

mountain rescue

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



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WELCOME TO ISSUE 58

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

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NEXT ISSUE ISSUE 59

Editorial Copy Deadline:
Friday 9 September 2016

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



The first of five joint training events with Bristol arranged by LDSAMRA this autumn. The weather was great, the crew were fantastic and 24 members from Cockermouth and Keswick – and a dog – went through the training, including winning @ Nick Lumb, Cockermouth MRT.

PLEASE NOTE

Articles carried in Mountain Rescue do not necessarily reflect the opinions of Mountain Rescue England and Wales. We do not accept responsibility for advertising content.

Word

MIKE FRANCE



I hope summer has been kind to you and you've managed to get some time with your families. I see from social media that many teams have been very busy mountain rescuing over this time. I am asked many times, 'so is winter your busy time' but, with mountain biking, rock climbing and all the other outdoor activities people now undertake for pleasure it looks like we don't have any quiet times.

Over the summer I have been working with our trustees developing the new job description for the new external trustees. This was sent to you for comment and by the time you read this it will have been issued. We are looking for a couple of people with the skills we require. We have also taken on board the comment from the regional chairs group in that someone from that group should be a trustee of MREW. This person will be picked by the group to serve a two-year term. With the four exec officers, two external trustees and someone from the chairs group this will give us the odd number and a good sized group of seven people to oversee the finance, governance and strategy of the charity.

The new constitution has also been written over the summer, 80% plus of this paper is pre written by the Charity Commission, the document is a template where we fill in our bits. By now I hope you've had sight of this, but remember there is very little we can change. You will see when you read it that the big change for us is how the organisation is run. It makes it very clear the charity is run by the trustees – that's new for us.

Myself, Mike, Penny and Dave met as the executive to look at our meeting schedules and how they would work. Our views are:

- The executive officers and trustees should meet bi-monthly, six meetings a year.
- The exec officers only and specialist elected officers (management group) meet bi-monthly, six meetings a year.
- The new operations group is going to meet on a Sunday (your request) three times a year, and the regional chairs already meet three times a year on a Saturday.

If this works — and there is no reason why it won't — we should have better communication with teams represented at both the operation and chairs group feeding into the management team and back.

We agreed at the last AGM that the existing trustees would continue with the existing charity until the CIO comes into play, but Peter Dymond finishes his term in November and will be standing down along with Paul Amos. So, on behalf of all of us, can I thank them for their time and the hard work they put in. It's fair to say they haven't had an easy ride but they have helped steer us in the right direction.

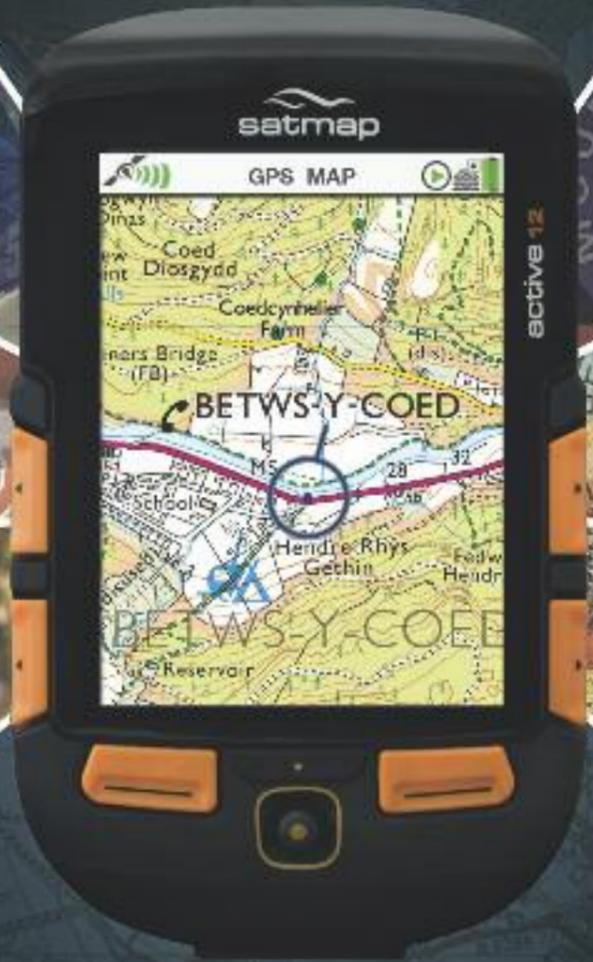
Also standing down at the November meeting is Daryl Garfield, our vehicles officer. If you look at our vehicle standards now, the better uniformity of our vehicles and the better driving standards, lots of work has been done by him and the vehicles team so again many thanks for the hard work. We did make comment at our last meeting about section 19 — that's two vehicle officers have been and gone and still no section 19, good luck to our next officer, let's see if it comes in under their tenure.

You will also find the new job description for a president and vice president has been written and is on the website. We agreed a nominee should come from a team, ideally with the backing of a region, and sent to the national secretary. For the moment we are only looking for one vice president until we understand how this role will work for us.

Peer reviews are going very well and that's because you have engaged with it, thank you. We have agreed to extend this first roll-out period by an extra year (three years in total) before reviewing the whole exercise. If you wish to help with the peer reviews, please contact us.

Finally, I hope you all know we have now applied to register our logo as a registered trademark. We won't know until Christmas because it's in a consulting period at the moment but if there are no objections it should be registered by then. 🍀

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way ahead



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national news

meetings

MREW BUSINESS AND COMMITTEES
Saturday 19 November 2016
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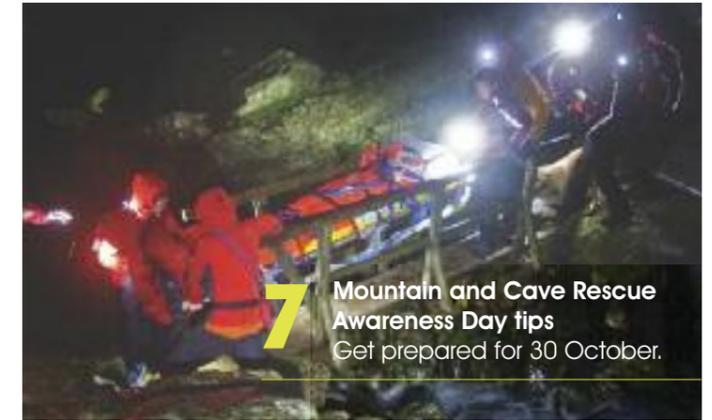
PEER REVIEW MEETING
Where do we go from here?
Saturday 7 January 2017
Bowland Pennine base, Garstang
Contact Tim Cain via
tim@timcainleadership.co.uk

MREW BUSINESS AND COMMITTEES
Saturday 20 May 2017
Lancashire Police HQ, Hutton

To book in to MREW business meetings, contact: **Dave Close**
secretary@mountain.rescue.org.uk

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

inthisissue



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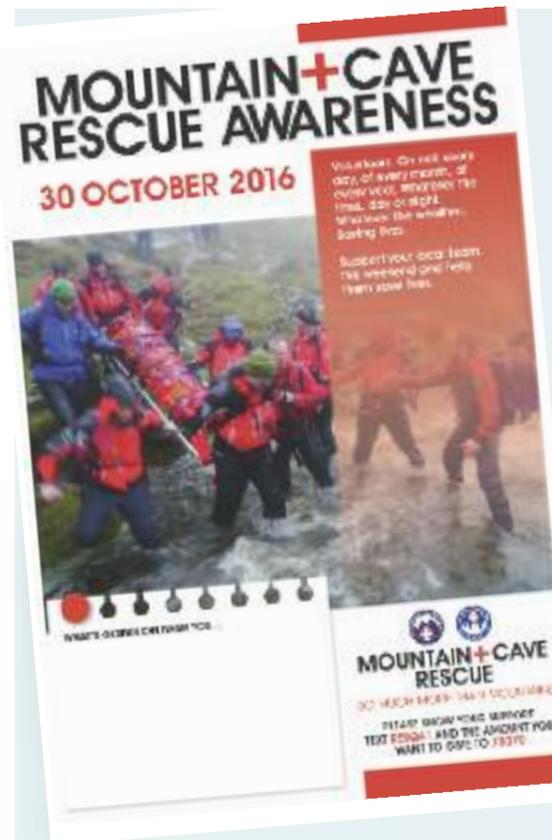
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A PRINT QUALITY PDF OF THIS YEAR'S POSTER IS AVAILABLE FROM EDITOR@MOUNTAIN.RESCUE.ORG.UK

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Illustration © Jorgenmac, Dreamstime.com

RUN THE LONDON MARATHON FOR MREW

As in previous years, MREW is fortunate to have five allocated places for runners in the London Marathon — these come as part of our participation in the Princes' Charity Forum and they provide a great opportunity to raise awareness and to raise money.

A small project team of Sally Barnett, Bill Whitehouse and Sally Seed is already working on promoting these places, looking to recruit five keen runners (and maybe a reserve), who have strong reasons to run for MREW and are willing to help us in pre-event publicity and activities as well as fundraising at the event.

MREW is asking for a £100 registration fee from each runner (which is something that most charities ask for) and then a commitment to raising a further £2000 each for MREW. In return, MREW is offering online training and injury support via Sharp Fitness (a Peak District team contact), fundraising support on social media, an MREW running vest and a branded T-shirt to wear at a finish party held in BAFTA's London HQ. We might even manage flags or other support if, like Nigel last year, you're prepared to carry some extra weight!

IF YOU OR SOMEONE YOU KNOW MIGHT BE INTERESTED IN RUNNING, PLEASE CONTACT THE TEAM VIA MARATHON@MOUNTAIN.RESCUE.ORG.UK FOR AN INITIAL APPLICATION FORM AND FURTHER INFORMATION. AND YOU CAN ALSO FIND LINKS AND INFORMATION ON THE NEW MREW WEBSITE UNDER GET INVOLVED, FUNDRAISE.

MOUNTAIN + CAVE RESCUE AWARENESS

30 OCTOBER 2016



HOW YOU CAN HELP RAISE AWARENESS

Mountain and Cave Rescue Awareness Day has moved to a new slot on Sunday 30 October and there's an opportunity here for teams to spread the word about voluntary rescue services, using the 'hook' of the clocks going back to GMT for the winter months. **Sally Seed** explains.

'The decision to change from May Bank Holiday to 30 October was really in response to the 'So what?' question,' says National Press Officer, Andy Simpson. 'Plenty of teams have events and open days on the May Bank Holiday already so we wanted to shift the date to something that had a significance and might generate a bit more media coverage out of the usual supporter areas.'

One of the key factors in planning for 30 October has also been the sponsorship and connections with VARTA who support teams in kind with batteries and special discounts as well as providing 'prize packages' each year to support team fundraising.

'Those batteries, torches, flashlights and, most recently, recharging power packs make great raffle and competition prizes,' says the acting fundraising officer, Bill Whitehouse, 'and we knew from discussions with VARTA and their PR agency that they were keen to make more of the MREW connections and spread the word too'.

So, if you've nothing planned so far, here are a few ideas and, in the box to the right/left, a few suggested safety hints that might help on the messaging too.

• **If part of that box of goodies from VARTA is sitting at base, take some photos, show things in use online and think about giving or offering as prizes in and around 30 October.** Your local newspaper might be willing to give the team extra coverage and use the safety messages if you can offer some prizes to readers too. And don't forget to mention the support from VARTA.

• **Look out for posts relating to cave rescue too.** It can sometimes be a busy time for them as university clubs and others run their novice events and we're keen to stress that this is Mountain AND Cave Rescue Awareness Day.

• **Get in touch with some of the holiday accommodation in your patch and ask them to remind their visitors over half term to**

remember the darker evenings and plan ahead. You might even offer them one or two of your VARTA goodies to pass on in case visitors are unprepared.

• **Schedule a few posts on your team's Facebook and Twitter feeds** for the half term week (24-28 October) and for Awareness Day itself about safety on the darker nights.

• **Share and connect to MREW and VARTA UK social media posts** around Awareness Day to spread the word and encourage new followers and likes — @VARTA.ConsumerUK.

• **Ask your local schools and tourism associations to spread the word on safety** messages too and to link back to your team website. It's an excuse to get in touch, a good route to potential supporters (and walkers) and could keep someone safe too.

• **Feel free to use and adapt the following Top Tips online, in the media and in your local areas.**

PELI LIGHT THE WAY AHEAD

Peli torches, renowned for durability and reliability, offer unrivalled performance for search and rescue personnel. The latest addition to the hands free range, the Peli 2780R rechargeable head torch, provides three light levels and four lighting modes. USB charging offers convenient charging at base or on the go. One of the great features of the new models in the head torch range is a main beam and downcast setting to light up not only the way ahead

but the path beneath your feet for improved safety and vision. A red LED at the rear can be set on constant or flashing mode to keep your team in sight. The head torch is also waterproof to 1m (IPX7), guaranteeing performance in the worst of weather experienced on the hill. For full details on the 2780R visit: peliproducts.co.uk/2780-ledrechargeable-headlite.html.

