, while operating from a number of temporary sites. Having a permanent base will greatly improve operational logistics, enabling a faster, more efficient and more focused response to calls for assistance. The facility is a purpose built building boasting two vehicle bays. It also has a kitchen and a drying room, and a state-of-the-art operations room featuring all the latest technology.

The base has taken three years to complete and sponsors include Harlech Foodservice Ltd, Purple Moose Brewery Porthmadog, the Coffin Dodgers, Snowdonia Design and Print, Llechwedd Slate Caverns, Idris Bakery Criccieth, Criccieth TV and Dereks Tyre Services Porthmadog.

dart2ZERO acknowledges the amazing help individuals, groups and businesses give us each year. It also gives those with some time to spare an opportunity to get involved with a search and rescue team without the call-out and training commitments.'

Club chair Ayse Rifat was delighted at how well received the new supporters initiative has been. 'We are very excited about dart2ZERO. It enables us to show our appreciation with club newsletters, access to exclusive competitions and special events organised especially for our supporters.'

'For those who have some time to spare and would like to get involved with fundraising, baking a cake or supporting the team in other ways, dart2ZERO will be perfect for them. Club members will even have the opportunity to act as a casualty on team training nights should they wish too.'

The team covers not just Dartmoor but rural and urban areas across Devon and sometimes further afield, and dart2ZERO will support and raise awareness of the team's work. To find out more, go to dsrtashburton.org.uk/dart2zero.

HUGE THANK YOU FROM DARTMOOR

In more news from Ashburton, the team has been overwhelmed by the response to a fundraising campaign.

Having just managed to get their control van through its last MoT earlier this year an appeal for help went out at the end of June with a target of £20,000 that would allow them to buy a replacement vehicle. But, little more than month later, the fund has topped the £34,000 mark.

'We simply cannot believe how generous people have been and how quickly they've responded to our appeal,' said Alan Pewsey.

'In the first place we're so grateful to the press who publicised our appeal as widely as they did because, thanks to them, the calls soon started coming in.'

'More than £1,000 was pledged very quickly. One lady in south Devon offered to donate £20,000 in memory of her late husband. We were only just getting over the shock of that when the Newton Abbot Hospital League of Friends said they'd like to pledge a further £10,000. We simply couldn't believe it.'

'With £34,000 in the fund we can get the van and equip it too. The response to this appeal has been unparalleled and we offer our heartfelt thanks to everyone who has helped.'

'Even Toby at Pottery Commercials in Newton Abbot has been very generous to us in finding a virtually brand new van at a huge discount and fitting extras free of charge. We can't wait to show off it off as soon as it's on the road and ready for action!'

YORKSHIRE DALES

CHANGING WHEELS IN WILD AND REMOTE PLACES

Four ladies returning from a church weekend at Scargill House near Kettlewell hadn't got far when disaster struck by way of a flat tyre. To add to this, none of their mobile phones could raise a signal to the breakdown service let alone back to Scargill House.



PEAK DISTRICT AWARD FOR STEVE

In July, Steve Hilditch, former Derby team leader, and his wife Kim, went to Windsor Castle to receive his MBE.

The award, in recognition of Steve's 'services to mountain rescue in the Peak District and to Scouting in Derbyshire' was presented by The Princess Royal.

NEW NIKWAX DOWN WASH DIRECT WINS ITS FIRST AWARD!

Nikwax's latest innovation, Down Wash Direct, has won an OutDoor Award in the Sustainable Innovations category. Its high environmental credentials coupled with its outstanding performance, won the product this prestigious award, demonstrating that the best available technology can be eco-friendly!



Nikwax developed this innovative down care product to serve the expanding offering of treated, water-resistant down fills, such as Nikwax Hydrophobic Down. Dirt, oil and other contaminants lead to the water repellency of hydrophobic down clothing and sleeping bags diminishing over time, Down Wash Direct ensures optimal performance by cleaning, revitalising insulation and restoring water

repellency. It also improves the water repellency of regular (untreated) down and maintains the water repellency of the down item's outer fabric. Down Wash Direct does not contain harmful fluorocarbon chemicals (PFCs) and is water-based for the lowest environmental impact. Nick Brown Nikwax founder and CEO, says: 'We're proud to have created a product that genuinely performs without using harmful chemicals. The fact that it has been recognised by the outdoor industry as a sustainable innovation is a great acknowledgment of our environmental commitments. Nikwax has and always will be PFC-free. We will continue to innovate, providing consumers with safe, high performing aftercare products.'

Nikwax Down Wash Direct retails at £6.49 for a 300ml bottle is available now from online outdoor retailers and will be in shops this autumn. Nikwax Hydrophobic Down can be found in Rab jackets and apparel and Therm-a-Rest sleeping bags.

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Group organiser Cath Wood from Calverley near Leeds explained their dilemma. 'We were really stranded and, to add to the situation, one of our ladies was just recovering from a hip operation and another was into her 80s.'

But their luck changed when along came the control vehicle of the Upper Wharfedale Fell Rescue Team, returning from the Buckden Fell Race. In no time at all, they had the wheel changed.

'We were so grateful to them and it was such a kind gesture,' said Cath, adding that the ladies all went home with an amazing tale to tell of the day the 'wonderful mountain rescue came to our aid'.

Heroes of the day, Stuart and Julie Benson from Addingham and Peter Huff from Threshfield, said they were just pleased to help. Adds Stuart, 'They were lovely ladies and it was just good to see the relief on their faces when we set about the wheel change but, as we expected we are now getting calls asking for our personal telephone numbers and such questions as do we do oil changes?'

The trio now have to also try deal with the team humour with 'Changing wheels' replacing 'Saving lives' from the old mountain rescue strapline: 'Saving lives in wild and remote places'.



SCOUTS BRAVE MIDGES AND SHOWERS FOR CASH RAISING FUNDS FOR EDALE MRT

The courageous youngsters from the 296 Lodge Moor Scout Group raised over £800 for the Edale team with a series of fundraising events. Their sponsored 'onesie and pyjama walk' through the Porter Valley raised £716 which was made up when team members visited the Cubs to undertake some first aid training, and collected a further £149.59.

Wendy Thompson said, 'We are very grateful to the team for giving up their time over the years to let the children experience just a snapshot of what the team do. A highlight for the Beavers is when they bring the rescue vehicles, and the cubs enjoy the 'stretcher' situations, especially when their leaders are the casualties! The scouts have been involved in simulated rescue situations on Burbage Edge and, as well as being lots of fun, these evenings give the children a valuable insight and awareness into the work of the team.'

Neil Chapman, team member for ten years, said, 'We are one of the busiest teams in England and have already attended 70 call-outs this year. This significant sum of money makes a big difference to the team and allows us to continue to provide the high level of service we strive for. These young people have worked extremely hard to make this happen and that needs to be recognised – a big thanks to 296 Lodge Moor Scout Group from Edale MRT!'

Image © Drew Whitworth.



KILI CLIMB AND FUN DAY RAISE £1075 ALL FOR CALDER VALLEY SRT

In late July, searly August, Hebden Bridge resident Drew Whitworth climbed Kilimanjaro, the highest mountain in Africa, to help raise funds for his local team. On his return, The Railway pub held a welcome home party and a fundraising day on his return, to celebrate his achievement and help raise additional funds.

The team would like to take this opportunity to thank Drew, Keith and Shelly Hobbs and all the staff and customers at The Railway for supporting the team and a big thank you to everyone who kindly donated raffle prizes and dropped their spare cash into the collection boxes. The grand total from Drew's Kilimanjaro Challenge and the raffle at the pub raised £1075. 'Kilimanjaro was fantastic,' said Drew, 'and one of the best treks I've ever done. It was

an incredible experience and I'm glad I managed to raise some funds along the way. Many thanks to everyone who sponsored me and to those who came along the pub for the fun day.' Keith Hobbs, the pub's landlord said, 'It was a great day. We had raffle prizes donated from nearly every shop, pub and restaurant in Hebden Bridge and surrounding towns. It was great to see such support for a worthy cause.'

Left to right: Keith Hobbs, landlord of The Railway pub, Drew Whitworth and Simon Thresher, from CVSRT.



HAIR RAZING FUN IN AID OF MACMILLAN

Life is very fragile. In July, Peter Howells — who many in mountain rescue will know has been involved for many many years, locally, regionally and nationally — heard the devastating news that he had terminal cancer. Not long after beginning chemo treatment, his hair began to fall out.

Many in the wider 'family' of mountain rescue have been a tremendous support to Peter (pictured above before chemo) and his wife Penny (also very well known to many through her role as Central Beacons team leader and MREW financial director). And now four of his fellow team members have decided to show their solidarity with Peter's newfound 'look'. They plan to have their heads shaved and raise a bit of cash for Macmillan along the way. All your support will be welcome. At the time of writing, the guys had already adjusted their target upwards so let's hope that is a trend which continues as donations come in. Go to justgiving.com/cbmrtheadshave to donate and show your support. We hope to bring you before and after pictures in the next issue, so watch this space.

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SEPTEMBER: COAST TO COAST WALKER GETS STUCK IN BOG

Kirkby Stephen team members were forced to employ a rarely-used rescue technique when a young man got stuck in the notoriously boggy ground near the Nine Standards summit during his Coast to Coast attempt.

He was well and truly sunk in and had to be dug out by team members with their bare hands. Once extracted and checked over, he got a lift in the air ambulance and then in one of the team Land Rovers back to their base, but happily was back on his Coast to Coast trek the next day, complete with his very heavy rucksack. He and his walking pal went on to finish the route and sent the team these pictures — congratulations and respect to both of them for not being put off!

WWW.FACEBOOK.COM/KIRKBYSTEPHENMRT

SEPTEMBER: DMM PRODUCT RECALL

DMM has issued a product recall, subject to user inspection. A document circulated in September through various channels, including via the MREW secretary, details the products affected by the recall and contains instructions to identify whether or not an affected product should be returned to DMM.

In a small percentage of carabiners, the interaction between the internal coil spring (which gives the gate its closing action) and the gate pusher (the component that holds the spring against the carabiner body) may cause the gate pusher to displace, potentially preventing the gate from closing or the mechanism from locking completely. A full list of products and relevant serial numbers is included in the document. Please monitor the DMM website, and their Twitter feed and Facebook page for updates.

WWW.FACEBOOK.COM/DMMCLIMBING

AUGUST: TEENAGERS RESCUED AFTER BEING CHASED BY 'WILD ANIMALS'

Patterdale team members were called to assist when two young men, benighted about 200 metres from where they had set off, reported being 'chased' by some wild animals.

Team leader Mike Blakey said, 'It was a bit of bit of a baaaarmy night so the two men weren't in any danger of suffering from hypothermia — although they were clearly shaken and very grateful for our help. Whilst driving up the track from Glenridding to the Youth Hostel, we spotted a light from a mobile phone about thirty metres below us. It didn't take long for two team members to descend down and help the men back to the Land Rover.

'We were obviously quite concerned when they said they'd been chased by wild animals, especially given all the recent reports of wild cats in Cumbria. But once we arrived it quickly became apparent that the culprits were a couple of Herdwicks. Clearly this isn't a common occurrence in the Lakes — in fact, I don't think I've ever heard of this happening before. But there's a first for everything! The two men, from Bracknell — in the south of England — so perhaps didn't realise there weren't street lights everywhere. It's wise, even if only walking a few hundred metres, to take a torch in the dark!'

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SEPTEMBER: PHIL SWIMS FOR TEAM COLLEAGUES WHO SAVED HIS LIFE

In April 2014, long-time Oldham team member Phil Beard sustained over twenty fractures, including serious spinal and pelvic injuries, when he fell sixty feet while training with the team.

Those team members training with him witnessed his fall so help was immediately on hand — and, in conjunction with the North West Air Ambulance, they were instrumental in saving his life. In early September, by way of a thank you fundraising effort, Phil swam one hundred lengths of Saddleworth's 25-metre long pool. That's 1.55342798 miles — every inch counts! And he did it in about 52 minutes, at a remarkably consistent pace. Oldham MRT and the North West Air Ambulance will share the money donated by his supporters. His aim was to raise £1000 and, at the time of writing, he was pretty damned close. If you fancy helping nudge that figure over the target, check out justgiving.com/Phil-Beard-OMRT

WWW.FACEBOOK.COM/OLDHAMMRT



books

ROYAL NAVY SEARCH AND RESCUE A CENTENARY CELEBRATION

BY DAVID MORRIS

FOREWORD BY CAPTAIN ERIC BROWN RN FORMER CHIEF TEST PILOT OF THE ROYAL NAVY

The sight of a helicopter speeding toward some destination is familiar enough these days, but take a moment to consider — is there a life at stake? Is someone in peril and on a knife edge of survival? Will the crew be selflessly placing themselves in the most dangerous of situations for the sake of saving others? Since the First World War, aircraft of the Royal Naval Air Service, and later the Fleet Air Arm, have operated from land bases and ships at sea, flying search and rescue missions. In this book David Morris, Curator of Aircraft at the National Museum of the Royal Navy, tells the incredible story of Royal Navy search and rescue from the first mission by Sir Richard Bell-Davies VC to the present day.

PRICE: £17.99. ISBN: 978-1-4456-3463-0



MOUNTAIN RESCUE SUPPORTER LOGO MAKES THE MOMENT COMPLEAT!

Woodhead team member Ian Winterburn bagged all the 282 Scottish Munros, with an ascent of Ben More on Mull, in typical claggy August weather, repleat (!) with the necessary champagne and the rescue team 'buff'.

The climb began from sea level following a twenty-mile cycle from the ferry at Craignure. He was joined by family and friends on the climb, ready to toast his achievement. Needless to say, further celebrations followed in the evening. Ian began climbing Munros as a teenager on a trip to the Cuillins and it has taken 34 years to finally do them. A member of Woodhead MRT for around ten years, he also works in the hills, passing on his enthusiasm for the outdoors by teaching mountain skills to others. Congratulations Ian!

PELI 9410L SHINES LONGER AND BRIGHTER

The 9410L is a tough, LED hand lamp, one in the Peli range of high quality, professional lighting products. Recently upgraded, the 9410 now has a longer light duration and output. Ideal for search and rescue, the 9410L has a powerful beam which cuts through smoke and fog. This model has three light modes: High, Low and Flashing and a battery charge level indicator (Green, Amber, Red). It features a 120° pivoting head to angle the beam exactly where required. A sure grip handle provides a comfortable and non-slip grip with an extra large space to accommodate gloved hands. West Yorkshire Fire and Rescue recently purchased the new version of the 9410 hand lamps. These upgraded models now offer a powerful output of over 1100 lumens on high mode and approx nine hours of light on low mode. The 9410 hand lamps used by WYF&RS have been mounted in their vehicles so the units can be charged when not in use. An ATEX Zone 0 version, Peli 9415 LED, is also available for use in hazardous areas.

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Lake District		Kinder	5
Cockermouth	7	Oldham	13
Coniston	18	Woodhead	5
Duddon and Furness	19	(Last quarter: 59)	73
Kendal	12		
Keswick	17	Peninsula	
Kirkby Stephen	5	Cornwall	11
Langdale Ambleside	27	Dartmoor Okehampton	1
Patterdale	23	Dartmoor Tavistock	3
Penrith	13	(Last quarter: 23)	15
Wasdale	11		
(Last quarter: 86)	152	South Wales	
		Brecon	7
Mid-Pennine		Central Beacons	4
Bolton	26	Longtown	5
Bowland Pennine	2	Western Beacons	2
Calder Valley	13	(Last quarter: 38)	18
Rossendale & Pendle	1		
(Last quarter: 24)	42	South West England	
		Severn Area RA	1
North East		(Last quarter: 0)	1
Cleveland	1		
Scarborough & Ryedale	16	Yorkshire Dales	
Swaledale	3	CRO	29
(Last quarter: 13)	20	Upper Wharfedale	10
		(Last quarter: 18)	39
North Wales			
Aberdyfi	5	Search Dogs	
Aberglaslyn	9	England	9
Llanberis	27	Lakes	6
North East Wales	11	Wales	5
Ogwen Valley	35	South Wales	1
South Snowdonia	5	(Last quarter: 18)	21
(Last quarter: 58)	92		
		RAF	
Peak District		Leeming	4
Buxton	19	Valley	1
Derby	11	(Last quarter: 5)	5
Edale	12		
Glossop	8	Total	473
		(Last quarter: 342)	



CASUALTY THANKS TEAM FOR SAVING HIS LIFE

Mountain Biker Andrew Morton has nothing but praise for the mountain rescue team he credits for saving his life last November, when he careered off his bike and broke a bone in his neck. The actions of Rossendale and Pendle team members, and Andrew's quick thinking friends, undoubtedly saved him from paralysis or worse.

When his bike hit a stone and he went over the handlebars, landing on his neck, Andrew heard it crack. 'I knew right then it was serious. My friends told me not to move and called the team straight away. I can't thank them enough for what they did because it could have been so much worse for me — I could be in a wheelchair or worse.'

Andrew was put in a neck brace and stretchered over fields and fences to the team vehicle before being taken to Royal Preston Hospital where he spent three weeks, then wore a brace for twelve weeks after being discharged.

His wife Janice was also out biking when she heard about the accident. 'I had to bike home and change into dry clothes before making my way to the hospital. On the way I got another call saying he was going to Preston, to the spinal unit, and I knew then it was serious. What the team and his friends did was absolutely amazing. They did such a fantastic job.'

Since then, Janice has been on a fundraising mission for the team by way of thanks. With six ladies from her cycling group, the Waterfoot Wheelers, she cycled the 120-mile Sandstone Way mountain bike route between Berwick-upon-Tweed and Hexham, Northumberland, raising more than £1,500 for the team. A huge thanks from the team to those six ladies and to everyone who sponsored them.

Images and story thanks to Andrew and Janice Morton and the Lancashire Evening Telegraph.



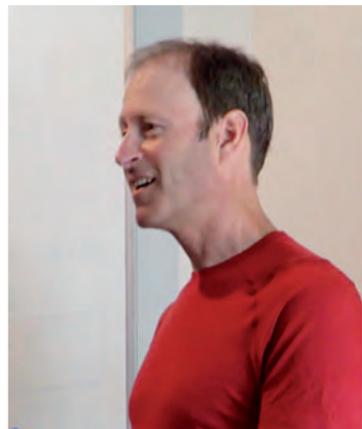
JULY: SEVEN DEHYDRATED YOUNGSTERS RESCUED ON HOTTEST DAY

The seven girls, from Hertfordshire, were on a Duke of Edinburgh expedition when they became stranded on Holme Moss, after crisscrossing the moors trying to find a footpath down from Black Hill to Crowden.

The incident brought home how important it is to always pay attention to the weather and go out suitably equipped — whether it's cold or hot. The girls discovered that when the sun goes down and you stop moving, the air can cool rapidly. Fortunately, they were carrying spare clothing and survival bags to keep warm — even on the hottest day of the year.

It was the second call that day for Holme Valley MRT. The first was to a mountain biker who lost control on a gravel track near Scammonden Reservoir. He'd suffered cuts and bruises and a suspected leg injury, and was about a quarter mile from the nearest road.

Technical Rescue Rigging with Kirk Mauthner



Inset: Kirk Mauthner. Images thanks to Carolyn Olley, Steve Jones and Andrew Graham.