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Night rescue © Rob Granger/Keswick MRT.



TOP TIPS FOR THE CHANGE OF SEASON

- Make sure you start your walk early enough in the day and be aware of what time it gets dark and allow for a change in the weather too.
- Plan your day and route taking into consideration a reliable mountain weather forecast mwis.org.
- You'll need a good torch and spare batteries whatever your plans in case you get delayed. Some people prefer to carry a second lightweight torch so they don't need to mess about trying to change batteries in the cold or the dark if the head torch packs up.
- Adequate lighting with the nights drawing in and the clocks changing is critical. Trying to read a map or make your way over rough ground from a little light on a mobile phone is a nightmare you really don't want to experience — and it'll use up what could be vital mobile phone battery life. Modern LED head torches don't cost a lot, use little battery power and are much brighter.
- If you are really in trouble, your mobile phone could make a significant difference. Ensure your phone is well charged for the day and that any applications running are not compromising its battery life. It could pay to carry a power bank with you — and they're getting lighter and easier to use all the time.
- An important tip is to register your phone with the 999 text service. If it is really windy or wild you often struggle to hear the 999 operator and what they are saying. And often a spoken message can't get through when a text will.
- If you can't get through or have little or no signal, consider your position carefully. It might be that a short distance uphill, contrary to what you might wish, will get a signal.
- As we move through into early winter, there may be icy conditions and snow on the hills when the valleys are green and frost-free. Ice axe and crampons should always be carried in the mountains in the winter months as an icy patch on a path may necessitate a dangerous detour without the correct equipment.
- And, finally, whatever the time of year, it's worth reminding people to be prepared with sturdy footwear with a good tread and a bag that contains food, drink, waterproofs, extra layers to keep them warm and dry if the worst happens, hat and gloves, map and compass.

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.

Planning ahead

News type © Spoocheader, Dreamstime.com

Most of the media coverage achieved by rescue teams relates to their work — the call-outs, incidents, rescues and searches that make demands on members' time and resources and keep teams in the local media spotlight. And that's as it should be.

With the addition of occasional key messages about 24/7/365 availability, the voluntary nature of the service and the constant need for fundraising and public support, that's what makes most of the media coverage.

But occasionally, it is worth planning ahead for an event or a key date or media hook that might enable you to communicate something about prevention and safety. It's certainly been a feature of RNLI coverage over the summer with plenty of media pieces about keeping safe on Britain's beaches, understanding the signals at danger points and avoiding the need to call out a lifeboat. Some of that is just as valid for mountain rescue.

• **Identify the hooks and dates** — it might be a team anniversary, a milestone event or a record number of call-outs, or even the purchase of a significant piece of new kit. With a bit of planning, you can create the story and reinforce your key messages into the bargain.

A national example that could be a good opportunity for local teams is the Mountain and Cave Rescue Awareness Day, moved from May Bank Holiday to Sunday 30 October for 2016. The significance of the date is the shift to GMT with the clocks going back that weekend and the Sunday being the first day of darker evenings.

Check back on your local stats and see

what incidents you've had around that time of year with people being surprised and unprepared for the shift. Issue a release or contact media offering advice about torches, batteries and even, these days, power pack rechargers! It could be the ideal opportunity to use those Varta support packages of potential prizes to create media interest or an online Facebook competition.

• **Consider an local angle** — local media like a local story so be sure to have your local team's facts and figures up to date for any media release. If your team members cover safety for a big local event, get that story out well in advance with examples of how you've helped out in previous years and the benefits of working with local organisations to spread the word.

• **Think in pictures** — it's OK getting your story into the local papers but much better if it's striking and there's a strong people picture to go with it. In a recent story about a team receiving a donation towards purchasing new radios, we did a 'big cheque' picture, a line-up-of-those-involved picture (with team vehicle) and a picture focusing closer in on a few key people posing with radios to their ears. The cheesy one won out with every media choosing the 'radios to the ear' version because it was a bit different and had some humour.

IT'S OKAY GETTING YOUR STORY INTO THE LOCAL PAPERS BUT MUCH BETTER IF IT'S STRIKING AND THERE'S A STRONG PEOPLE PICTURE TO GO WITH IT.



NEW WEBSITE LAUNCHED

JUDY WHITESIDE

Early September saw the 'soft launch' of the new look MREW website, crisper, cleaner, more white space, less wordy on the eye!



It's been a while in the making but hopefully it fits the brief, which was to make it easier for our supporters to support us and donate — and you'd be hard pressed to miss the 'donate' button now! It also means that Basecamp is now separate to the shop, making it simpler to subscribe.

The opening pages tell the story of mountain rescue in pictures rather than words, with easy links to our social media pages and film. More detailed information about the organisation is just a scroll and click away, with more factual stuff being available as downloadable 'Fact files'. Currently there are six of those — focusing on who we are, our history, how the organisation is structured and the teams work together, how our supporters can fundraise for us and Gift Aid their efforts and some useful advice about staying safe in the hills. The intention was to have the information readily to hand, without cluttering up the screen, which also makes the site more tablet and mobile phone-friendly.

The shop too has changed, now operating through the Shopify platform. For now, the merchandise remains the same but we will be exploring a few new ideas for stock over the coming months. Meanwhile, as eagle-eyed members will doubtless note, the Members area remains the same. The focus at this stage has always been very much public-facing.

Doubtless there will be teething problems (hence the soft launch), but we hope these can quickly be ironed out. Once we're happy any initial glitches have been caught, we'll be planning a media launch, so watch this space! And, speaking of glitches, by all means let us know if you think something is missing or something has disappeared that you regularly checked — we'll add it to the list for consideration, although our intention is to keep it fresh and simple, with fewer pages to navigate, so don't expect to see pages added back too quickly.



• **Talk to your local reporters** — radio reporters don't usually need pictures (although it's still worth sending in case of online coverage) but they do need voices and they also like to plan a few items ahead for programmes that thrive on being interactive. On the Awareness Day story, think about letting your local weekend presenter know about what you're planning about ten days before so that they can consider an angle and perhaps record something in the week before to broadcast on that Saturday or Sunday. And make sure your spokesperson has facts and figures to hand, a lively voice and, ideally, a local accent too.

I hope some of these ideas are useful in planning for Mountain and Cave Rescue Awareness Day and for other key dates in your team's calendar. Don't forget to ensure that your website is up to date when you're planning something like this — it's the first place a journalist will look for background to any figures and facts — and if you can get a past casualty to work with you and reinforce the messages, all the better.

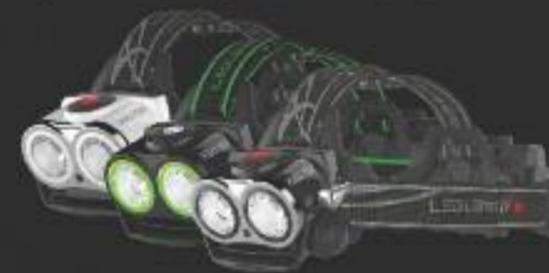
If you have recent experience of this or something related to share, please get in touch with sally@stoneleighcomms.co.uk or via The Editor. Thanks. ☺

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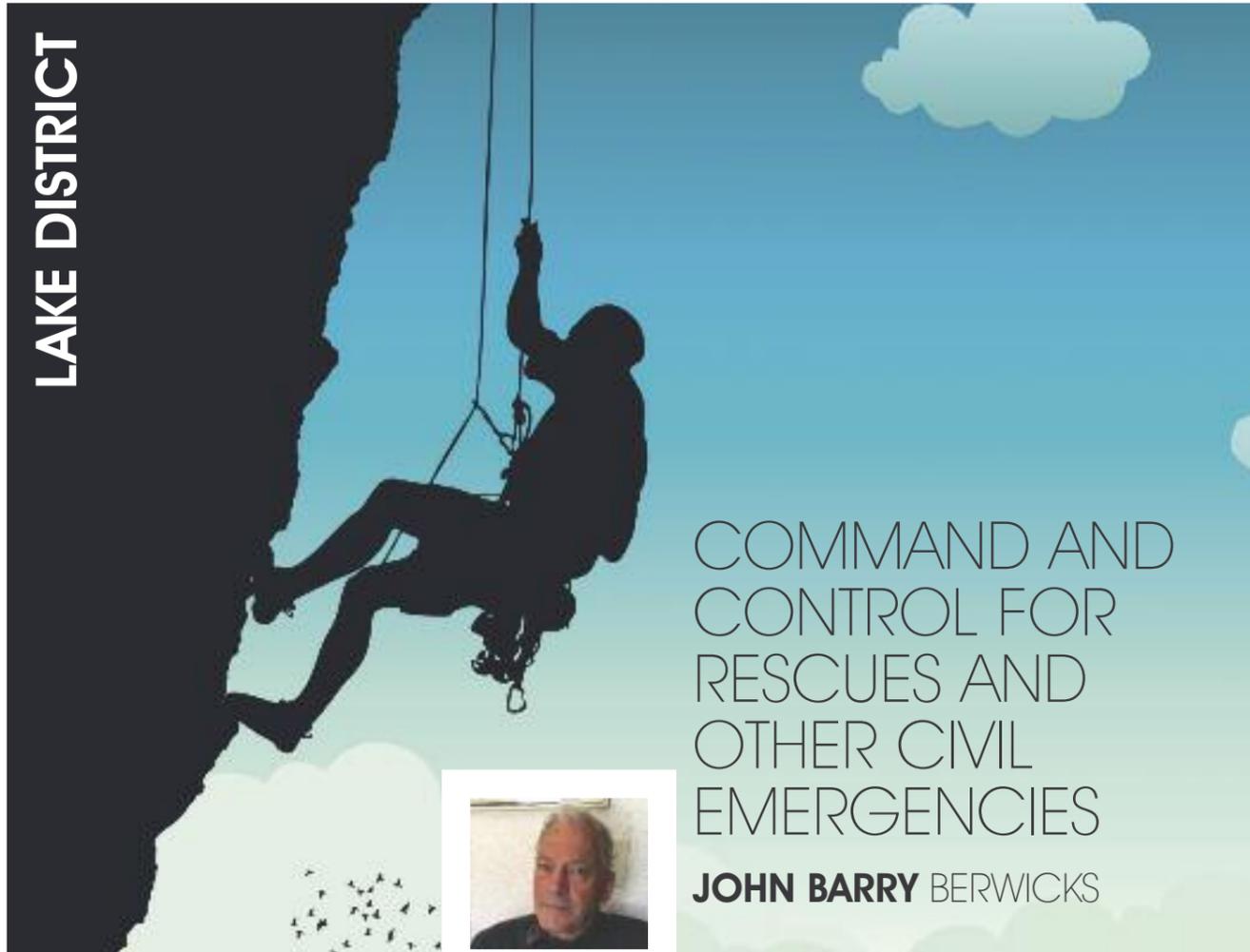
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COMMAND AND CONTROL FOR RESCUES AND OTHER CIVIL EMERGENCIES

JOHN BARRY BERWICKS



As any member of a rescue team will already know, those who play the climbing game might be the most determinedly anarchic folk on earth: iconoclasts to a soul. The players of this game, the mountaineers, climbers, in whatever form – bouldering, cragging, snow and ice climbing, alpinism, expeditions, big walls, trad, bolted – and in whatever venue – road-side crags, sea-cliffs, Scottish winterland, north faces, greater ranges, Andes, Alaska, Himalayas and beyond – defy, that is wilfully resist, any attempt at categorisation. They are immune to convention, antagonistic to rules, free-spirited to a fault.

The very words 'command and control' (C&C) are likely to be seen as an affront to the essential spirit of the uncorralled freedom that inhabits and animates our sport; seen as inimical to its mores; an oxymoronic connection; an unfortunate conjunction; an anathema. In the English lexicon, the words 'command and control' and 'mountaineering' are seldom – if ever – heard in the same sentence. Indeed, the preceding sentence may be literally a literary first.

To be clear, most climbers – and I write as a lifelong (ie. ageing) climber – would see any form of command and any symptom of control as an assault on their liberty and on the untrammelled freedom of their chosen game. They would likely be immediately suspicious, instinctively hostile to the very notion, for as far as climbers are concerned, the two things are antithetical.

Now I am aware that many, maybe most, possibly all, members of a mountain rescue team will readily accept that some form of C&C offers useful tools come the call-out, come an emergency. It may be, therefore,

that I am preaching to the converted. In which case read no further, go get a beer – it'll likely do you more good. For the as yet unconverted, or the sceptical, or the merely curious read on.

I left the military in the winter of 1979 (a harsh one in Snowdonia with feet of snow and yards of ice) for the job as director of Plas Y Brenin, the National Centre for Mountain Activities. The place was bustling with talent: climbers (and boy could they climb!), paddlers (and boy could they paddle!), philosophers, painters, poets, peaceniks, authors (Jim Perrin for one), blokes with degrees in anything from the renaissance painters, to metaphysical philosophy, to astrophysics – and beyond. If, indeed, there is anything at all beyond astrophysics.

That was the good news – the easy bit. The harder bit was that most of the Brenin team were politically somewhere miles left of Lenin (one was a member of something called the Trotskyist Workers Party and several sported Ban-the-Bomb – remember

them? – badges) and saw me, barely out of uniform as I was (in fact literally one day out of uniform), as somewhere well to the right of Genghis Khan. And a Philistine to boot. I was alert to, and concerned by, this and resolved to adopt a softly softly approach – non-military, super-civilised, consultative to the point of exhaustion – and whatever else might win me acceptance. To become, in today's political parlance, a Corbynist. And grow my hair long.

On my third day in this new and, for me at any rate, demanding job, still groping my way through the amorphous self-inflicted pillow of my adopted approach, a phone call came into reception from one of a winter mountaineering course, who had, with a second, been despatched by the course instructor to tell of a broken leg in the group and to summon a rescue. The call-taker – an otherwise supremely competent secretary – but unversed in the essentials of the information any rescue effort would need – established only that the stricken party were somewhere near the summit of Glyder

Fach. And that was about it. We had no number to call back on and this was before the days you could trace such a thing. She alerted the chief instructor.

It was about 17:30 and all-but dark. Most of the instructional staff had just come in from hill, mountain, rock-face, river or sea and were mid-cuppa. They were alerted to the situation and the fact that a rescue was to be mounted. I watched with interest and growing alarm. And awaited what I would call a 'briefing'. And waited...

[An aside: At this point the smart thing might have been to call out the Ogwen team but either we didn't think of that or, maybe, it was felt that since we were already assembled we'd get going quicker. Wrong! But one lives and, sometimes, learns.]

...and waited. But briefing, or any semblance of the transfer or communication of information beyond the barest of fact of a casualty somewhere near the summit of Glyder Fach, came there none. And I mean none. I was tempted to intervene – after all I'd be carrying the can – but chickened out. I worried that if I as much as hinted at command or suggested control, a Stalin-esque fate awaited with a show trial and a posting to a Gulag. Or worse. These guys are experts, I thought, and I'm a new boy and know nowt. But if ever a situation screamed out for a good old-fashioned briefing, then this was surely it.

And so the 'rescue' was launched – note the inverted commas. Energy there was to spare. Enthusiasm there was in spades. Intelligence too. In oodles. And determination enough to launch a thousand ships (or rescues), urgency enough to win a war. But no brief, no direction, no RVs, grid-references, maps; no radios, call-signs, timings, mission, allocation of tasking, suggestions on equipment – ice-axes, crampons, stretcher, first-aid kit, bivouac gear... nowt.

I followed on with Jonesy, the store-man, as random groups of twos and threes and the odd solo sallied from the Brenin down to Ogwen in a miscellany of transport and began the trek, admittedly at some pace, into Cwm Idwal and up through the Devil's Kitchen into the clutch of a wild and icy night. Ahead and behind and all around bobbed the headlamps of all the other would-be rescuers, united only in the hell-bent determination to retrieve one of our own. The commitment was total: the shambles also.

Somehow – no that's not fair – by dint of energy, calories prolifically shed and by the kilo indiscriminately dispensed, the casualty was found and safely recovered. Back in the bar (the Tyn-Y-Coed boozier had the most elastic opening hours in the civilised world. What it didn't seem to have were any closing hours), morale was (deservedly) high and all was well that had ended well. But I promised myself that, risking the Gulag, I'd introduce

the notion of a team brief and the concept of 'Command and Control' in some dilute form at the next staff meeting. And when that meeting came a week or so later, in bull-by-the-horns mien, I spoke of the rescue. And what a revelation! They all said that they would have welcomed a brief (whatever that might be and why hadn't I delivered one such?): could all see the point of getting to the right place with one team intact, with the right kit and pronto. (In a phrase that I was pathetically pleased with, I had argued that five minutes squandered might be the

to bullet punctuated combat skirmishes as a soldier, to shopping trips with the missus (well nearly), to a boys' nights out (again nearly). As any member of a rescue team will already know.

Genghis had won his first victory over the Trots (and his last!)

We later got on to fancy stuff like 'voice procedure' and 'assessments' and all these things were accepted – avidly so – as means to swifter, surer and more effective deployments. They were the easiest of converts, my Corbynist colleagues, the most



Civil contingency 'learning curve': Flooding in Carlisle in December 2015 © Karen Phillips-Craig.

difference between casualty and corpse.)

We got to discussing briefings – format, sequence, contents, style and so on. And so it was agreed that a briefing could usefully be shaped as a narrative with a beginning, a middle and an end.

Such as: 1. Where we are. 2. Where we need to go. 3. How we are going to get there (and all the add-ons). And 4. Questions.

Or, for old soldiers: Situation/Task/Method/Questions (or any variation of those headings) within a – loose – narrative format. I have seen that format work in the widest variety of scenarios imaginable, from a rescue at 8000 meters on Everest to a helicopter cas-evac of an Alpine North face,

enthusiastic of audiences. They knew it made sense. As you, reader and rescuer, will have figured out years ago.

Looking back, it occurs to me that even the most anarchic of climbers use – perhaps unwittingly – a form of command and control every time they put foot or hand to rock – and certainly at the end of a pitch. For what are the near-ubiquitous the calls of 'Safe!' or 'Take in!' or 'When you're ready!' or 'Climbing!' – (or any preferred variant or abbreviation thereof) if not a form of



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command and control? I have a climbing mate who for a long time refused to indulge in any kind of signal, calls, notifications or even hint, as to where he was in the two-on-a-rope rock-climbing two-step. Such a litany was for bumblers, muppets or trainspotters, he said. That was until a slip into space accompanied by ten feet of slack rope —slack because the belayer hadn't realised that my mate had started to climb — and a fall of some fifteen feet (with the stretch) and a bruise to arse and ego persuaded him that some, albeit begrudgingly curt, verbal signal that he is headed upward is not necessarily a bad idea after all — or an entirely superfluous thing. And not just for muppets, bumblers etc.

And here I rest my case. Climbers use some form of command and control most times they climb — even if they are reluctant to admit it. It helps avoid confusion — though nothing is guaranteed. It brings a little clarity, adds to the fun and the chances of getting up without too much adventure. And doesn't dim that adventure in the least. That's for normal times.

When it comes to an emergency — a rescue, say — a dose of command and control will always help, seldom detract and make life simpler, clearer and quicker. And it may save lives — both of the rescuers and those to be rescued. And that can't that be bad. Disguise it any way you want, call it by any name (and I admit that the term 'Command and Control' is not the friendliest of phrases), soften it, adjust to needs, tinker with the template, make it user-friendly, dilute to taste, but not beyond some sort of shape, functionality and efficacy. and make it digestible to mountaineering's mutinous hordes. Because it works. And they, your team and the victim(s), will thank you for it. Even the Trots. ☺



BERWICKS DELIVER COMMAND AND CONTROL TRAINING TO LDSAMRA

MIKE GULLEN

It has long been recognised that MREW would benefit from some form of Command and Control training and the events of Storm Desmond really brought this to the fore. In the latter part of May, LDSAMRA decided to address this training shortfall and invited Berwicks Consultants to deliver a session on Command and Control to the team leaders at the Wasdale Team Centre.

Berwicks is a leading management consultancy, specialising in crisis and emergency management; equipping organisations to adapt and thrive in the most complex and high-risk environments. Command and Control is at the core of their business.

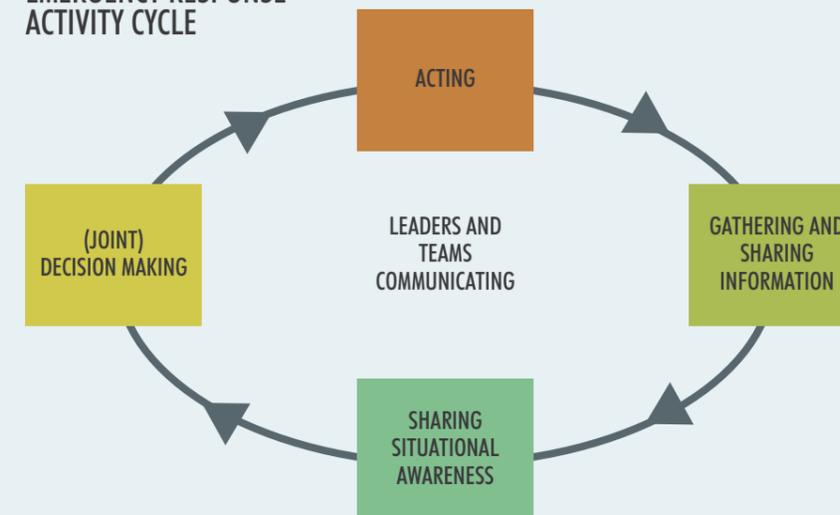
The session was well attended, with representation from every LDSAMRA team; all of whom arrived with a certain amount of uncertainty, intrigue and scepticism, tempered by the usual enthusiasm and an open mind.

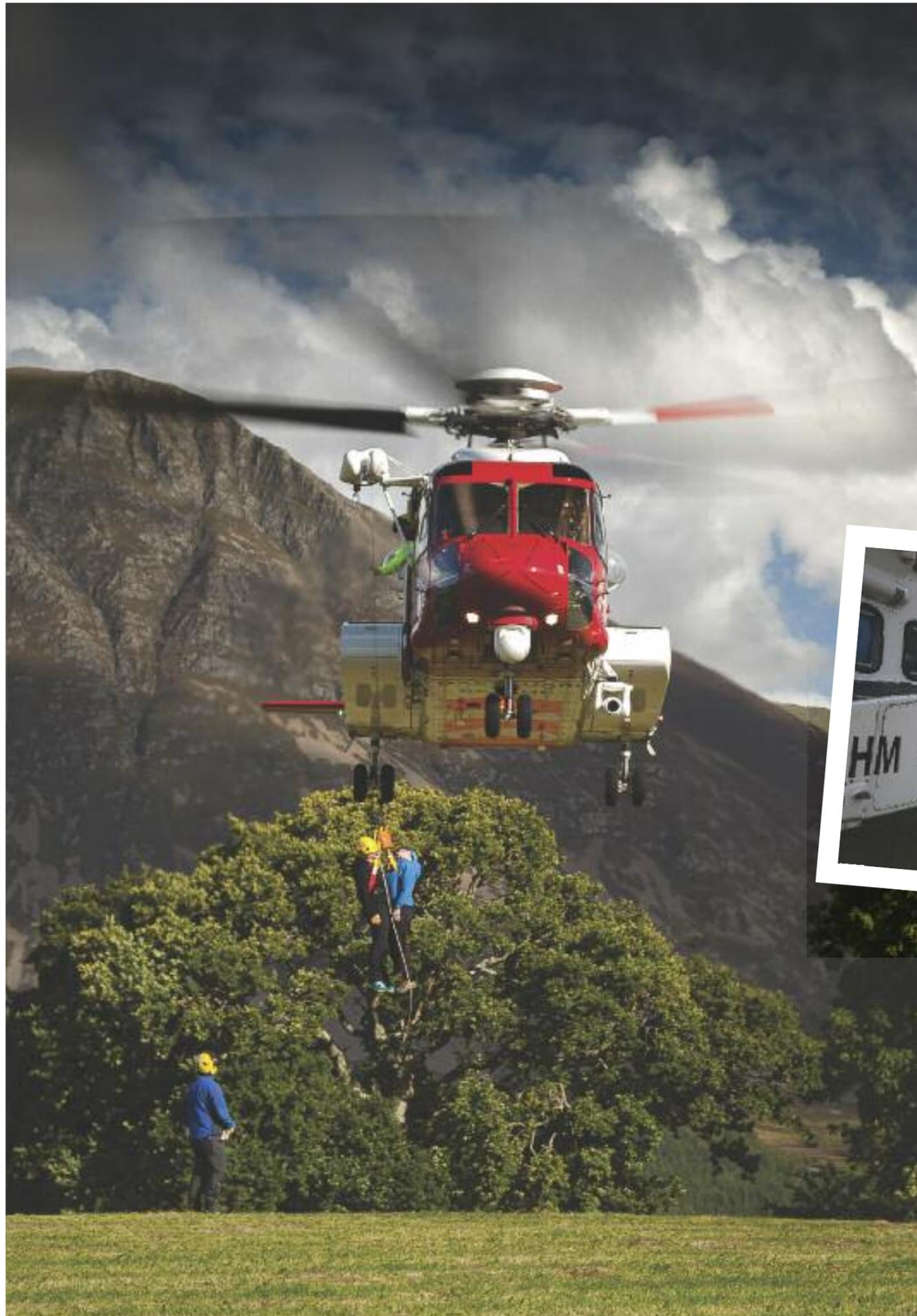
The morning was spent discussing some command and control fundamentals: information management, sharing situational awareness, effective communication, decision making and joint working. Theory was presented, application brought to life through a wide-range of examples and then given relevance through comparing team members' related mountain rescue experiences.