Since 2009, the LDSAMRA Training Group has been bringing over Kirk Mauthner of Basecamp Innovations Ltd, to run a range of Technical Rope Rescue courses, ranging from a one-day introduction to a four-day course. The idea was to enable all teams within the LDSAMRA region to be able to send several team members on the courses. This had major benefits.

1. Those teams who could not afford to run a whole course could benefit from the training.
2. Team members from the LDSAMRA region could work alongside one another.
3. Ideas and practices could be shared.
4. The opportunity to try other pieces of kit.
5. A reduction in the overhead of running such courses.

At the end of May, LDSAMRA brought Kirk over again to provide a four-day course for those who hadn't been on one of these courses before, and a couple of two-day refresher courses for those who had. The four-day course provides an excellent foundation to the subject, both in terms of theory and practice, as well as going on to cover more advanced techniques. For those who had already done the four-day course, the two-day course provided the perfect opportunity to check and develop their understanding of the theory, ensure they were up to speed with the latest developments and re-affirm their practical skills. From the positive feedback received, all three courses were enjoyable, informative and of great benefit.



CHRIS COOKSON
LDSAMRA
TRAINING
GROUP CHAIR

Kirk then stayed on to run a course specifically for Langdale Ambleside MRT and he is scheduled to return in the autumn to run a course for Keswick MRT.

This year's courses incorporated the latest developments and thinking — in particular, the concept of Dual Capability Systems — and an increased emphasis on the 'human factors' involved.

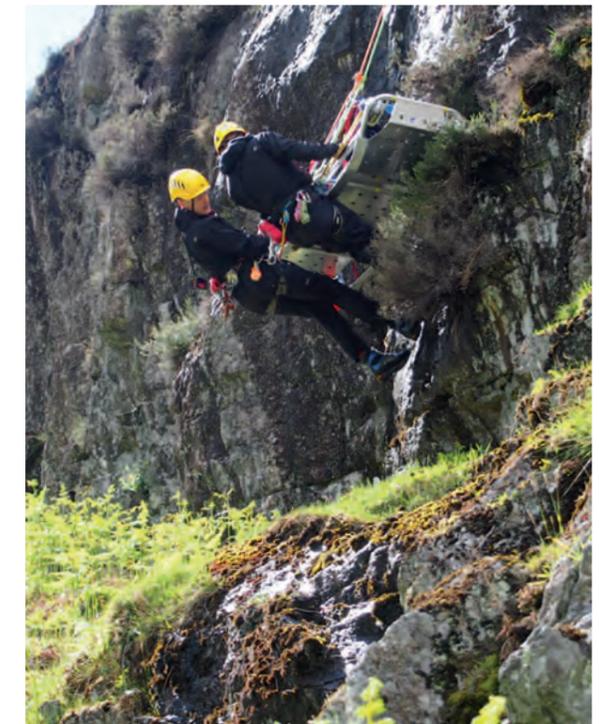
The term 'Dual Capability System' refers to an approach whereby both ropes must serve as a mainline (share the load throughout the whole lowering/raising operation) as well as being a competent back-up for the other, should one fail. Previously, a mainline that took the whole load and a safety line that was kept hand-tight were employed, certainly for the edge transition, with the load being shared afterwards on a lower and, beforehand, on a raise.

This practice was based on the understanding that a tensioned rope is easier to damage/cut than an untensioned rope. This still holds true, but the new thinking is that with two ropes sharing the load, each rope is under less tension and therefore less likely to get damaged in the first place than one rope holding the full load. What's more, in the mainline/hand-tight safety set-up, if the mainline is cut over a sharp edge during a problematic edge transition, the safety line in catching the load, will be subject to a higher force than the mainline was when it was cut. And if it is running over the same, or another sharp edge, will almost certainly fail too. Which, when you think about it, makes sense! This has been shown to be the case in tests recently done by Kirk and others — testing that doesn't seem to have been done until now!

See <https://www.youtube.com/watch?v=-43yf8SDs4M> or Google 'Rope Rescue Systems Testing – Main/Belay (Back-Up) Failures' for a video of Kirk's tests.

So if both ropes are going to share the load from the start, including the edge transition, that's great isn't it? It helps simplify things. But is it that straightforward? Have

we introduced any other risks? We've already mentioned the need for one rope to be a competent back-up for the other, meaning that it can safely 'hold' the full load, and can then still function to allow the rescue to be completed. This requires a change in mindset. The person operating the lowering device is not just lowering/raising, but also needs to be ready to act as a competent back-up if required. To help ensure this is the case, we're now employing a 'backstop' on each rope. A backstop is somebody who tails the rope so there is an



extra pair of hands on the rope that can help control the rope in the event that rope suddenly has to take the whole load. The backstop can also coach the person using the lowering device (in our case the MPD) and also help that person with a dry run during setup to bring their competence level up to speed before going operational.

This leads on nicely to the increased emphasis on the human factors. The equipment we use nowadays is very good and made to high standards. For it to fail, it's more than likely 'we've' done something wrong, made a mistake or a poor decision, or simply misunderstood something (perhaps due to poor or difficult communications).

With the increased emphasis on human factors, other changes for lowers include the introduction of a departure

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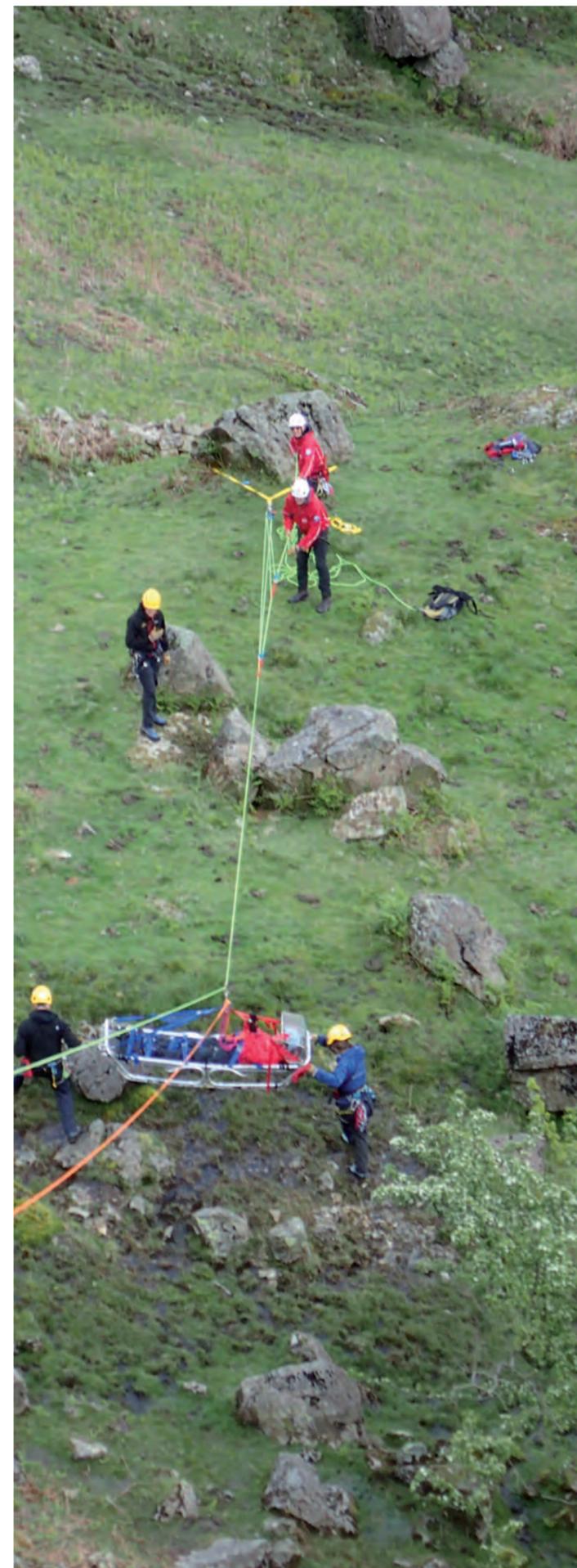
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briefing and, if possible, a dry run of the edge transition. The aim of both of these is to try to ensure a swift, smooth, and safe edge transition — often one of the trickiest parts of a lower, and certainly the part that can put the largest forces on the system if the attendant stumbles and falls.

The departure briefing is to get everybody on the 'same page' and understand what's going to happen during the edge transition and in particular their part in it. The dry run gives the opportunity to go through the process (in safety and back from the edge) as realistically as possible without actually doing the edge transition. It will show if everybody does understand the process and their part in it. It also allows for refinement and further dry runs, if needed, before committing to the edge transition. Employing a departure briefing and a dry run should raise everybody's competency and lead to smoother and safer edge transitions. The whole process of the edge transition should only take 20 seconds or so as vectoring is hard work. The edge people doing the vectoring need to be attentive to the barrow boy/attendant stumbling and vector the rope in an appropriate direction to help prevent the stumble, a little like short roping.

Once the barrow boy/attendant has moved beyond the edge, the edge people need to continue protecting the rope as it passes over the edge and also focus on the barrow boy/attendant's needs. Are they in the fall line? Is the speed OK? How far to go?

Dry runs aren't usually a practical option on rescues for raises but a pre-edge transition briefing will pay the same dividends as a departure briefing on a lower. Edge transitions are considered 'the worst case scenario' whether in a lower or raise and anything we can do to reduce the risks involved is a good idea.

None of this is to replace training, and regular practise is required to keep operations safe, swift and smooth. If you're unsure of any of this, get yourself on one of Kirk's courses!

We also looked at using a force limiter in the system and the restrictions of sticking rigidly to a 10:1 safety factor. This topic justifies an article on its own. Anybody up for the challenge?