After lunch, the discussions of the morning were put into practice in a tabletop exercise, with the attendees split into either teams, a Bronze grouping or Silver Command. Spread around the various rooms in the centre, communication between groups was solely via radio and SARCALL. The scenario was based on a World War II display aircraft crashing into a farm in the north Pennines, resulting in severe damage to farm buildings and injuries to the crew, farm workers and animals. The teams were the first at the scene and the situation required them (and the command groups) to coordinate the deployment of multiple responders, including emergency services, SAR, neighbouring farmers with agricultural equipment and vets.

Unfortunately, the exercise had to be cut short, due to a call-out on Scafell, but all agreed that the day (and, in particular, the exercise) had brought out some key issues and numerous lessons had been learned that would assist in future call-outs and operations. The day was a great success and our sincere thanks are offered to Phil Scriven from Berwicks, for guiding us through the day. Phil is planning a second session for us in November (which will include a session on 'Leadership in an Emergency' and a slow-time coached tabletop exercise) and MREW is also in discussion with Berwicks, with the aspiration that in the future this type of training will be available to teams in all the regions.

EMERGENCY RESPONSE ACTIVITY CYCLE





LAKE DISTRICT

JOINT HELICOPTER TRAINING FOR LAKES TEAMS IN SEPTEMBER

Members of Cockermouth and Keswick teams and a search and rescue dog took part in the first of five joint training events for the Lakes teams in autumn. 'The weather was great, the crew were fantastic and we got 24 team members and a search dog through the training, including everyone being winched', said Andrew 'Macca' McNeil, Cockermouth team leader. Also a great opportunity for some 'helicopter porn'! Rescue Helicopter 999 had travelled from Prestwick to Loweswater for the training in September.



Opposite page: Cockermouth team members getting winched. **Above:** Cockermouth and Keswick team members listen intently to the security briefing. Photos © Nick Lumb.

SOCIAL MEDIA CAMPAIGN SAVES TELEPHONE LIFELINE

Keswick MRT launched the campaign, via their Facebook page in early September, following news that BT had decided to remove a payphone at Seathwaite which has served as an emergency lifeline over the years for many walkers and climbers in difficulties. A notice posted to the site said that the phone had enjoyed little use over 'a significant period of time' and that members of the public had 42 days to register their objections with Allerdale Borough Council, the local authority planning department.



Seathwaite in the snow © Keswick MRT.

MID PENNINE

WEST YORKSHIRE ROUND TABLE DONATE £2000 TO CALDER TEAM

The team has received a number of welcome donations from the local community, groups and businesses since the beginning of their fiftieth anniversary year. This £2000 donation came from Round Table Groups of Hebden Bridge, Halifax and Elland and will be used to purchase five waterproof radios that will improve communications during flood rescue situations.

The team's training officer, Howard Barton said, 'We are all proud members of the local community, who know far too well the risk of flooding the region faces, and it is so important that we prepare well with the essential skills and correct personal protection equipment. This generous donation is gratefully received. Thank you.'

'Although this phone box may get little day-to-day use in this age of mobile phones,' ran the team's post, 'it has been, and still is, a real lifeline during emergencies. There is no phone reception on any network at the head of the valley and so it remains the only public form of communication to the police and mountain rescue.'

At the time of writing this, Keswick's post had been shared 8682 times and the number of objections registered with Allerdale was said to have topped 10,000 and still rising. The response on Facebook was nothing less than phenomenal, with many people recounting stories of their own experience of needing this telephone.

BT's decision to remove the box was prompted by a national review of its payphones which found that usage had dropped by 90% in the past decade — thanks to the mobile phone. Maintenance costs were also, inevitably, cited as a factor.

Within days, BT had rescinded their decision, having established that 'the removal of the payphone could prevent a call to the emergency services'.

In a statement, it said: 'Between 1 September 2015 and 31 August 2016, 378 calls were made from this public telephone, none of which were emergency calls.'

'However, during our removal process we have established that there is no mobile signal at this location and removal of this payphone could prevent a call to the emergency services. Therefore we will not be seeking to remove this payphone for the foreseeable future.'

Keswick subsequently thanked everyone for 'their views, comments, shares and most importantly objections to this application'.



Stretcher bearers with their 'casualty' © Templar Photography.



THE NEXT GENERATION

With the development of tougher fabrics and advanced zip technology together with our partners at GORE-TEX® and YKK®, it is now time to introduce a new generation of the Kongur MRT Jacket.

Tougher GORE-TEX® Pro fabrics used throughout to give increased abrasion resistance and greater tear strength.

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Discover the finest rescue-specific waterproof jacket.

Contact Martin Dixon on 07710 358762
martin.dixon@mountain-equipment.co.uk



Engineered with



Top: Fun and games with the West Yorkshire Round Table © Templar Photography.
Left: Ian Bantham presents a cheque to Clive Green and Dave Astley.

The team has an ongoing flood resilience programme to increase their capability by training and equipping as many team members as possible. They currently have eight Swiftwater Rescue Technicians, who were most recently deployed to assist emergency services during the floods in the Calder Valley, Cumbria and York.

On Saturday 30 July, representatives from the Round Table Groups in Hebden Bridge, Halifax and Elland had the opportunity to visit the rescue post, to see some of their existing water rescue equipment and some got a little more than they bargained for!

The following day, they received a further donation of £1500, thanks to the Rotary Club of Todmorden. The cheque was presented by Ian Bantham, the club's president and

gratefully received by team members Clive Green and Dave Astley. The team would like to thank everyone for their continued support.



SEARCH DOG BORIS ONE OF FOUR FINALISTS IN 'HERO PET' AWARD

German short-haired pointer Boris (pictured left with Steve Nelson), from Bolton, was one of four animals in the Hero Pet category of the Charles Holland Awards in August. Boris and owner Steve were, up until recently, the only qualified scent-specific trailing dog team in the country. The pair train and operate with SARDA Wales. Boris receives about four calls a month, although this can vary and with his skills so rare, he is mainly called out to search for missing children and the vulnerable.

SPECIALIST DEMANDS CALL FOR A CM SPECIALIST SOLUTION

CM Specialist Vehicle Division applies superb craftsmanship and conversion skills to a range of standard production vehicles in the blue and amber light sector ensuring long service life and maximum protection. For almost twenty years, we have lead the field in the build and installation of bespoke body conversions and integrated electrical and communication systems to fleets for the police, fire, ambulance authorities, the military, security organisation and government agencies.

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KEN BLAKEMAN 1946-2016

Chairman and member of Kinder MRT for over forty years, Ken Blakeman died whilst on a call-out on 2 July. Ken, who was also chairman of the PDMRO, collapsed while walking up Mill Hill to assist an injured Duke of Edinburgh Award candidate. **Peter Doyle** talks about Ken's life.

Mountain rescue was a very important part of Ken's life and he made an enormous contribution to it, particularly in the Peak District. As chairman of both the Kinder team and the region, he was a great ambassador for mountain rescue, perfectly at ease with people from all walks of life, be it a member of the public asking about the work of MR, the Chief Constable of Derbyshire Constabulary or the Earl of Wessex.



Ken with HRH Prince Edward © Kinder MRT.

Ken was always ready to play any role within the team, whether it was trudging up Sandy Heys with a Bell

stretcher, being party leader or standing with a bucket outside Go Outdoors or Decathlon, he was happy to do it all. He would often entertain with a good story or a selection of jokes, of which he seemed to have an inexhaustible supply. He also enjoyed the PDMRO annual foundation course, often as a guest speaker. He loved to see how the delegates, from teams across the Peak District, could be moulded into a confident operational unit over the duration of this intense weekend.

Ken was a good person to have in a hill party, particularly as party leader. He had a very calm, measured approach and took the welfare of his party members seriously. On completion of a search area he would make sure his party took time to have a cup of tea and bite to eat before radioing in for a new assignment. Often this resulted in the party being told to take a break before a new task would be assigned! His calm manner played an important part in him being a successful team chairman and helped him steer the team through some difficult times. He was very even handed and would remind team

members of why we were there: to help people in difficulty on the hills. This put many minor squabbles into perspective and enabled the team to remain a close knit cohesive unit.

Ken also enjoyed the social aspects of mountain rescue, be it providing instrumental support at the team's annual Christmas carol singing expedition around the pubs of Hayfield, the annual team dinner or, most recently, the team hog roast. He would always join members in the bar of the George after team meetings for a quick drink before heading off to the Great Moor Con Club for a few more beers. Ken laid great importance on team members' wives, husbands and partners being made welcome at team events and ensured they got recognition for the support they gave. Equally, he was keen that the team's supporters group was given recognition for their work in fundraising and publicity.

Ken was a real gentleman. He was very generous and always had a kind word and sound advice when needed. Our thoughts are with his wife, Sandra, and family at this difficult time. He will be sorely missed. ☺

FORM MEETS FUNCTION

This season we're introducing the new GORE-TEX® range from Montane. Durable, breathable, and crafted with Montane's unbelievable attention to detail, this kit is some of the best. An extremely versatile lightweight mountain shell, the new Alpine Pro Jacket is constructed from highly durable 40 Denier GORE-TEX® Pro for tough waterproof breathability. Articulated elbows and shoulders help prevent lift when you're reaching high, with two harness friendly pockets and a helmet compatible hood, the Alpine Pro is perfect for vertical environments. Montane have blended a mastery of form with the peerless performance of GORE-TEX®.

Whether you need a featherweight trial running shell or a rugged alpine fortress, you'll find the perfect blend of form and function in the new range from Montane. Get hands on it in store with 20% discount* for mountain rescue members, or explore all the latest Montane kit online at cotswoldoutdoor.com/montane.



*Full T&Cs apply. Offer expires 31.12.16.



'Once he gets the scent, says Steve, 'he's off, and he has the stamina and determination to go on for miles until he completes his task. Although the outcome isn't always positive, he has saved lives or brought closure for the families of the deceased.'

Global Hearing specialist Amplifon launched its search to find 'The Best Of British' in memory of its founder and Second World War hero Charles Holland who was honoured for his bravery by Britain and America. The Charles Holland Awards for Brave Britons celebrate truly remarkable people who are an example to the nation.

Falklands veteran Simon Weston, who led the judging panel, said he was honoured to be one of the judges because all the finalists had truly remarkable stories.

'It was a very tough decision' he said. 'When I read Boris's story it was truly touching. He has shown a great deal of courage and selflessness. It's wonderful to see the unsung heroes in our midst — the truly remarkable people who are an inspiration to us all — finally given the recognition they deserve.'

Sadly, Boris didn't win the 'golden bone' which went to 'assistance dog' Mabel, from Banbury. But well done Boris (and Steve) for getting to the final.



Woodhead MRT take to the water © Mark Crawshaw.

PEAK DISTRICT WATES GIVING DONATES £5,000 TO WOODHEAD TEAM

The family-owned Wates construction services company has donated £5,000 to Woodhead MRT, cash which will help secure much needed extra equipment and specialist water rescue PPE. Procurement of

this kit will provide a safer, faster evacuation and search platform in both urban and rural environments. The equipment purchased includes a sled which can also be deployed for use in swamp and snow environments.

The team has been involved with an increasing number of high profile water incidents over the last year, including the



AWARDS NIGHT CELEBRATES CONTRIBUTION OF SEARCH AND RESCUE TEAMS

The luxurious Versailles Room at Tennants Auction Centre in Leyburn was the venue for a night of celebrations and thank yous in July as North Yorkshire Police and York City Council made presentations to the five search and rescue teams of North Yorkshire: Cave Rescue Organisation, Cleveland, Scarborough and Ryedale, Swaledale and Upper Wharfedale Fell Rescue Association.

Hosted by the Acting Deputy Chief Constable of North Yorkshire Police, Paul Kennedy, the event was attended by HM Lord's Lieutenant of North Yorkshire, Barry Dodd CBE, mountaineer Alan Hinkes OBE and Steve Waddington of York City Council. After an excellent dinner, presentations of certificates and cheques for £3000 were made to each team from North Yorkshire Police, followed by further awards of certificates of thanks from York City Council to mark the contribution to flood rescue and recovery after the storms in December 2015.

As a break in the awards and presentations, Neil and Becky Robinson, guests of Scarborough and Ryedale MRT were introduced and Neil said a few words about his own rescue after a serious incident during a family bike ride in Dalby Forest. 'You always wonder if you might one day need the rescue services', he said, 'and, with two broken arms and unconscious on the ground, I certainly needed their help. Thank you to everyone who was involved on that day.'

Jon Rushton of North Yorkshire Police, who has been the Single Point of Contact (SPOC) between the police and teams in recent years, is due to retire from his post in October. He has been made an honorary NESRA member as a mark of his work. Jon thanked everyone for their work — 'dedicated, keen, professional — and always there' — and presented each team with a case of wine as a mark of his own thanks and appreciation. 'I've loved every minutes of working with you all,' he said, 'except possibly those first few meetings when we



were ironing out some issues.' Paul Kennedy presented Jon with the Chief Constable's Commendation in recognition of 'his unstinting service'.

On behalf of the teams, Ian Hugill from Scarborough and Ryedale MRT said: 'Jon has been a keen advocate of the teams and the support we provide to the police and other statutory emergency services. He has consistently worked to build and foster relationships and improve joint working practices, a task which, at times, must have felt like herding cats. Jon has a unique approach to tact and diplomacy, be that in 'advising' senior officers or providing 'guidance' to the teams. He'll be missed and a hard act to follow — we wish him and his family a long and happy retirement and every success in whatever the future brings.'