The principles behind the systems that Kirk teaches are set within a context of risk management and minimising the risk to those involved. Very little we do in mountain rescue is without risk. Individuals have their own perception of what is acceptable risk, and that varies from person to person. Rescue teams often accept the level of risk taken during a rescue (or even during training) on behalf of the casualty, as the casualty is not able, or in a position to contribute to the decisions involved. At the end of the day though, if things were to go wrong, have you made defensible decisions? Can you defend the risks taken?

Paul Astle of Kendal MRT was instrumental in getting a regional approach to technical rope rescue training off the ground for LDSAMRA and has been organising the courses ever since. Through his hard work and dedication, we've had over 100 people attend the four-day course since 2009 with lots of those going on to attend one or more two-day refresher courses. This has had a fantastic benefit for the region, not only in terms of technical skills and knowledge of team members but also in getting to know people in the other LDSAMRA teams and inter-team working. Thanks Paul! ●



Langdale Ambleside team members in action © Paul Burke

MEDICAL SEMINAR PROGRAMME

Saturday 14 November 2015 at the Low Wood Hotel, Ambleside

Entirely sponsored by a bequest from Mr John Murdock (administered by Langdale Ambleside MRT)

Registration, Coffee and Trade Exhibition from 08:15

08.50 Introduction and Welcome: Mike France, Chairman, MREW

Management of trauma on the mountains

Chair: Les Gordon

09.00 **Head injury** (20') Dr Tim Hooper, Medical Officer, Keswick MRT and Doctor, Great North Air Ambulance

09.20 **Management of spinal injury** (20') Mr Mike Greene, Medical Officer, Wasdale MRT, Medical Officer MREW

09.40 **Management of fractures and dislocations** (40') Mr Dave Knowles, Consultant Orthopaedic Surgeon, Royal Lancaster Infirmary

10.20 **Q&A session with the speakers** (10')

10.30 - 11.00 Coffee + Trade Exhibition

Conduct of a rescue

Chair: Tim Hooper

11.00 **Primary Survey** (20') Dr Les Gordon, Medical Officer, Langdale Ambleside MRT

11.20 **Use of oxygen in Mountain Rescue** (15') Dr Steve Rowe, Medical Officer, Edale MRT

11.35 **Recent developments in Prehospital Care relevant to Mountain Rescue** (15') Dr Karen Greene, Medical Officer, Wasdale MRT

11.50 **Observations and tips for MR Teams working with Helimed** (20') Mr Andy Dalton, Paramedic, Great North Air Ambulance.

12:10 **Q&A session with the speakers** (10')

12.20 – 13.05 Lunch + Trade Exhibition

12:35 **Special interest satellite session during the lunch break** (20') Practical tips for using the AutoPulse efficiently — the Pit Crew approach Mr Michael Hough, UK Territory Manager, Zoll UK

Environment

Chair: John Ellerton

13.05 **Medical problems during race endurance events** (20') Dr Paul Simpson, Race Doctor

13.25 **Heat Stress & Heat Illness** (40') Prof George Havenith, Director Environmental Ergonomics Research Centre, Loughborough University

14.05 **Management of severe hypothermia** (40') Dr Peter Paal, Dept Anaesthesiology & Critical Care, Innsbruck, Austria and ICAR MEDCOM

14.45 **Q&A session with the speakers** (10')

Death on the hills and coping after a distressing experience

Chair: Karen Greene

14.55 **CPR in Mountain Rescue** (20') Dr John Ellerton, Medical Officer, Patterdale MRT and President, ICAR-MEDCOM

15.15 **Coping after a distressing experience. The Blue Light Programme** (20') Miss Joanna Moss, MIND

15:35 **Trauma Risk Management (TRiM)** (10') Mr Steve Johnson, Duddon & Furness MRT

15.45 **Q&A session with the speakers** (10')

Casualty Care Examination

15.55 **Update on the Casualty Care course & Examination** (10') Mr Mike Greene, Medical Officer, MREW

16:05 Closing summary: Mike France

Depart

Base Visit and Buffet at Langdale Ambleside MRT HQ (16:45–18:15)

FURTHER INFORMATION AND BOOKING

Booking: <http://tiny.cc/medicalseminar>

Further information: medicalevents@mountain.rescue.org.uk

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MIKE GREENE
MREW MEDICAL OFFICER

CASUALTY CARE CERTIFICATE ASSESSMENT REVIEW

The MREW Casualty Care Certificate is the First Aid qualification administered by MREW. The qualification is embedded in legislation for the purpose of the administration of some medicines by non-health care professionals in mountain rescue. The governance of the qualification is maintained by the structure defined in the syllabus and the process for learning and assessment described in the regulations. Both of these documents were revised and agreed by the medical subcommittee in May 2014. It is essential that all teams are familiar with these documents and work within this framework at all times.

It is important that our assessment process is 'fit for purpose' so that team members are confident that they hold a credible qualification and that the general public are assured that casualty care providers are competent.

One of the outcomes from the Edale Casualty Care Development day was to review the assessment used for the certificate. This article describes the process and gives an explanation into the options under consideration.

The aim of the review is to ensure that the assessment process is:

- Based on good educational principles
- Coherent with the current syllabus
- Can be delivered within reasonable resources
- Transparent for candidates
- Supports the needs of stakeholders (the casualties, team members, teams and MREW, and partner agencies).

The assessment process requires:

- Validity: measures what it claims to measure
- Reliability: consistency, reproducibility of the test and the candidate's performance.
- Fairness: freedom from bias
- Defensible: Evidence that the assessment process is based on sound guidance

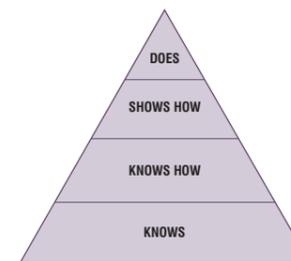
The domains to be assessed:

- Knowledge
- Clinical skills.
- Attitudes

- Decision making
- Organisation and team work.

The final assessment leads to the award of the Casualty Care Certificate and this 'guarantees' society and the organisation that the programme of learning delivers competent casualty carers. Equal importance should, however, be given to formative assessment which provides feedback and improvement during a programme of learning because this enables learners achieve their objectives.

No single assessment tool will be able to 'measure' all the required elements of the syllabus. We therefore need to use several assessment tools to test different parts of a candidate's performance.



AFTER MILLER, 1990

Miller described the classic pyramid of competence.

- The 'knows how' comes close to clinical reasoning and is required for problem solving
- 'Shows how' reflects the ability to act in a practical situation and describes hands-on behaviour in a practical situation
- 'Does' describes actual performance in the field. Not tested in a summative examination but should be facilitated by Continued Personal Development with the opportunity to reflect, learn and interact with others.

Our assessment process should collect information from each of the domains: Knows (facts knowledge), knows how (understanding) and shows how (application) using appropriate tools.

ASSESSMENT OF KNOWLEDGE

The Edale Casualty Care development day (March 2015) and subsequent Medical subcommittee meeting (May 2015) agreed that the method for testing core knowledge will remain an MCQ paper.

PRACTICAL ASSESSMENT

A work group was formed in early 2015 — from individuals who volunteered at the Edale weekend — to start the review of the practical element of the assessment.

The purpose of the practical scenario assessment is to create an environment in which the candidate can demonstrate ('shows how') their ability to make safe reasonable clinical decisions and to start treatment within the remit of the Casualty Care syllabus. This part of the assessment is therefore not an oral examination of facts but a short clinical encounter in which the candidate 'shows how' they will apply their knowledge and skills.

A number of options for practical assessment have been considered.

Many clinical examinations are now based on Observed Structure Clinical Examinations (OSCE). This is a well-established assessment tool with good validity and reliability. The usual format involves the candidate visiting multiple testing stations on a circuit. At each station there is a short task or test which is tightly structured and has a structured marking scheme.

The Casualty Care Certificate would lend itself to an OSCE type assessment. However, wholesale use of this method has a significant practical challenge if this format was used across the varied mountain rescue community.

All our candidates are required to be proficient in a number of assessment skills and treatment interventions. It is not possible to test each of these in a scenario test. These areas would be more suited to mini OSCE 'sampling'.

WORKBOOKS

This option was proposed at Edale day. This would be completed during the programme of learning leading up to the examination and signed off at local level as a record of achievement. We already have a model of this in the requirement to produce evidence of BLS skills prior to the examination.

This is a simple form of the Accreditation of Prior Learning (or Achievement) in which the learner generates evidence to show that they can achieve competencies. The adult learner takes responsibility to recognise the requirements, engage in a range of learning activities and participates in the collection of evidence. Thus 'assessment' can move from a purely teacher centred to student centred situation. This may also promote the use of more learner centred programmes in which the instructors can provide a range of learning opportunities and activities to help learning rather than more traditional 'talk and chalk'. In a similar way a 'flipped classroom' in which the learners primarily do the fact learning for themselves and the contact time is used to help explore, explain and perform would be supported by this approach.

Workbooks allow teams to use a flexible approach to the learning programme suited to local need but allows assurance that a complete range of competencies have been achieved.

THE SCENARIO TEST

Clinical design making is a complex task. Good decisions and effective care require a combination of experience and skills. Decisions can be fast, intuitive or well-reasoned, analytical, evidence based decisions.

GOOD DECISIONS = SAFE CARE

It is this ability to make good decisions and deliver safe care to the standard of the Casualty Care Certificate practitioner that is central to the scenario test.

Some of the skills required are:

- Pattern recognition
- Critical thinking
- Communication skills
- Evidence based approach
- Team work.

Factors that affect decision making:

- Knowing the facts and evidence.
- Knowing yourself
- Knowing the patient
- Knowing the environment'

The decision making process:

- Using clues and gathering information and analysing data systematically
- Making judgements
- Making decisions
- Evaluating outcomes.