Finally, Alan Hinkes, himself originally from Northallerton in the heart of North Yorkshire, concluded the evening with his own appreciation of the work of mountain and cave rescue, thanking them for their work on behalf of the whole mountaineering community. ☺

Photos © Central Beacons MRT.



CENTRAL BEACONS TEAM WELCOMES HRH THE PRINCE OF WALES TO THEIR BASE

The team was honoured when the Prince's Trust asked whether they could use the team's base on 6 July, as part of their 40th anniversary celebration. But, unbeknown to the team, they were also being asked to host the Prince himself, so he could meet young people who are turning their lives around with the support of the Prince's Trust.



SOUTH WALES

This, of course, was not the first Royal visit the team has enjoyed — they were honoured to have the Duke of Cambridge visit the team to celebrate the 75th anniversary of Mountain Rescue England and Wales.

The Prince was joined by team leader Penny Brockman and a number of team members, for a tour of the team's base, where the young people demonstrated different aspects of activities supported by the strong working relationship the Prince's Trust Merthyr and Pontypridd have with the team. This visit was an opportunity to showcase the great work being done.

Central Beacons support the Prince's Trust on their 'Team Programme'. One group of young people recently involved in the programme, renovated and decorated the interior of the base for their community project, completing fundraising activities to buy the materials they required. Team members also helped the young people on the programme to develop confidence and new skills, taking them on adventure activity days on Pen Y Fan and teaching them about first-aid and the environment. To many of these young people this is a huge undertaking.

Prince Charles met young people tackling a climbing wall, climbing rope with prussic and demonstrating their first aid skills with the support of team members. He spoke to individuals of the Trust's team who have secured work after completing the programme.

During the visit, His Royal Highness spoke to all the team members present, pausing for photographs. Keith Ellis, a CBMRT team member who also works for Tydfil Training, the host company for the Prince's Trust Merthyr and Pontypridd welcomed the Prince and introduced him to the climbing activity.

After having met the young people downstairs His Royal Highness proceeded upstairs where he met the various organisations which support the Prince's Trust in Wales, including Penny, who was representing Central Beacons.

Director of The Prince's Trust Cymru, Phil Jones, said, 'Our team programme in Merthyr Tydfil is a great example of different organisations working together to support local young people to move forward in their lives. The Trust would not have existed without the determination of His Royal Highness to get the initial projects off the ground and guide our strategy over the years. We are delighted he was able to meet so

many young people here, whose lives have been transformed by the support they've received from the Prince's Trust'.



Central Beacons is proud to be a part of the Trust's team building process, bringing many of these young people a focus on their future. Having met many of these young people at their award ceremony, Penny said she had found them 'inspirational. They've come from backgrounds we cannot even start to imagine and found the inner strength to start a journey to turn their lives around with the support of the Prince's Trust 'Team Programme'.

flooding in the Lake District, Manchester and York. Simon Rippon, director and trustee of the Woodhead Mountain Rescue Trust said the donation will enable the team to deploy a further four team members to future local, regional and national 'flood emergencies' and would also 'extend the general team search capability to safely deploy to find missing persons or drowning victims around the many water margins in our search areas'. The team would like to thank the Wates Group for this 'fantastic donation'.

PENMACRA

TEA, CAKE AND SCONES AND SUN

Dartmoor Ashburton's 'dart2ZERO' Supporters Club held its annual 'Supporters Cream Tea' in September, to thank the public for all the support they give throughout the year. It was a perfect sunny Sunday afternoon, and the team's rescue centre was the ideal setting for afternoon tea.

Vehicles and kit were on display and lots of fun was had as adults and children alike tried their hand at climbing on the Climbing Project's mobile climbing wall, tried on specialist rescue equipment, squeezed into drysuits, got hung from the rafters on stretchers and 'immobilised' in vacuum mattresses. The team was also able to officially recognise the amazing contribution their supporters make to keeping the team running.

Local business Plastic Surgeon Fine Finishers at Bovey Tracey was awarded the 'Platinum supporter award' for being the prime sponsor at this year's Templer Way event. They contributed over £5,724 to the total, helping to make the fundraising event the most successful in the team's history raising over £12,138 in total. Team chairman Alec Colyer said, 'We were delighted when the Plastic Surgeon got involved with the



Fun in the sun with the swiftwater kit © Dartmoor Ashburton.

Templer Way this year and we were very grateful to them for being so enthusiastic in taking part with over 28 of their staff walking the eighteen miles from Haytor to Shaldon'.

SOUTH WALES

CENTRAL BEACONS UNVEILS ITS REVOLUTIONARY FIRST RESPONSE VEHICLE

When Central Beacons unveiled their new 4x4 Ford Ranger response vehicle in early July, unbeknown to them it also marked the beginning of the team's busiest summer period ever for call-outs.

The unveiling was led by leader of Merthyr Tydfil County Borough Council, Brendan Toomey, chief exec Gareth Chapman, Alison Reddy (Fund Manager Ffos Y Fran Community Fund) and Supt Jim Dyson of South Wales Police, key stakeholders who have supported the lengthy fundraising project. Mark Moran, team chairman and project lead for the vehicle purchase said, 'we're delighted that representatives from the council and the Ffos Y Fran Community Fund are able to join us this morning. Without their support, the vehicle purchase simply would not have been possible'. The team also thanks members of the public and the many other organisations who have supported and contributed to the team's fund raising efforts.

The project team took on the challenge of creating an innovative, simple and reliable solution for the vehicle. The first challenge was vehicle selection and, having always used Land Rovers, moving away from them was a big decision before finally choosing the Ford Ranger.

After extensive reviews and evaluations, the team chose Bence of Bristol to fit out the vehicle with the radios, emergency lighting, sirens and bespoke equipment storage that are required to suit operational needs. Bence has a fine record of delivering solutions and

HAPPY USE FOR TAVISTOCK TEAM AMBULANCE

Dartmoor Tavistock fundraising officer Garon Willis and his bride Susan followed a longstanding mountain rescue tradition in June, commissioning one of the team ambulances to do the 'transport' honours. The vehicle was used as the bride's transport to the church, and then on to the reception at the Mary Tavy Inn at Mary Tavy. Congratulations to you both!



Photo © SARDA Ireland



SEPTEMBER: SAD NEWS FROM SARDA IRELAND

Caitríona Lucas, a dog handler with SARDA Ireland, died tragically whilst on duty as a Coast Guard volunteer.

Catriona, who had worked as a volunteer with the Doolin Coastguard for over ten years, died after she was plunged into the rough water alongside two of her Kilkee colleagues when their boat capsized.

Henry Smith, SARDA Ireland chairman, wrote on the association's Facebook page: 'We wish to convey our deepest sympathy to her husband Bernard, also a former SARDA member, and to their children Ben and Emma. Caitríona was the secretary of SARDA Ireland for three years. She was also a fully qualified search dog handler and assisted with numerous call-outs with her search dog Zac. As part of her dedicated professionalism, Caitríona attended many national and international events.'

'Caitríona was a friend and colleague to our members and those of other SAR teams striving to help people in need. Passionate about search and rescue, she encouraged others and was a tireless example for those training their own dogs or assisting other handlers. She demonstrated a selfless caring attitude towards humans and animals, and as a volunteer she gave full commitment in all weathers.

'She will be sadly missed.'

[FACEBOOK.COM/SARDA IRELAND](https://www.facebook.com/sardaireland)



SEPTEMBER: PARLEZ-VOUS ANGLAIS? ER... NON

Penrith needed a French interpreter in September, when a walker fell and injured himself near Kidsty Pike above Haweswater. He was with a group attempting the Coast to Coast Walk.

Unfortunately, the casualty spoke no English at all, but a friend was able to translate.



SEPTEMBER: SOCIAL MEDIA STORM OVER CONCERNS FOR THE MOUNTAIN WEATHER INFORMATION SERVICE

The storm broke following reports that the Galloway-based MWIS would cease in December because its annual £36,000 grant from sportscotland was due to end.

However, after days of speculation and comment on social media, the Scottish Government agency and MWIS issued a joint statement reassuring the public that the current forecasting service will be maintained.

'sportscotland has been working in partnership with MWIS since 2007 to provide critical mountain weather forecasting, which has been a valued service for people who use Scotland's hills and mountains.'

'An agreement has been reached whereby sportscotland will continue the same levels of investment into MWIS to enable them to sustain current forecast provision throughout a development period which will result in a sustainable, long-term and enhanced service.'

sportscotland was reported to have invested £150,000 in MWIS over the past four-year cycle and has agreed to continue with the same level of investment throughout the development phase for a minimum of three years.

Geoff Monk, lead forecaster at MWIS, and regular contributor to this magazine, welcomed the announcement.

'We can focus on continuing to provide a quality service to help people enjoy the mountains safely and we look forward to working with sportscotland to support the development plans.'

'The MWIS team is incredibly grateful for the level of support, feedback and input that it had received from forecast users in the past few days.'

MWIS PROVIDES DETAILED FORECASTS FOR A NUMBER OF AREAS, IN ENGLAND AND WALES AS WELL AS SCOTLAND. YOU CAN ACCESS THE MOUNTAIN WEATHER INFORMATION SERVICE VIA MWIS.ORG.UK

Rainclouds © Dreamstime.com



Left: Central Beacons team members with their new vehicle © Central Beacons MRT.

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showed a real desire to work with us to deliver a ground-breaking design at a very affordable cost.

Early in 2016, the team lost its chairman and founder team member Peter Howells who was instrumental in commencing the fundraising. As a mark of respect, the number plate remembers Peter's call sign.

The team's busy summer involved 45 call-outs through June-August and 'Mortais Echo' was used effectively on all. Deputy team leader, Huw Jones said, 'Getting resources to our incidents efficiently and safely is a key part of our incident response and we look forward to benefiting from the modern and efficient design and fitted technology our new Ford Ranger brings'.

YORKSHIRE DALES

INJURED CLIMBER WILL TACKLES WHARFEDALE THREE PEAKS

The Upper Wharfedale team had a rather amazing participant on their recent Wharfedale Three Peaks annual fundraising

event in the shape of local climber Will Mawson, who they'd rescued from a serious accident a year earlier. Twenty-four-year-old Will suffered severe injuries when his climbing gear gave way whilst climbing on Ilkley Moor. His 30-foot fall resulted in a catalogue of injuries including a broken back, eleven broken ribs, a fractured skull, splintered clavicle and punctured lung. He spent just eleven days in hospital and returned to work a month later — much to the amazement of colleagues, family, friends and the team.

He then set about regaining his fitness and took up running so he could take part in the Wharfedale Three Peaks fundraiser. As well as completing the course, Will raised over £900 for the team. His story generated a great deal of press coverage both before and after the event and Will sang the praises of mountain rescue — in particular Upper Wharfedale — saying if it hadn't been for the team he wouldn't have survived the ordeal.

Will and his employers, outdoor activities equipment company FaceWest have pledged ongoing support to the team. Team member Nigel Easton said it was a special moment for the team meeting up with Will again. 'He's a remarkable young man and we're sure his outgoing personality, determination and love of the great outdoors helped him in his recovery. We really look forward to working with him in the future.'



Top: Will Mawson signing in. Above: UWFR President Jeremy Daggett rescuing our latest feathered friend. Photos © Sara Spillett/UWFRA.

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Diary of an Editor

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



Branded thong anyone?

Who knew? I mean, who could possibly know? That tucked inside some Kansas cowboy's pants, there's a mountain rescue roundel. Well, not quite the version you and I are used to (and you know how picky I am about that flippin' logo), but a version some might think the real thing. At a glance. Should they ever be glancing down a Kansas cowboy's pants.

Maybe I should explain. It was an email that first alerted me to it, the 'KMR Dark Classic Thong'. 'Don't ask me how I found it!' ran the message — immediately triggering an irresistible urge on my part to ask him exactly that (I'll not reveal my source — he knows who he is). And sure enough there it is, on the Cafe Press website, the thong in question, comprising a somewhat underwhelming triangle of white fabric, an MREW blue and red roundel neatly positioned up front and a thongy bit (of course), at the back. No hunky cowboys available for photoshoots it would seem. Sadly.

Everything as you might expect — 'MOUNTAIN RESCUE' white out of blue outer circle, red and white cross, jagged blue peaks — except where the legend 'England and Wales' would normally nestle, the word 'Kansas' runs horizontally across in blue. In a font which is categorically NOT the correct font. Tsk.

Dodgy fonts aside, if thongs are your thing, for ten of your lovely quids (including VAT), the KMR Dark Classic Thong could be yours. They're in stock. You can even select a size: Small, medium or <ahem> large. We could order them centrally. Maybe get a discount...

God only knows what else there is out there with our national logo proudly stamped across its bits, tender or otherwise. Which is why we've at long last taken steps to register the little rascal. Given that upholding the integrity of the logo seems to have fallen loosely in my lap, not a week goes by — not a day sometimes — without the sight of some recent variation, bastardisation or misappropriation of the official roundel offending my sensibilities. And many of these are internal! The colours! The font! The kerning! Arghh!!!