Therefore the structure of our assessment should enable the candidate to demonstrate these elements and for the examiner to observe these at a suitable standard (defined by the Learning Outcomes in the syllabus).

To achieve improved reliability it is proposed that the scenario test be a criterion based assessment. The candidates would have the benefit of transparency and for the examiners the objectivity of prior agreed criteria that will make it easier to assess.

All assessment could include the presence of a 'helper' to improve the reality of the Casualty Care role and the ability to manage others (communication and teamwork).

WHAT NOW?

A proposal will be put to the Medical subcommittee in November. They will need to agree on any changes to the assessment process for 2016. In the meantime, the full version of the discussion paper is on the MREW website. To enable a wide and inclusive debate, please send your views and suggestions to: medicalofficer@mountain.rescue.org.uk. ●

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MIKE GREENE
MREW MEDICAL OFFICER

CASUALTY CARE IN CYBERSPACE? COMING SOON TO A COMPUTER NEAR YOU

A virtual learning environment (VLE) is not exactly 'cyberspace' but it is an opportunity to provide support for casualty care learners across the organisation.

MREW teams are geographically diverse and have different needs in supporting casualty care. Over the last year, MREW has invested resources to establish a virtual learning environment that can be used to deliver training packages across the organisation. The IT platform chosen is Moodle which is internationally available software used by universities and industry.

The advantage of a VLE is that it can contain a variety of learning materials and enables greater interaction with the learners. It will be accessible on the internet from any suitable device so you can study at a convenient time and place. The facility to update and change the material at any time allows the learners to follow current practice in a more easily than published hard copy written work.

There are currently three sites (Moodle Modules) under development to support casual to care:

- The Casualty Care Certificate learner module
- The Casualty Care Certificate trainers and administration module
- The continuing personal development module.

The trainers and administration site will contain the information required to administer a

programme of learning and the examinations. The site will be open to nominated trainers and administrators. In addition, this site will be interactive so that trainers can share learning materials and engage in a discussion forum to share and discuss ideas.

The Casualty Care Certificate learner site will be open to all members who will be able to access materials to help their learning or to update themselves on topics at any time. This site will be moderated and edited to ensure the material is coherent with the syllabus.

Our current system of casualty care has always depended upon a rolling programme of learning and certification without an opportunity for continuing development in the intervening three years. We have not had a 'space' where information can be shared or discussed. This continuing development is an essential part of maintaining effective and safe practice. The VLE will provide an opportunity for us to provide that support throughout the organisation.

This part of the VLE will be open to all members and will be interactive. It will contain sources of information, case studies journal references and discussion forums.

Whilst there will be some moderation this is a less structured site whose success will depend on the enthusiasm of the membership.

We aim to go live at the beginning of 2016 and the framework for the three sites is already established. Some content has been uploaded and other elements are in production. Access will be by password and administration details will be sent to all teams.

The success and vibrancy of the modules will depend upon your participation. The first version of the modules are being produced with contributions from a small number of enthusiasts. However, the aim is to harness the enthusiasm and expertise from around the organisation.

There is training available for those who are prepared to act as administrators and content developers for the Moodle Sites. If you are prepared to give some commitment to providing support for this initiative in Casualty Care please contact Mike Greene.

If you have material that you believe can help others to learn or understand casualty care, please contact me via medicalofficer@mountain.rescue.org.uk.



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Since 1998, it has been a legal requirement for doctors registered with the General Medical Council to purchase additional professional indemnity insurance to provide cover for activities that are outside their employment by the NHS or other healthcare organisations. The objective of this requirement is to make certain that patients are not disadvantaged if they make a claim about the clinical care they have received. For doctors who are members of a mountain rescue team, such additional insurance must be suitable to cover their voluntary mountain rescue work.

On 1 April 2015, it became law that all Health and Care Professions Council (HCPC) registrants, including paramedics, must also have professional indemnity arrangements in place as a condition of their registration. For those paramedics already HCPC registered and renewing their registration, a professional declaration about their insurance status has been required since 1 June 2015. (www.hcpc-uk.org/registrants/indemnity/)

At the time of writing, mountain rescue team (MRT) members, including Health Care Professionals (HCPs) working as volunteers within mountain rescue organisations are insured by Mountain Rescue England and Wales, to work only within the capacity of the scope of practice of their in-date MREW Casualty Care Certificate qualification (CCC).

skill-set when required. For example, Ogwen Valley MRO currently has three paramedics and a doctor in the team, who have each been issued with comprehensive paramedic equipment and drugs kits, comparable to that found within the NHS ambulance service. The aim is to enable them to work up to their full scope of practice should the need arise. Simple examples of the use of this extended kit are the administration of IV paracetamol in severe pain where opiates are contraindicated or the treatment of life threatening asthma where additional drugs may be required. A more complex example from team experience is roadside Advanced Life Support including definitive airway management.

Unfortunately, paramedic mountain rescue work is perceived as a 'high risk activity' by many insurance companies, who can demand premiums exceeding £500 per annual policy per person. Though cheaper group policies can sometimes be negotiated, the premiums still remain a considerable burden for unpaid MRT volunteers.

The good news is that some professional bodies are acknowledging the new HCPC insurance requirements and are already providing insurance provision as part of their membership benefits. For example, from 1 June 2015, a full-member benefit of joining the College of Paramedics (CoP) includes £5 million professional indemnity insurance. This covers paramedic members working within their scope of practice while undertaking voluntary work including mountain rescue activities. This is excellent value as currently, full membership of the CoP is just £7.90 per month. (www.collegeofparamedics.co.uk)

Other health care-related organisations such as trade unions are also offering professional indemnity insurance provision as a member benefit for HCPs undertaking voluntary work. However, it would be unwise to assume that MR activities are automatically included just because the word 'volunteer' is stated. Confirmation in writing that insurance cover includes mountain rescue work should always be requested, specifying your scope of practice, which may be excluded when the question is asked directly.

MREW is currently discussing the longer term potential for reducing the burden of cost to paramedics, doctors and other HCPs who may require additional insurance to enable them to practice safely and legally within the search and rescue environment. However, the key priority in the short term, and the very objective of this article, is to ensure that all affected HCPs working within MREW are made aware of recent changes in the law and as such, are suitably informed so that they may insure themselves appropriately according to their specific professional requirements and legal obligations. ●

Additional interventions such as administering intranasal diamorphine are insured through a locally governed agreement. If adequate insurance cover were not in place, individual mountain rescue teams could find themselves vicariously liable for the actions of their team members if an adverse situation occurred.

However, team HCPs including doctors, paramedics and many nurses have a duty of care and a scope of practice that lies beyond that of the MREW CCC. In certain situations they may be called upon to work fully up to their own professional scope of practice. For this reason, many team HCPs cannot rely solely on holding the MREW CCC qualification to provide the appropriate cover that is required to remain within the law. Furthermore, some MRTs may actively promote the use of an extended medical

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BCRC Conference Dean Field Studies Centre Parkend Forest of Dean June 12th–14th 2015



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The BCRC Conference is normally a bi-annual event and originally due to take place last year. Gloucester Cave Rescue Group (GCRG) and Midlands Cave Rescue organisation (MCRO) agreed to jointly host the event and, so as not to clash with existing commitments, the date was shifted to this year. With the sad loss of Steve Tomalin and my own heart attack, it proved a good decision. We had enough on our plates!

This event brought the conference back to Gloucestershire for the first time in 47 years. It was based around the Dean Field Studies Centre at Parkend, near to Lydney in the Forest of Dean, which has recently replaced its very old classrooms with a brand new purpose-built timber building called the Garden Room, alongside an artificial cave, climbing tower and high ropes course. Add to this the nearby main accommodation block and on-site camping and you have the perfect venue. Ian Healey, the centre manager, is also GCRG training officer and I think it was with some trepidation that the keys to the whole complex were handed over on the Friday afternoon. Would he have a centre to come back to on Monday morning?

The plan was to involve as many of the cave rescue groups as possible and this was certainly achieved with thirteen of the fifteen UK teams represented along with a contingent from Tunisian Cave Rescue and cavers from Hungary, Poland and Canada.

10.00am with the formal introductions from Mike Clayton and myself, followed by the official opening of the conference by Andy Hermeston, the Deputy Chief Fire Officer for Gloucestershire. He talked about the strong links between GFRS and the GCRG and the links being established across the country between voluntary rescue organisations and the blue light services.

In the centre grounds there was a series of demonstrations of the Larkin Frame by Paul Witheridge and Bill Batson from Lyon Equipment. These rescue frames are for use in situations where the edges of shafts or cliffs are unstable or lacking in easy belay points and they are being provided to a large number of the cave teams funded by the government grant.

The tower and high ropes area provided for an ideal location for demonstrations of European cave rescue techniques and small team stretcher handling along with the use of Petzl rigs and a variety of different methods of stretcher haul from



On the edge of the veranda and making use of one of the entrances to the artificial cave, the Mine Cam Unit was demonstrated. The shaft was a little shallower than normal but the team running this supplemented this with a series of videos available for people to watch from past descents.

One off-site session was held in a nearby quarry as it was easier to take people to the rocks than bring the rocks to the people. This involved both a demo and hands-on practical using various forms of rock splitting tools. This proved to be quite interesting as the rock was sandstone and didn't always perform as expected.

On the Saturday evening, coaches transferred delegates to Clearwell, each one issued with a mock London Underground ticket with strict instructions not to lose it.