The roundel belongs to us, come what may. Copyright is already established

because it's our design. But where the organisation fell down in the early days of this latest manifestation of the MR brand (I'm going back maybe fifteen, twenty years here) is that nobody challenged the teams, individuals and businesses — and other rescue organisations, it has to be said — who've tweaked, distorted or emulated the design, devising their own logos by simply changing the colours of ours. (Imitation being the sincerest form of flattery, right?) Maybe we were naive, maybe just too damn nice, I don't know. But try doing that with Harrod's or Cadbury's or, oh any brand really, and wait for the thud of that writ on your doormat.

When, in more recent years, we have challenged, it's been with mixed results. Sometimes we're simply ignored, sometimes the individual or team reconsiders their efforts — mostly the latter, I'm pleased to say. And when it comes to the likes of our thong-seller, we rely heavily on their goodwill to acknowledge that actually they have no right to use that logo without our permission. And, sadly, because versions of the roundel are readily searchable online (albeit rubbish versions), the assumption is that it's up for grabs. It's not. It has a value.

Well now we have our legal bods on the case and once registered it should give us teeth, as it were. Not that I really want to see the words teeth and thong ever used in the same sentence.

All flooding back...

So there we were, enjoying a quiet wedding at the newly-appointed Trout Hotel. A motley collection of friends and family, already furnished with the Kir Royale, gathered outside on the newly laid turf, in the newly spruced-up gardens, only recently cleared of December's silt. James, the hotel manager, has inexplicably held us back from the unseasonable sunshine (it WAS July after all. Sunshine! Fancy that!), for reasons which weren't clear and our photographer Martin has disappeared from sight.

Finally, James can detain us no longer and we head outdoors. Clutching our vino and blinking into all that summer brightness and there they are, nine sky-blue Cocker-mouth jackets, arms uplifted into an ice axe arch. A mountain rescue tradition I never thought I'd get to experience! Thanks guys!

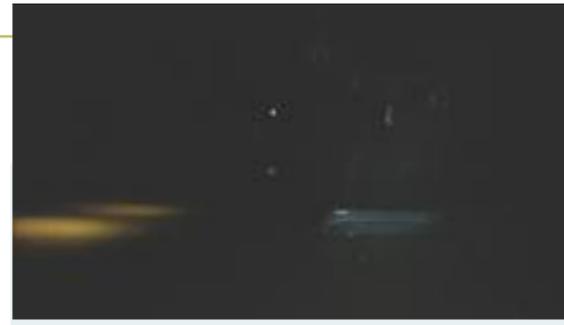
But the interesting thing, from a mountain rescue perspective is that the last time those 'blue jackets' were in action at the Trout Hotel (I use the term 'blue jackets' loosely as they wouldn't have been wearing those very jackets, obvs, that would be daft), it was under several feet of river water. Along with other teams they were wading in there, as part of the flood recovery effort. So, a poignant reunion for team members and hotel staff alike. ☺

Below: Yours Truly and new hubbie, Cocker-mouth team member Chris, on our Big Day out at The Trout Hotel © Martin Hemsley.

Bottom: Team members waded up a flooded Main Street, Cocker-mouth, in December 2015 © Cocker-mouth MRT.



Judy W xx



Top: Roof of the Mini just visible and headlights still working!
Above: The same scene a few days later shows that the Mini later had come to rest along a wall.

IT WAS A DARK STORMY NIGHT IN LANCASHIRE...

In September, Bowland team members were commended for their prompt action in saving the life of a lady driver, during the floods of December 2015. **Key Camplin** writes: The first weekend in December is traditionally a team social weekend based at Smelt Mill, our residential training base in the trough of Bowland near Dunsop Bridge. The normal format is a day out on the fell incorporating a barbecue. A barbecue in December? Yes, we are a mountain rescue team after all. Then it's back to Smelt Mill for a Christmas dinner.

I say 'normal format', that's what has taken place in previous years but December 2015 wasn't going to be normal, Storm Desmond put paid to any semblance of normality. When call-outs to flood incidents throughout the county started coming in team members were dispatched and the traditional Christmas dinner looked like a scene from the Marie Celeste.

The team's incident log records one particular event:

52. 5th December. 19:17 Hrs. Denny Beck, Caton. Before returning to Smelt Mill from Incident 51 the Team decided to check out Denny Beck in Caton (one of the Team members lives in Caton and wanted to assess any risk). On arrival at the water's edge a cars tail lights could be seen driving into the water and begin to float away. After a quick exit from the Land Rover and just time to grab buoyancy aids three team members entered the water. Contact was made with the occupant with the car filling with water. The car stopped against a submerged wall and there was just time to put a spare buoyancy aid on the lady and float her to safety through the car window. There was just six inches of the vehicle visible and shortly afterwards it sank. The lady was given shelter overnight at one of the houses in Caton.

The award of three Parchments and one Commendation from the Liverpool Shipwreck Humane Society for the Bowland Pennine Mountain Rescue Team members recognises the prompt action in saving the life of the lady driver. Not only were they fortuitously in the right place at the right time but they were able to use their training, skills and equipment effectively to bring about a remarkable rescue. Well done guys.



Pictured left to right at the awards ceremony: Superintendent John Putoff (Lancashire Constabulary), Inspector David Old (Lancashire Constabulary), Liverpool Shipwreck Humane Society Chairman Brian Airey, Bowland Pennine MRT awardees Julian Earnshaw, Gary McGrath, Chris Thomas, Rob Gilder and team leader Kevin Camplin.

IT'S GOOD TO TALK

We used to talk to our neighbours over the garden fence, but sadly those days seem to have gone. In rescue situations, however, the ability to talk to our neighbouring teams is desirable for mutual aid and support. To be able to coordinate teams over even greater distances, allows incident commanders to maximise team efficiency, or direct speciality teams while mobile to scene to where their skills will be of most use. Sarcommnet (the fastest growing directly funded Digital VHF network) allows interoperable teams to coordinate their efforts. Bay Search and Rescue (seen here), and North West 4x4 have both joined the Sarcomm network so they can deploy their assets either jointly or separately should there be a repeat of flooding related incidents as seen in the North over recent years.

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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

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Works on operations and governance, supporting the officers in their roles. Currently developing a peer review process. Team leader of Duddon and Furness MRT.



SECRETARY: DAVE CLOSE

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Acts 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

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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

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Works with the police, Government and teams in all matters 'vehicles'.
Vice chair: Paul Smethurst: smethyp@gmail.com



WATER: JULIAN WALDEN

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Works to establish the necessary guidance and standards to ensure the safety of members in a water environment. Julian is a member of Derby MRT.



ICT: MARK LEWIS

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



EQUIPMENT: JOHN WEALTHALL

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John takes over from Richard Terrell, looking after all things equipment. He is a member of Duddon and Furness MRT.



ASSISTANT SECRETARY: ELAINE GILLILAND

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Assists Dave Close in the secretary role. Elaine is a member of Bolton MRT.



TRAINING OFFICER: AL READ

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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



ACTING FUNDRAISING OFFICER: BILL WHITEHOUSE

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As vice chairman of the fundraising committee, Bill has stepped into the role temporarily. He is also a trustee of the Benevolent Fund.

external trustees



CHAIR OF TRUSTEES: PAUL AMOS

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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

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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.



PETER DYMOND

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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.

internal



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

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Shirley has been a member of the Scarborough and Ryedale MRT since 1990, during which time she has undertaken a variety of roles at all levels. She is also treasurer of the Benevolent Fund.



PHIL PAPARD

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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.



PROCUREMENT OFFICER: DAVIE THOMSON

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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.



PR SUPPORT: SALLY SEED

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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.



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



STATISTICS: ROB SHEPHERD

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Collects and collates incident information from the teams. A member of Llanberis MRT and North Wales CRO, he is also involved with SARDA Wales.



...turn to page 49 for BCRC contacts





THE SEVEN DEADLY SINS OF BIAS IN INCIDENT MANAGEMENT

LYLE BROTHERTON

We are all knowingly guilty of one or more of the seven deadly sins. We are much less aware of, if indeed at all, that we are also guilty of one or more of these seven cognitive biases. We've all attended call-outs that could have gone better, where poor comms, low turnout, inadequate briefing, too many newbies on the shout etc, are the main contributors. Or are they?

Cognitive biases are psychological tendencies that cause the human brain to draw incorrect conclusions. In aviation, cognitive bias is well documented and understood, with checks and controls implemented to minimise risk from bias, part of why flying is so safe.

Similarly, at a major incident an otherwise innocent cognitive bias, can be the first link in a chain of events which can lead to a poor outcome, the most significant of which is loss of life. Yet little work has been done within the high-stress environments within which the emergency services operate to determine exactly which biases are prevalent and how they can be countered. Accordingly, a major piece of work was commissioned: Project Melampus.

Mountain rescue responders operate in the high-stress environments of a call-out and I now recognise that I have both personally exhibited and witnessed cognitive bias at some MR incidents, and I have adapted and summarised sections of Project Melampus to share with the MR community.

By being aware of these biases, we can negate the threat they pose to ourselves, colleagues and casualties/victims, by putting in place simple strategies to counter them: simple solutions that can have a massive impact upon the outcome.

However, changing behaviour, especially when it is entrenched, takes a lot of effort because of the 4Us:

- Unknown** Fear of the unknown maintains the status quo.
- Uncomfortable** We don't like moving out of our comfort zone.
- Uncertain** We prefer certainty.
- Unpopular** Resistance to change is universal and invites animosity and tension.

Therefore, to successfully instigate change we need to have a formal structure which, in voluntary organisations, is challenging. My advice is, if a team wishes to implement

some of these initiatives, then discuss them and their benefits with the entire team, gain consensus of which may be applicable or important to your team's operational efficiency, then have a staged process of introduction.

Listed below are seven cognitive biases (more than 40 are recognised), most relevant to mountain rescue, plus suggested strategies to counteract these biases.

AUTHORITY BIAS

I remember encountering this bias on a shout for a missing elderly male. The operation, for personal reasons, was being overseen by a very senior police officer. In briefing the team's search managers, he informed us that the immediate area around the MISPER's home had already been searched and that the team did not need to do so again. Despite compelling historical search evidence, predicting a high probability of this type of MISPER being found within this area, none of us questioned this. Some days later the casualty was found, deceased, within this area.

It's not enough to say 'Question authority' because this simply won't work. All of our lives we have been taught to respect authority, from our parents and teachers to our bosses and specialists we personally deal with, such as consultant surgeons. I use this last example deliberately.

In 2010 it became compulsory

in England and Wales to use a single page surgical checklist, that requires only a few minutes to complete, immediately prior to an operation. It requires each team member to verbally introduce themselves by name and role, confirm the patient's name, site, procedure, plus the surgeon reviews what are the critical unexpected steps. The anaesthetist explores any patient specific concerns and the nursing team confirms the instruments available for use, plus any equipment issues or concerns. Most of all these lists create dialogue and validate the importance of every member of the team, empowering individuals to question. Devised by the World Health Organization, this checklist was tested in a year-long study, with data from more than 7,000 patients and the death rate following surgery fell by more than 40%!

I've rewound this MISPER incident many times in my head and thought how a checklist could have changed the situation, given that the senior police officer was not a member of our MRT. An incident checklist becomes an SOP (Standard Operating Procedure) and a component of this checklist could easily be that the team must always physically search the immediate vicinity around the LKP (Last Known Point). In this case it would have, at the



very minimum, given us the mechanism to challenge the police officer's instruction, which we did not, and also question each other, again which we did not. I believe that in this instance, the police officer would have acquiesced because he worked in an environment where SOPs are mandatory.

CONSENSUS BIAS

In MR we are all familiar with avalanche victims stating that they thought it was safe, because there were lots of other people on the slope. We behave like this because society can only function if we all follow each other, where we take the lead from others, and the larger the size of the group in unanimity, in our physical presence, the more likely we are to follow this group. Interestingly, if we are physically isolated from the group we defer more to our own judgement than to that of the group and herein lies the counter-strategy to combat Consensus Bias. It's something Stuart Johnson, Team Leader, Tayside MRT, taught me to do many years ago when first arriving at the locus: instead of rushing in to provide assistance, instead 'Knock at the door and wait for the answer', in this instance 'Is it safe for me and my colleagues to enter the area?'

'Wait' is the operative word. This simple technique momentarily isolates you from the situation, even if just for seconds, enough for you to draw your own conclusions.

This technique is now employed by armed police officers where there is an immediate threat to life, just before they open fire, irrespective of whether their colleagues have done so already, they ask themselves 'Do I personally need to engage and is it safe for me to do so?'