For the vast majority, although going underground was not new, going to a party was, especially in an old iron mine. The entrance to the mine is very much just as you would imagine, with lots of machinery, then the passageway opens out to reveal a small lake. This is followed by a short tunnel cut through the rock and it was

I had braced myself for the worst, even arranging for an additional cleaner for the Monday but it looked like we'd been visited by a minibus full of nuns on a weekend sabbatical rather than well over a hundred beer drinking cavers. Thanks very much. Ian Healey

Saturday was to be a day of presentations and displays, with a trip to a show mine for a party in the evening, then Sunday — depending on the 'headache level' — would be an underground exercise.

Of course an event like this couldn't run without a bar and the weekend probably saw the highest variety of beers, cider and perry than ever before. And judging by the £3000 in takings by Sunday evening, this proved very popular. Thanks must go out to the Mendip CR for organising the bars and to the MCRO members who kept the pints flowing.

Saturday's programme began at

horizontal to vertical and back again — so much easier to see in the open than down a cave or mine.

There were talks on working with the blue light services, scenes of crime, first aid, the Glysen disaster and the recent Aber Las Dive rescue in North Wales, handling bad air, a report of a rescue call-out in Ethiopia, and SARCALL and SAR-H updates.

The Nicola phone was tested out in the grounds and there was also a session on the text-based Cave Link System now in service with five of the UK teams. As a result of its use that weekend, Scottish Cave Rescue has also placed an order for it.

◀ ...turn back to page 11 for MREW contacts

Brief introduction to the British Cave Rescue officers and how to find them...

who?



CHAIRMAN: BILL WHITEHOUSE

chair@caverescue.org.uk

Represents cave rescue with Government, the emergency services, UKSAR and MREW, including fundraising and forward planning. An executive trustee of the Mountain and Cave Rescue Benevolent Fund and chair of Derbyshire CRO.



VICE CHAIRMAN: DANY BRADSHAW

vicechair@caverescue.org.uk

Assists the chairman in his role and represents BCRC at MREW. Currently taking the lead on the team assessment process. He is chairman of SWERA and Warden for Mendip Cave Rescue since 1979.



SECRETARY: EMMA PORTER

secretary@caverescue.org.uk

Currently involved with revamping the BCRC website. Represents BCRC at the British Caving Association and lecture secretary for the national caving conference and the 2015 BCRC conference. Member of MREW forward planning group. Emma is training coordinator of Midlands CRO and member of Gloucestershire CRG.



TRAINING COORDINATOR: JIM DAVIS

training@caverescue.org.uk

Addresses national training needs and works closely on the team assessment process. Represents BCRC at the MREW training committee. Jim is a member of the Cave Rescue Organisation.



EQUIPMENT OFFICER: MIKE CLAYTON

equipment@caverescue.org.uk

Liaises with MREW regarding the Government grant and runs PPE inspection courses for teams. Represents BCRC at the MREW equipment committee. Secretary of Midlands CRO, he is a member of Gloucestershire CRG.



COMMUNICATIONS OFFICER: JON WHITELEY

communications@caverescue.org.uk

Seeks to enhance ICT for cave rescue and is BCRC rep to the MREW ICT committee and also PenMaCRA comms rep. One of three MREW SARCALL administrators and a rescue controller for Devon CRO.



INFORMATION OFFICER: HEATHER SIMPSON

informationofficer@caverescue.org.uk

Maintains contact details for the fifteen teams. Part of MREW fundraising group and also manages MREW collecting tins from Stratford-upon-Avon — as far as you can get from a cave or mountain! Heather is a member of North Wales CRO and Midlands CRO and a new recruit of the Derbyshire CRO.



LEGAL ADVISER: TOBY HAMNETT

legal@caverescue.org.uk

A solicitor by profession, focuses on pragmatic solutions and believes in communication to ensure legal risk is minimised. If a case requires specialist knowledge outside his area of expertise he can assist in ensuring the right expert is identified.



DIVING OFFICER: CHRIS JEWELL

diving@caverescue.org.uk

Advises on cave diving issues and liaises between the Cave Diving Group and BCRC.

MEDICAL OFFICER: VACANT

medical@caverescue.org.uk

Advises on medical matters and keeps teams aware of medical issues of concern to cave rescue. Represents BCRC at the MREW medical committee and represents BCRC at UKSAR.

TREASURER: VACANT

Paul Taylor stood down as treasurer in September. 'I would like to send my thanks to all in the cave rescue teams that I have made contact with over the last eighteen months with regards to financial matters and thank them for their help. All financial matters relating to the BCRC should be directed to the BCRC secretary until advised otherwise.'

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after this that everybody got the surprise as the small passage opened up into a large chamber called Barbeque Churn, adorned with 200 candles, an underground bar, a band playing at the far end and a large video screen. It certainly had the wow factor and many cameras were brought out to record it all.

The bar was soon in full swing along with the band. The evening meal had been prepared at Parkend by Rose Taylor and her catering team then transported across the forest and down the mine in wheelbarrows. Quite how they managed it all I don't know but it all went down very well. The video screen showed a selection of photographs, then a film prepared by the BCRC in which a number of people who had been rescued were recorded giving their thanks to the rescue teams. This concluded with Goon from the SCRO who, by his own admittance, has been rescued a few times over the years, saying his few words and then inviting everybody to take their coach tickets to the bar for a free drink. This went down very well as you can imagine and possibly had an influence on the few who decided to bare all and take a dip in the lake. Rather than me as, having been in the lake before for a filming project, I can vouch for how cold the water is — and I was wearing a wetsuit and furry suit at the time. Naked, no thanks! Caught on both a still camera and video... I can see a YouTube video in the making [! notice these photos were not provided for the magazine... Editor].

During a gap in proceedings, my wife and I presented the GCRG with a donation of £5000 then, once the band had played a final rousing session, it was time to put out the candles, clear up and head back to the surface and the waiting coaches. I understand that on one coach, the return journey was interspersed with not one but five streakers. The second coach was obviously more refined as everybody aboard kept their clothes on.

Sunday came round all too quickly with an early breakfast then back to Clearwell. To be honest the control team were taken aback by the numbers who turned up! No less than eighty headed off underground for the various scenarios laid on in the mine and on the surface. It was great to see so many people from so many teams all jumbled up into the various groups working together and having such a great time.

The day over, the organising team helped returned the venue to its former glory. To list everybody who helped out would take a lot of paper so it's a great big thanks to everybody in GCRG and MCRO for all their efforts and hard work. You can be proud of what you achieved and it is worth just finishing on two quotes received after the event.

Firstly, from the chairman of the BCRC, Bill Whitehouse, who over the years has been involved with the planning and running of six conferences and attended twenty.

'This conference was one of the best if not the best. You have certainly set the bar high.'

Secondly, from the Ian Healey. 'I had braced myself for the worst, even arranging for an additional cleaner for the Monday but it looked like we'd been visited by a minibus full of nuns on a weekend sabbatical rather than well over a hundred beer drinking cavers. Thanks very much.'

There can be no better accolade to a job well done. Thanks to everybody who came to the event — from the feedback you all enjoyed it. ●

Pictured below: From left to right: Nicky Bailey GCRG Equipment Officer, Liz Maisey GCRG Treasurer, Peter Turier GCRG Secretary. Paul Taylor and Rose Taylor. Photo taken by Andy Harp at Clearwell Caves.

SURPRISE DONATION FOR GLOUCESTER GROUP



Paul Taylor has been a member of the GCRG since the early 1970s, having joined the group soon after joining Gloucester Speleological Society in 1969. He has almost continuously served on the committee as newsletter editor, equipment officer, secretary and chairman. He is also one of the group's rescue wardens. His wife Rose, although not an active caver, has been very much part of the group, a regular provider of food for social and fundraising events.

On the morning of Tuesday 19 May 2014, Paul was rushed into hospital having suffered a heart attack. When the details were established, he had in fact had the attack in the early hours of the previous Friday morning, completed a day's work on the Friday, driven four fellow team members to the May MREW meeting in Preston, returned home to Gloucester then, on the Sunday spent the day driving a recovery vehicle for — of all things — the British Heart Foundation Cotswold Bike Ride! Then, on the Monday, he'd completed some further work for two paramedics before finishing the day off by going caving. It was only on the Tuesday, having loaded his car for a day's work in Cardiff, that he finally relented and contacted his wife to say he thought he needed to see the doctor. It wasn't long before Paul was whisked off first to Gloucester then on under blue lights to Cheltenham for an emergency operation. The surgeon later confirmed that Paul had been very, very, very lucky. Had he driven to Cardiff that morning, the outcome could have been so very much different.

Prior to this, Paul and Rose had planned to leave a sum of money in their wills to the GCRG, originally planning to keep the donors' identity secret. However, following Paul's heart attack, they decided to make the donation while they were alive and able to see the group benefit for themselves, but still wanted to make the donation without anybody knowing. But when the group secretary got to hear about it, and also the size of the planned donation, he was having none of it. The ideal time would be the Saturday evening conference party.

Only a few people were in the know. Master of Ceremonies Dany Bradshaw (BCRC vice chairman) got everybody's attention and requested that GCRG secretary Pete Turier, treasurer Liz Maisey and equipment officer Nicky Bailey join him in front of the band for the presentation. What they didn't know was the true size of the donation. Paul and Rose had already transferred a sum of money to enable the group to place an order for some specialised 'through the rock text messaging communications equipment' called Cave Link, however, when the cheque was revealed they realised that this amount had been added to, making the donation up to £5000. Pete Turier was left almost lost for words.

This was an unprecedented sum of money and sincere thanks were extended to Paul and Rose for their generosity. The balance of the donation is to be split equally with half going to the building fund for the new equipment washing and drying room (doubling as an extension to the training facility) and the other half to be used by the equipment officer, who said she didn't know exactly what she would spend it on, but would certainly make good use of it.