ASSUMED TECHNICAL BIAS

How many of us have not fully read the instructions to use a new electronic piece of kit, if read them at all? We like to



Photo ©Tweed Valley MRT.

figure things out, which is fine when you never discover another dozen TV channels to watch, because it makes little difference to our use and appreciation of the equipment. This is why for decades, with equipment that is potentially lethal, we have compulsory testing, from passing a driving test to a soldier learning to field strip, disassemble, reassemble and clean their rifle blindfolded. However, advances in technology are increasing at such a pace it is difficult to

always keep up to speed with it. Added to which, this pace of change means that manufacturers frequently introduce new technologies where the user interface has not been fully developed or tested.

In Afghanistan, December 2001, a member of a 4-man unit from 3rd Battalion, 5th Special Forces Group, called in an airstrike against Taliban forces they were engaged with, using coordinates that he had forward projected as a waypoint on his handheld GPS. However, the

GPS's batteries failed and he inserted new ones then relayed the coordinates. All of the Green Berets died as the munitions landed directly on them and not the Taliban, for the reason that when any handheld GPS is switched off, when turned on again they default to their current location.

Whilst technology interface is a significant component of Assumed Technical Bias, and thereby improved interfaces will reduce human error, the error is still human. Therefore, the only

real answer is thorough and comprehensive training that involves tests/exams, because if left to the individual, levels of competency will vary enormously.

All US ground forces now undergo this type of training and examination with all electronic items in their kit. A good start in MR would be using our handheld satnavs (GPS equipment).

CONFIRMATION BIAS

Most mountaineers have experienced 'Fit the Map Syndrome', where, at the end of a tiring day, wanting to get back to base quickly, we convince ourselves that what we are looking at in the field is what we can see on the map, when in actual fact this is not the case. Fortunately, most of us do find our way back home!

This tendency, to selectively search for and consider information that confirms one's beliefs, comes from a much deeper cognitive function. Our understanding of the world can only run smoothly if we have accepted given ideas and values, and these ideas are long-held and thereby become entrenched. So when confronted with something that challenges these parameters, we look instead for evidence that upholds our beliefs, even when evidence is available to us that suggests otherwise.

During an attempt to fix a blockage in one of the cooling water filters at Three Mile Island, a valve incorrectly stuck open and a light on the master control panel lit. All other readings on the panel were normal and the operators erroneously decided this light was informing them that the valve was closed and continued to believe this for another ten hours. At 0600 hrs there was a shift change and a new arrival noticed this light and, following protocol, checked the temperature in a relief valve tail pipe, which was high. By itself this would not have been dangerous, but in combination with the valve stuck open, it was critical. Had the new operator not recognised this and implemented

shutdown procedures, the disaster would have been catastrophic.

This is the most difficult bias counter, as it is so much a part of our everyday lives, prevalent in everything from our politics, attraction to the opposite sex, to people we associate with and the type of food we eat, almost an endless list.

The Special Forces use the Stop Challenge system: when a mission critical decision is being made, the person making this decision must ask one of his comrades how his assumptions could be wrong and the recipient must give an answer that his assumption is wrong and substantiate this with facts. This technique forces the recipient to think in a different way to the person asking the question and at the same time it puts doubt into the decision maker's head. It is an effective technique, but only with training and practice. Using it the first time for real it will most probably fail.

PRIMAL BIAS

We've all felt fear! Fear triggers in all of us a surge of a hormone called cortisol that increases our heart and respiratory rate, in readiness for fight or flight.

If I was trapped in a building on fire, I may make a successful escape. Conversely, if Scott Amos, Watch Commander, Scottish Fire & Rescue Service (TVMRT Responder) was trapped, he almost certainly would successfully escape and the reason for this is that he would not be generating everything from first principles. Instead, he has been trained and drilled in procedures to perform without having to think about them, when in this type of high-stress environment.

Primal bias is probably one of the easiest to counter, realistic scenario training equips us with both the confidence and the knowledge to calmly manage the situation. This is why armed police officers enact potential armed confrontations and we practise stretcher lowers from cliff faces in the dark.

OUTCOME BIAS

When the astronauts of the Columbia space shuttle were informed that a piece of the protective heatshield had dislodged they were not concerned because ground control informed them that they had seen this happen on numerous occasions before on other shuttle flights, so nobody took any notice. Nine days later the Columbia burned up on re-entry caused by this missing piece of heatshield, destroying everything and everyone onboard. In simulated tests after this crash, it was found that on every other occasion when part of the heatshield dislodged it had been sheer luck that the space shuttles did not burn up.

When something is going dramatically wrong we recognise it and react to change it. However, when seemingly small things go wrong, but everything works out well, we tend to ignore these small indicators the next time and the more we have good outcomes, the more we ignore these near misses.

In MR these seemingly small errors, such as a piece of rope being a couple of months past its inspection date or a head torch that has sometimes flickered can become the cause of a major accident if not addressed immediately.

The counter to outcome bias is good record keeping, action lists that are actioned and paying attention to the detail, plus, as my grandmother used to say 'Not putting off until tomorrow what you can do today'.

DEFAULT BIAS

Neuroscientists have recently discovered that when we are relaxed a set of brain structures,

known as the default network, become very active.

In essence, they are involved with our memory — particularly autobiographic episodic memories. These memories are our personal experiences, associated with time and place, such as who did I meet at work today and where was I yesterday? Episodic memory integrates memories from our lives in a self-relevant way, we recognise it as day-dreaming and some people call it autopilot. The problem arises because we lose concentration and never more so than when we are doing repetitive tasks: Research has shown that the more people drive the same route home, the closer they tend to get to the vehicle in front of them and the less aware they are of pedestrians. Furthermore, the nearer we then get to very familiar places, in this instance home, the higher our risk of accident.

Fortunately, by stimulating other parts of the brain we can suppress our default network. Caffeine does this, chewing gum can assist this and the most effective counter to this bias is telling other people exactly what we are doing with the task in hand. This is why pilots speak out loud the steps they take on every pre-flight check, and equally as important their co-pilot listens carefully to them and acknowledges with a 'Roger'. In MR this practice can not only keep us task-focused but also helps train newer members in best practice and can also guard against Authority Bias.

So, like the seven deadly sins, I will continue to occasionally lapse with personal bias, but in knowing about them and having been given coping strategies, maybe not as much as I did before! ☺



LYLE BROTHERTON
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Wendy and Sion © Wendy Kolbe.



TAKING HOLD OF LIFE AND CHALLENGING ALZHEIMER'S SION JAIR AND WENDY KOLBE

Sion Jair is a remarkable man. Diagnosed with both Alzheimer's and Pernicious Anaemia, with the help and support of his partner Wendy Kolbe, he was determined not just to continue pursuing the outdoor activity he loved but to support the charities closest to his heart in the process.

The first of these was his 'Mountain Marathon', in July, starting out by torchlight at 2.00am from Coniston village. The day before the pair were due to start, they suffered a major setback when their supply vehicle broke down. This meant they weren't going to be supplied along the route and had to carry all their supplies in their rucksacks, now three to four times heavier than anticipated. The driver of the supply vehicle would also have been in two-way radio contact — vital for the last section, which was far more remote than the other sections. But, despite these setbacks, they went ahead.

After successfully climbing eight of their twelve mountains, they decided to modify the last section of the route, managing to get picked up at Honister Pass and taken via Keswick to Braithwaite, the planned finish point.

'After a good rest and fresh supplies we decided to do our last four mountains in reverse

order,' says Sion. 'After restarting in Braithwaite, we did a circular route to include Grisedale Pike, Grasmoor, Robinson and finally Dale Head, descending down to Braithwaite via Hindscarth. Given the setbacks, we still managed to complete our challenge covering all twelve mountains, plus the 28 miles, well within 24 hours.'

'Overall we really enjoyed our challenge, enjoyed some wonderful scenery, encouraged one another and got on well as a team, and have no regrets about taking up the challenge. In all that distance and time, navigation between all the mountains didn't prove to be a problem to me, this gave me the reassurance that I can still do this kind of thing.'

'However, without Wendy's encouragement, I can honestly say I couldn't have done it on my own.'

'Doing something physical that I have been doing for many years, that includes a level of mental activity, has enabled me

to carry on with something I've always enjoyed. Taking on this challenge has proved to me that it is still possible to continue well into the future despite my illness. My advice to anyone in my situation, based upon my own experience, would be to carry on doing the things that they are familiar with and used to, for as long as possible and not to give up just because of a diagnosis of Alzheimer's.'

The final total raised for the challenge was £1,034, of which £300 was for Mountain Rescue England and Wales.

Sion was diagnosed with Pernicious Anaemia seven years ago but is unable to take B12 injections due to his body rejecting it. In the majority of cases, this leads to death within a few years. In Sion's case, he was told he had only had a few years to live without the injections but, as he says, 'it appears that climbing mountains almost every day has helped his body adjust to surviving on very little B12.'

'The physical activity has helped oxygenate the blood with what little oxygen-carrying blood cells I have.'

'The type of Alzheimer's I have, in most cases, would result in a five to eight-year lifespan from diagnosis. However, both my doctor and the specialist agree that the regular extreme physical activity has prolonged my lifespan by greatly slowing down the degeneration caused by the Alzheimer's.'

Sion's next challenge (as we write), was planned for September. Rather than raising funds for the Alzheimer's Society, he simply wanted to raise awareness of the condition and mountain rescue. To this end, he planned to climb Coniston Old Man three times a day for four consecutive days. Those twelve ascents amount to just over the height of Everest. We wish him well and look forward to hearing about this latest adventure

raising funds
for rescue

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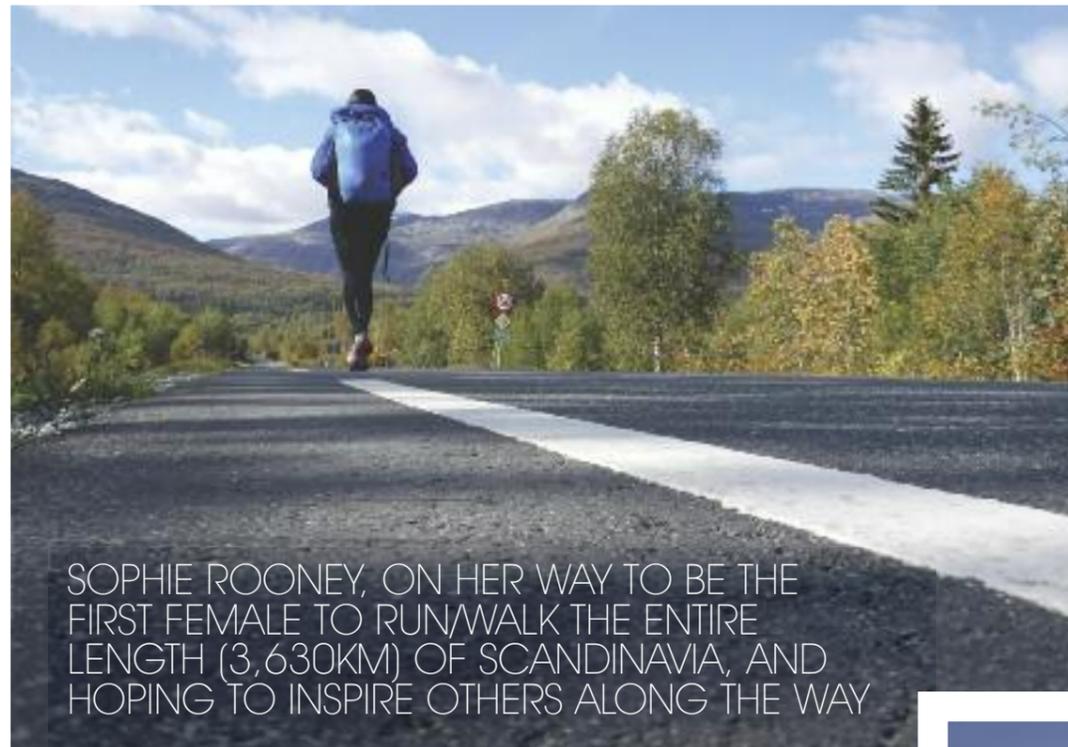
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Photos courtesy of Siobhan Urruhart and Sophie Rooney.

SOPHIE ROONEY, ON HER WAY TO BE THE FIRST FEMALE TO RUN/WALK THE ENTIRE LENGTH (3,630KM) OF SCANDINAVIA, AND HOPING TO INSPIRE OTHERS ALONG THE WAY

Sophie Rooney from Banbury, North Oxfordshire has taken a break from kayaking and is currently travelling the length of Scandinavia on foot – solo and unsupported, raising money for the Stroke Association, Mountain Rescue England and Wales and the Thomas Theyer Foundation.

Sophie has spent the last few years focused on studying for her degree and masters in geography, alongside training as a sprint kayaker. She has represented the UK at the World Student Games, and on various GB development teams. Her initial plan to run the route of E1 changed as she became unwell. The new route, based around roads, luckily took her via Kiruna, when she finally went to see a doctor — and quickly found herself in hospital having a gastroscopy and a blood transfusion. She had lost half her blood volume due to a bleeding ulcer and had become seriously anaemic.

Despite advice from many at home, after a few days rest in Kiruna, and a tentative ok from the doctor that she could continue as long as she took it easy — she set off again. By mid-September, she had passed the first 1000km.