Diary of an Editor

Luddite at Large *Loosely translated as:*
The Things I Do For Mountain Rescue



Screen scrolling, mountain goats and beardie wierdies

The most frequent topics, at any level of mountain rescue, continue to be 'communication' (in all directions) and 'transparency', or the perceived lack of either. Most of us think we communicate well but clearly we don't, otherwise we'd all just revert to discussing the weather. Or how soon it'll be Christmas. And can you believe it, they're selling creme eggs already? And, as someone who's devoted an entire career to the 'communications industry' (as we used to call advertising and marketing before those radio peeps requisitioned the term), I admit I'm at a loss how we can improve things.

Believe me, (and this can be evidenced in the back issues of this very journal), I've tried. For some years now, I have waged a personal campaign to improve communication both in the wider world of mountain rescue, within 'the exec', and beyond. And I'm not entirely convinced I've made any progress at all.

I've compiled 'What MREW does' presentations, had countless email exchanges (both internally and externally) about the use of our logo roundel and battled Microsoft Word to create internal document templates so communication from the management group will better represent the 'brand'. I put this mag together and strive to represent as many of you as possible (members, teams and management), whilst balancing the budget allocated, and I write articles here detailing easy-to-follow instructions for getting onto the website, using the members area and buying from the shop (although, frankly, in this age of online everything, I'm bemused why it's apparently all so difficult. And, as I say ALL the above guides are freely available in back issues. Or just email me and ask.)

I'm not alone, of course. There are many others out there also trying to improve things. I can't speak for them, but for me it sometimes seems that the more we all try to make things better, the more frustrated we all seem to become.

But, thanks to social media, the closed group and the internet in general, I think I now have the nub of the problem: nobody reads beyond the first few lines of prose on a screen. Of anything. And we're all guilty to a degree. We're all cramming so much into our increasingly frenetic lives, our 'filters' are in overdrive.

It's long been known that to engage

people's interest through a webpage you have to grab their attention pretty damn quick. A cursory 'google' revealed some alarming figures — from 6-10 minutes, through 59 seconds down to a flighty ten seconds. (I suspect the first estimate was somewhat optimistic!) So, tick tock, you're toast!

But the real problem isn't the webpage *per se*. It's smartphones. And scrolling. Or, more to the point, the refusal to scroll down columns of type. This became clear to me recently when a relatively short and quite succinct post appeared on the group. Within moments (tick tock), there was a response — asking a question which the post had already answered quite clearly, causing the original poster to type again the same message just posted.

A chap called Farhad Manjoo wrote in online magazine 'Slate', back in 2013, that for every 161 people who landed on his page, about 61 (38%) would be gone a very few lines down. They'd 'bounce'. That's fine, he mused, still a hundred left. But those hundred readers were now at the point where they had to scroll and five of them 'were never going to scroll'. And, even if they did, for how long?

Concerned at this haemorrhaging readership, Manjoo asked a colleague to analyse the data, which clearly showed that readers just can't stay focused. 'The more I type,' he said, 'the more of you tune out. And it's not just me. It's everywhere online. When people land on a story, they very rarely make it all the way down the page. A lot of people don't even make it halfway.'

And I'm reaching a similar conclusion to Manjoo, that we live in the 'age of skimming' — and there's seemingly little we can do about it.

We see it in the mag and on the website, where information frequently becomes 'invisible'. We see it on our social media, where people reach for their guns before fully reading a post. And we've seen it with the six-minute film, where viewers rarely get as far as three minutes in before turning away, hence missing the call to action to text a donation.

This latter, by the way, wasn't too much of a concern, given that the film was made primarily to raise awareness not funds, but even so. We hope the new 60-second trailer will be more effective

as a fundraising tool (donations currently stand around £1000). But getting people to scroll further down that smartphone window of words? If you were hoping for some big finish here, a solution to the problem, sorry. I honestly haven't got a clue. Ideas, if you have any, on a good old-fashioned postcard please. I promise to read to the end.

Whilst we're on the closed group, and at the risk of plagiarising my own Off the Record: 'Mountain Goats' and 'Rockface'! Oh how I wish I'd submitted that sitcom idea, fifteen years ago when, inspired by the 'beardie wierdies' as we called them then, I really did begin scribbling some rough script ideas. But someone beat me to it. Twice! Just think, it could have been about a fictional team in England and Wales.

The return of 'Mountain Goats' prompted a level of defensive commentary on the closed group and, I hasten to add, one or two very sensible responses. For those in the former category: for goodness sake! They're a bunch of caricatures made flesh and the point about a caricature is it grossly exaggerates the truth. It also tends to shine a light on its subject matter exposing not just their intrinsic qualities and physical characteristics but their vanities too. As your older, wiser team colleagues may remind you from time to time over a pint, it wasn't always corporate colours and matchy-matchy kit, shiny heads and smartphones — there was a time, not too long ago, when team members did indeed look like ragbabs, wore hand-knitted woolly hats, hammered nails into the soles of their boots and spent an inordinate amount of time in the pub. I know, hard to believe.

As for 'Rockface', about another fictional Scottish team, okay, so the scripts are a bit soapy. I mean... steamy encounters between team mates? Extra-marital sex? Competitive rock-rats vying for a bigger slice of the pecking order? Cross-team rivalries? Female team members having to prove themselves in a fiercely male environment? Never happens!

I'd hazard we could all identify each and every character in either series, if we cast far enough around team members past and present. And, to paraphrase what someone else once said, if you can't see the stereotype in the room, then it's you.

Judy W xx

STEVE TOMALIN CELEBRATION



PAUL TAYLOR
GLOUCESTER
CAVE RESCUE
GROUP

Steve Tomalin was an extremely large part of GCRG, the local Forest of Dean caving scene and the much wider caving world both in the UK and abroad. Unfortunately, as many of you know, Steve lost his battle with liver cancer on 20 July 2014.

In his will he left instructions that all the equipment and clothing from the activities that filled his life were to be passed to the GCRG and sold to raise funds for the group. I was given the task of carrying out this request and felt it should also be a celebration of Steve's life.

With Christmas out of the way in the early part of 2015, with Tony Marden and his van, we visited Steve's old house to pick up his vast collection of equipment and books and took these to the GCRG depot to be sorted out. The vast proportion of Steve's caving and climbing books, and associated material, would go to the Gloucester Speleological Society, and the non-related stuff to charity but collating all of this was quite a task.

Soon afterwards we took delivery of two significant quantities of equipment brought by Sharron (Steve's girlfriend) from her mother's garage where Steve had been storing it. His garage at home had overflowed.

With the help of Jo Clarke, Gareth Jones and John Cliffe we continued the cataloguing and were absolutely amazed by how much equipment Steve had amassed over the years. Thoughts turned to how and when we'd deal with it all.

As Steve also had very strong links with the Midlands Cave Rescue Organisation, I consulted with Emma Porter and Mike Clayton and agreed that the proceeds from the sale would be split 50/50 with the MCRO. With many of us very much involved with the planning for the BCRC Conference, the date was set for Saturday 4 July.

Over the last few years, the GCRG headquarters has been subject to major refurbishment and, although not completely finished, this has made it somewhere we now don't mind going to. Steve played a significant part in this work and spent many hours working there so it was the perfect venue. The only problem

was that the area at the front of the building needed sorting out first.

We set about getting this done, building a new wall and breaking up all the old concrete ready for a new slab. To say that this was taken to the wire is an understatement as the new concrete slab was only laid on the Tuesday prior to the event. Fortunately, it set in time.

As Steve undertook many activities we thought it would be nice to have a number of these taking place on the day. Barbeques were also a passion of his, so we had one of those too.

Liz Maisey arranged a professional auctioneer to run proceedings on the day. An ad went out and various people were enlisted to help with running a caving trip into Old Ham, canoeing down the River Wye, mountain biking around one of the forest cycle trails, a surface walk with some geocaching and also climbing and crate stacking at the Dean Field Studies Centre at Parkend, where Steve had worked over the years.

On the day, over 120 people turned up and went off to take part in the various activities. All returned with stories and pictures of a very enjoyable time. What was particularly nice was to see so many young children taking part as Steve had spent so much time working with young people over the years.

By the time people returned to the depot, the bar was up and running with a barrel of Freeminers Ale very kindly donated by Carl Powell, who had been rescued from Old Ham a few weeks earlier by GCRG members, having misplaced the route from Old Bow. It was great to see so many people enjoying themselves but there was also the serious side: raising some money.

All the lots for the auction were laid out on tables in the large meeting room and a big sign instructed 'Please DO NOT move the lots around'. Unfortunately, that didn't quite work as people wanted to see



what they would be bidding for! In a separate room all the hardware was laid out. This was supplemented by a separate donation via Liz Forster from her employer and as such the volume was too much to auction so all these items were open to donations. Some were brand new and created a lot of interest and there was certainly not much left at the end of the day.

Slightly later than planned, at 3.00pm, everybody took their seats, reminded that to bid they would need to be registered and issued with a numbered paddle. Then it was down to business with the auctioneer Joe taking over proceedings.

Each lot was brought out in the right order following frantic work by Jo, Nicky Bailey and Gareth sorting through the now almost random pile. They were displayed by Charlotte Maisey and Saffron Herbert with Joe the auctioneer doing his bit and Liz Maisey working hard to keep up with the sales and recording all the various amounts.

It was a very hot day and it was noticeable to see a lot of the chairs and people slowly moving into the shade as the sun went round. However, for those up on the front there was no respite and, partway through, a beer break was taken and then it was back into the auction. Almost 200 lots went through with some real bargains to be had as well as some great prices paid and a fantastic time had by all.

Three hours after starting, the hammer went down for the final time and only one lot had failed to sell.

Over £4500 was raised — a fantastic figure, which has since reached £6500. Then it was time to relax and enjoy a fantastic BBQ put on by Rose Taylor and her team. What a day it had been. Steve would have been very proud.

Thanks to everybody who came and supported the event as without you it would not have happened. ●

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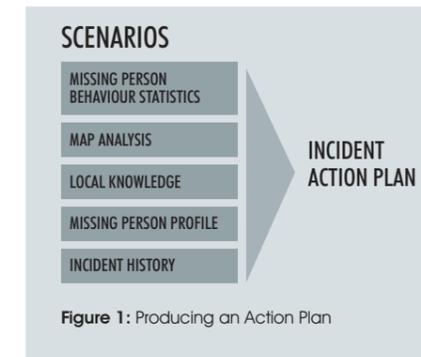
SCENARIO ANALYSIS IN SEARCH MANAGEMENT

PETE ROBERTS

In the last two issues I talked about my trip to the New Zealand SAR conference in 2014 and as part of that I was involved in a two-day workshop for LandSAR trainers. This group delivers approved training throughout the various regions and is made up of SAR volunteers and police. One of the topics I taught was on search management and scenarios. There was total agreement in the group about the central role scenarios have in search management.



In our Managing the Initial Response course we stress the fundamental importance of scenarios to help solve the problem of the missing person. Scenarios are an account of what might have happened to the missing subject and are the result of a careful blend of key points and they lead directly into the Incident Action Plan as illustrated in Figure 1 below.



No one ingredient has overall importance. Missing Person Behaviour statistics are part of the scenario planning tool but I have witnessed incidents where the Incident Action Plan has been driven totally by such statistics verbatim — not good practice. The skill is in the blending and understanding of each ingredient and how they come together to produce sensible and plausible scenarios. A scenario should have the following components:—

- ✓ Start point = IPP
- ✓ A direction of travel
- ✓ A route — a line
- ✓ A destination — a point
- ✓ An activity or purpose.

An example scenario might be that a missing person, a male despondent, came out of his front gate, turned left and took his favourite walk along a riverside path to a nearby remote country park. This is readily turned into a search task to form part of the Incident Action Plan by identifying a line of travel and destination or point. His route, the riverside path and the country park would be important areas to search and would be identified as such in the plan. An alternative scenario might be that they turned right out of their garden gate and took the path to a nearby and well know beauty spot that they

frequently visited. Both scenarios, and others, can be incorporated into an Incident Action Plan that details various search tasks.

The idea of lines and points is supported by the UK Missing Person Behaviour Study (UKMPBS). Figure 2 below shows the most likely places where missing people are found for all categories of missing people. It should be noted that the percentage figures for each likely place are different for some categories to these overall statistics. Nevertheless, the guiding principle of lines and points still holds good for all categories but some will have different, more likely places, than others.

Lines and points are a fundamental of search in the Initial Response Phase of an incident and

have to support or counter my proposal (scenario) and who and where will I find that. This would be done by an Investigation Function of the whole search management process and would be more likely to happen once more formal planning procedures are in place beyond the Initial Response phase.

However, we believe it is a useful tool and is work in progress. I am continuing to collaborate with people from Land SAR NZ on how it might be developed for our course Managing the Initial Response and it is something we hope to discuss further at our annual course in Northumberland in November — full details at www.searchresearch.org.uk.

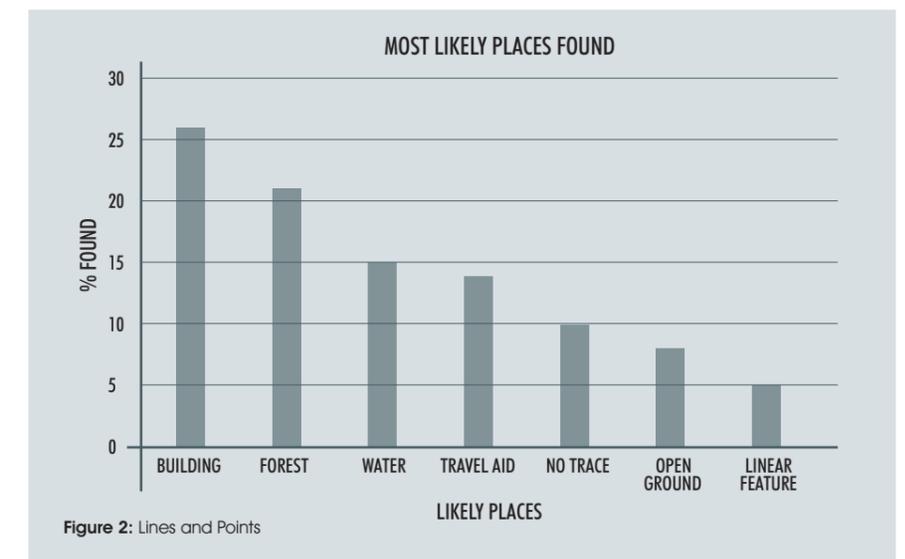


Figure 2: Lines and Points

are searched prior to area or sector searches which will be incorporated into later phases of operations.

Once a list of possible scenarios is compiled then they should be prioritised into most likely, likely, and unlikely, being careful not to discount anything at this stage. Some of the scenarios will require further investigation. I picked up ideas from New Zealand based on a body of knowledge called the Analysis of Competing Hypothesis (ACH).

Essentially ACH provides a framework for the further analysis of hypotheses (scenarios) and questions such as what information do I need to

PETE ROBERTS IS MEMBER OF NORTHUMBERLAND NATIONAL PARK MRT. IN 1997, HE AND DAVE PERKINS FORMED A REGISTERED CHARITY — THE CENTRE FOR SEARCH RESEARCH (TCSR) — THROUGH WHICH THEY HAVE TAUGHT SEARCH MANAGEMENT COURSES THROUGHOUT THE UK AND IRELAND. CARL HAMILTON OF NNPMRT HAS ALSO NOW JOINED TCSR. THEY CO-AUTHOR THE UK MISSING PERSON STUDY WITH GED FEENEY, EX-MREW STATS OFFICER. DETAILS OF THEIR COURSES AND RESEARCH CAN BE FOUND ON WWW.SEARCHRESEARCH.ORG.UK

SCOTTISH SNOW AND CLIMATE CHANGE

GEOFF MONK



We are approaching another winter, and many of us are thinking toward freshly snow covered mountains. This year, on some of the higher climbing areas in Scotland such as Observatory Gully on Ben Nevis, you may actually be walking on last winter's snow, obscured by fresh falls.

There has been a big increase over the last two summers in the number of surviving snow patches, so does this mean 'climate change' has stalled? Let's look at the evidence. Firstly, we have had two winters with considerable precipitation in generally westerly winds. At higher levels, the precipitation has fallen predominantly as snow, which in frequent gale force winds has been scoured off exposed ridges and plateaux. The snow then falls out to the lee of these areas, primarily into much less windy corries or just slight bowls in the terrain. There can be huge depths in some of these areas by the end of a winter season, and it is these that don't all completely melt in the summer. Season by season, with slightly different mean wind directions, the pockets that receive most snow vary, so there is no year on year build up (to form the beginnings of a glacier). Indeed in the cold winter of 2009/10, nearly all the snow fell on easterly winds, leading to completely different locations of maximum seasonal accumulation, and hence of patches that survived longest the following summer.

Secondly, the summer of 2015 has been colder than normal. Compared to the long term, the mean temperature has probably been a degree below normal — that may seem small but, set against the recent long run of frequently warmer than normal summers, has been particularly noticeable. There are two main reasons for the chilly summer. There has been a trend for air arriving over Britain to have originated in the Arctic

east of Greenland, sometimes arriving directly from the north, but often after having taken a circuitous route across the Atlantic before arriving from the west. Perhaps more significantly, when winds have arrived from the west, this year there has been an enormous area of colder than normal water in the central and eastern Atlantic to the west of Britain, which has acted as a damper on the rate of warming of cold air on its approach to Britain.

So despite 'normal' westerly winds, temperatures have frequently been lower than normal. Incidentally, this is in contrast to much of southern and central Europe where until well into August, westerly winds failed to penetrate, and often air drifted slowly northeastwards from Iberia and sometimes the Sahara. Temperatures as a result, have been several degrees above normal over a vast region almost all summer. Occasionally, incursions of the 'hot air' have reached Britain (mainly the south), but almost immediately colder westerlies returned.

Globally, there are already murmurs within the meteorological community that 2015 will, by some margin, outstrip the warmest year in human record. These are records that perhaps although lacking precision, go back thousands of years. These result from scientists painstakingly analysing for example ice cores and ancient tree rings. Even in more recent times there is evidence — from people who might not call themselves scientists — who during substantial parts of their life, simply measured things. For example, going back over a few centuries, we have logs of annual dates when the first daffodil or apple



Images © Iain Cameron.

tree flowered. Currently, we are very grateful to those enthusiasts who in the late summer and autumn, annually diligently search for and log details of the remnants of the previous season's snow. This year is shaping up to have the most surviving snow patches since 2000, with massive beds of snow still to be found in early September on many Scottish hills.

In conclusion, worldwide, the earth's surface continues to warm. The region of lower than normal temperatures this year over Britain and far out into the Atlantic to the west of Ireland may seem large to us, but represents only a small fraction of the earth's surface. Across the earth as a whole the trend toward warming, if not measurable on a year by year basis, is measurable decade on decade. The cause is almost certainly very highly related to human activities.

With special thanks to Iain Cameron for help in the preparation of this article and for his permission to reproduce his photographs of recent snow patches on Ben Nevis. ●

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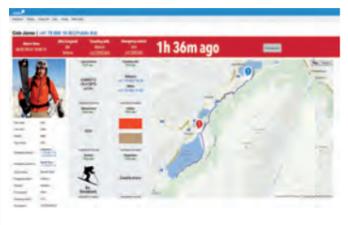
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