Doing a mixture of wild camping, occasional campsite, very occasional lodges and a hotel when she was effectively dying, Sophie is carrying everything she needs on her back. Her original plan would have seen her back in Oxfordshire at the end of October, however the illness and subsequent slower pace has seen this change to December. Although the time itself is not a concern, funds and the approaching cold weather obviously are. She has been supported in this venture by Baslager clothing and LD Mountain Centre, and by raising money through Pledge Sports. Here's wishing Sophie a successful adventure and a healthy and safe return home.

YOU CAN FOLLOW HER ON SOCIAL MEDIA VIA FACEBOOK.COM/RUNDINAVIA OR HER TWITTER FEED @THESOPHIEROONEY.



raising funds
for rescue



2000 SPONSORED BOUNCES!

We like an unusual fundraising idea so how about a 'sponsored bounce'? Young Keira, from Bethesda Girl Guides, raised £100 for the Ogwen team by doing a sponsored trampoline bounce in September.

She did 2000 bounces in half an hour after being inspired to raise funds for the team after visiting the team's rescue base as a Brownie. The team would like to thank her for her support and great effort!

Keira (centre) with team members (from left) Chris Lloyd, Joe Begley, Tim Radford and Bob Lewis © OVMRO.

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Apr • May • Jun • 2016

Lake District

Cockermouth	19
Coniston	21
Duddon and Furness	12
Keswick	3
Kirkby Stephen	4
Langdale Ambleside	16
Patterdale	8
Penrith	6
Wasdale	22
(Last quarter: 92)	109

Mid-Pennine

Bolton	27
Bowland Pennine	20
Calder Valley	19
Holme Valley	1
Rossendale & Pendle	4
(Last quarter: 50)	71

North East

Cleveland	6
North of Tyne	12
Northumberland NP	14
Scarborough & Ryedale	27
Swaledale	5
(Last quarter: 33)	64

North Wales

Aberdyfi	8
Aberglaslyn	5
Llanberis	20
North East Wales	3
Ogwen Valley	10
South Snowdonia	3
(Last quarter: 82)	49

Peak District

Buxton	24
Derby	8
Edale	9

Glossop	10
Kinder	13
Oldham	14
Woodhead	12
(Last quarter: 53)	90

Peninsula

Cornwall	9
Dartmoor Ashburton	1
Dartmoor Okehampton	8
Dartmoor Plymouth	16
Dartmoor Tavistock	8
Exmoor	5
(Last quarter: 21)	47

South Wales

Brecon	17
Central Beacons	8
Longtown	6
(Last quarter: 30)	31

Yorkshire Dales

CRO	28
Upper Wharfedale	9
(Last quarter: 18)	37

Search Dogs

England	2
Lakes	2
South Wales	1
Wales	3
(Last quarter: 16)	8

RAF

Leeming	1
(Last quarter: 4)	1

Total	507
(Last quarter: 399)	

Editor's note: Please note that numbers quoted may not be precise for any given period. Stats should be returned to the Statistics Officer, not to the Editor.

AUGUST: MILITARY AIRCRAFT CRASH IN NORTHERN SNOWDONIA

Llanberis MRT was called to the mountain of Yr Aran in when a military training aircraft crashed in August.

Team members were already attending two other incidents involving walkers on Snowdon at the time, so requested further assistance from neighbouring teams Aberglaslyn MRT and Ogwen Valley MRO. Two Coastguard Search and Rescue aircraft were also deployed from their bases in Caernarfon and St Athan.

The unhurt air crew were recovered by the North Wales Air Ambulance (who happened to be in the area), to the Llanberis base in Nant Peris. Five Llanberis team members made their way to help secure the site and await the arrival of RAF mountain rescue personnel who are specifically trained to the task. The incident involved 25 Llanberis rescue team personnel and ten from neighbouring teams.



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AUGUST: WOMAN GETS ENTANGLED IN WIRE FENCE

We get involved in disentangling all sorts of entangled situations in mountain rescue.

Aberdyfi team received a request from North Wales Police to assist in the extraction of a woman trapped in a precarious position on the hills behind Aberdyfi. The lady was entangled in a wire fence at the top of a steep drop on the hills above the town and, worried about the consequences of a slip, had wisely called for help.

Given the locality, the call-handlers went directly to the scene to establish what was required, and with the assistance of police officers, were able to bring the woman to safety. All in a day's work!

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Photos © Llanberis MRT.



SEPTEMBER: TEAM URGES WALKERS TO 'DO THEIR HOMEWORK' BEFORE HEADING FOR THE HILLS

To say that 2016 has been a busy year for Llanberis team is something of an understatement, but it was a weekend in mid-September which prompted the 'homework' plea, according to reports online and in the Daily Post.

Over the course of the weekend, team members spent a total of eleven hours over six separate incidents on Snowdon's notorious Crib Goch ridge — two on the Saturday, and a further four on the Sunday.

'Basically there are walkers who decide to go up Crib Goch and then get terrified as it is a very tricky route,' said George Jones, secretary of Llanberis MRT. 'People should really do their homework before they come on the mountain — Crib Goch is not the Watkin Path. We got them down by ropes and a great deal of encouragement, and were also assisted by the 936 coastguard rescue helicopter throughout the day on Saturday, but there was too much low cloud on Sunday for them to land.'

Call-outs to this popular spot continue to rise — a staggering 400% increase over the last decade. Throughout August, the team responded to 43 incidents — an increase of nine on the previous record of 34 in August last year. It's a situation the tea believes is 'unsustainable'.

'Our frustration as a team is that people don't prepare for the mountain,' said Jones. 'They don't find out which route is best for them and then get into difficulties. Some would agree there needs to be signs warning people of the dangers on Snowdon, but we believe as a team people should take responsibility for themselves. So many people don't have the right clothing — there are still instances of people wearing flip-flops walking up Snowdon. We say the same message over and over again but still people don't listen.'

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Peer review: Progress

TIM CAIN



By 20 September 2016 five teams had conducted reviews of their processes and practices. All have reported the experience a positive one, with learning outcomes that will enhance their team effectiveness into the future. An exciting development coming out of Woodhead team's review was the inclusion, on the team's invitation, of observers from their partner agencies, in their case from South Yorkshire Police and Yorkshire Ambulance Service. This turned out to be an excellent idea with the representatives of both agencies providing thought-provoking insights and learning much about the team too. I hope other teams will invite their partners to future reviews.

As expected, there have been some excellent examples of good practice amongst the teams that we have supported. Nobody likes to boast about his or her own strengths, however, teams are all doing similar things and sharing of good practice has got to be sensible. The challenge is how best to spread the word? I have started to use the MREW Facebook page to mention some of the good stuff (with the subject team's permission), and this magazine offers another outlet for 'communicating good' as well. Below I have listed the 'Top Ten' questions that have highlighted areas of 'Good Practice' and the 'Top Ten' that have highlighted 'areas for development'. These are based on 'themes' across the five teams who have completed a review so far and do not provide evidence of strengths or weakness in any one particular team.

Peer Review Quiz. How would you answer for your own team?

Top 10 examples of good practice

1. How is safety embedded in the culture of the team?
2. How are new team members integrated onto the call-out list?
3. Describe the equipment maintenance programme?
4. Describe the call-out process.
5. Describe the procedures for controlled drug security.
6. How does the team ensure patients are treated in their best interests and afforded dignity, privacy and respect?
7. How is team driver training managed?
8. How is water rescue managed?
9. Describe the process for decision making.
10. How does the team use SARCALL?

Top 10 of areas for development

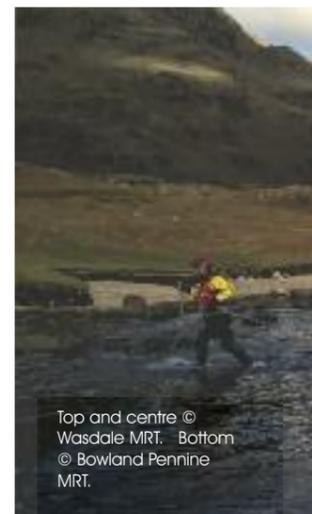
1. Where are the team's operational procedures written down?
2. How is risk managed?
3. How are lessons learned fed back into continuous improvement?
4. Describe the processes used to minimise human error during call-out.
5. Describe the way the team maintains a record of decisions during call-out.
6. Describe how cascarers maintain currency and competency.
7. How is individual training recorded?
8. How are team leaders trained?
9. Describe the team's training development plan for individuals.
10. What would happen if a team member was injured or killed during call-out or training?

Next steps...

The aim: To build upon the success so far, developing peer review as a tool for supporting individual mountain rescue teams in maintaining outstanding levels of service and performance. To that end, on Saturday 7 January 2017, we will be holding a meeting for stakeholders:

- Team officials of the teams who have completed a review.

- Reviewers who have supported a review.
 - Those teams due to conduct their review in 2017.
 - Teams who are thinking about it.
 - Anyone who feels that they have a stake in this project.
- Bowland Pennine Team have kindly agreed to host this meeting. See you there!



Top and centre © Wasdale MRT. Bottom © Bowland Pennine MRT.



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WHENSOEVER



If you wondered what had happened to the RAF since the demise of the yellow bird, read on. The guys on the ground are still very much there and ready to help where needed as **Cpl Alec J Fitzpatrick, Support Fit Media** explains.

WHAT IS MOUNTAIN RESCUE?

During the early stages of the Second World War the discovery of an aircraft crash in the mountains was often a

matter of chance and the subsequent removal of casualties a difficult problem. Stations near mountainous areas made their own arrangements for the organisation of search parties,

and used the most readily available equipment for their purposes. Early in 1942 one such party was organised under the direction of Flt Lt George Graham, the SMO at No. 9 Air Gunners School Llandwrog, North Wales. It soon became clear to him that the equipment and personnel at his disposal were inadequate to deal with the number of aircraft crashes in the mountainous Snowdonia area. Flt Lt Graham adapted what equipment he could for mountain rescue and trained selected volunteers from the

station. By the end of 1943, thirty-three survivors had been rescued from twenty-two crashes. At this stage, Flying Training Command decided to inaugurate rescue units, under the direction of the SMO, at three other stations within their command, to coordinate the rescue work of all units, supply special equipment, and supervise the training of volunteers. From this work evolved the present RAF Mountain Rescue Service (MRS) with the Moto 'whensoever'.

WHY THE MOVE?

With the closure of the Search and Rescue Force and the retirement of the aging yellow Sea King helicopter, the MRS needed to find a new home, so on 1 April 2015, we moved from 2 Gp to 38 Gp under the command of 85 (EL) Wg. This move is quite fortuitous as it brings all the Aircraft Post Crash Management assets in the RAF under one umbrella and we now sit alongside JARTS and 3MCS. As an organisation we are delighted by how we have been welcomed by everyone at RAF Wittering and see our future as extremely bright.

WHERE ARE THE TEAMS?

The MRS Operates three teams, based at RAF Leeming, Lossiemouth and Valley. Each team is 36 personnel strong; Leeming and Lossiemouth are made up of seven permanent staff and 29 part-time volunteers from the respective stations. The Team at RAF Valley is also supplemented by a Support Flight and Training and Standards cell.

HOW DOES MR WORK?

MRS personnel are referred to as 'troops' and we have our own rank structure based on qualifications and experience, so an SAC could be responsible for an SNCO or officer on the hill. On successful completion of a trial and acceptance as a team

member you assume the rank of novice, with continual training and the gaining of experience the member can progress to part-trained and awarded the MRS badge, which is proudly worn on the right sleeve of the jumper or No1 jacket.

From here the progression is to fully Trained, Party Leader, Deputy Team Leader and finally Team Leader. Along the way qualifications can be gained in mountaineering, climbing, immediate emergency care, skiing, emergency response driver training for driving on 'blues and twos' and technical rescue.

WHO CAN VOLUNTEER?

We are a unique organisation that is volunteer based, so we accept anyone from any rank and or trade, often without prior mountaineering experience, but it's all subject to passing a three week-long suitability trial.

HOW DO WE TRAIN?

The training and personal development that MRS provides is second to none. Team work is at the heart of everything that we do so that when we are deployed on ops in extreme weather everyone knows their role, can look after each other and be safe in potentially risk to life situation. Strong leadership and excellent administration is learnt very early on in a mountain rescue career as well as developing life skills, such as, cooking for a lot of people!

HOW OFTEN DO WE TRAIN?

Although it sounds a lot, each troop is required to train two weekends per month, but many do far more than that. It's a lifestyle and the troops thoroughly enjoy it. Training takes place away from the unit at weekend and everything is provided at no cost to the individual, including superb equipment and clothing, accommodation, food and transport.

WHAT DOES MRS GET INVOLVED IN?

In addition to providing high readiness incident response for military SAR and APCM Operations, the Mountain Rescue Service's unique skills enable it to undertake resilience support to the civilian community. This can be in the form of assisting civilian mountain rescue teams, civilian police searches for missing persons, assisting at the scene of a RTA or providing an incident control point and communications support for incidents such as major flooding. These incidents provide invaluable training opportunities and give the Troops a sense of purpose, while also giving the RAF fantastic publicity.

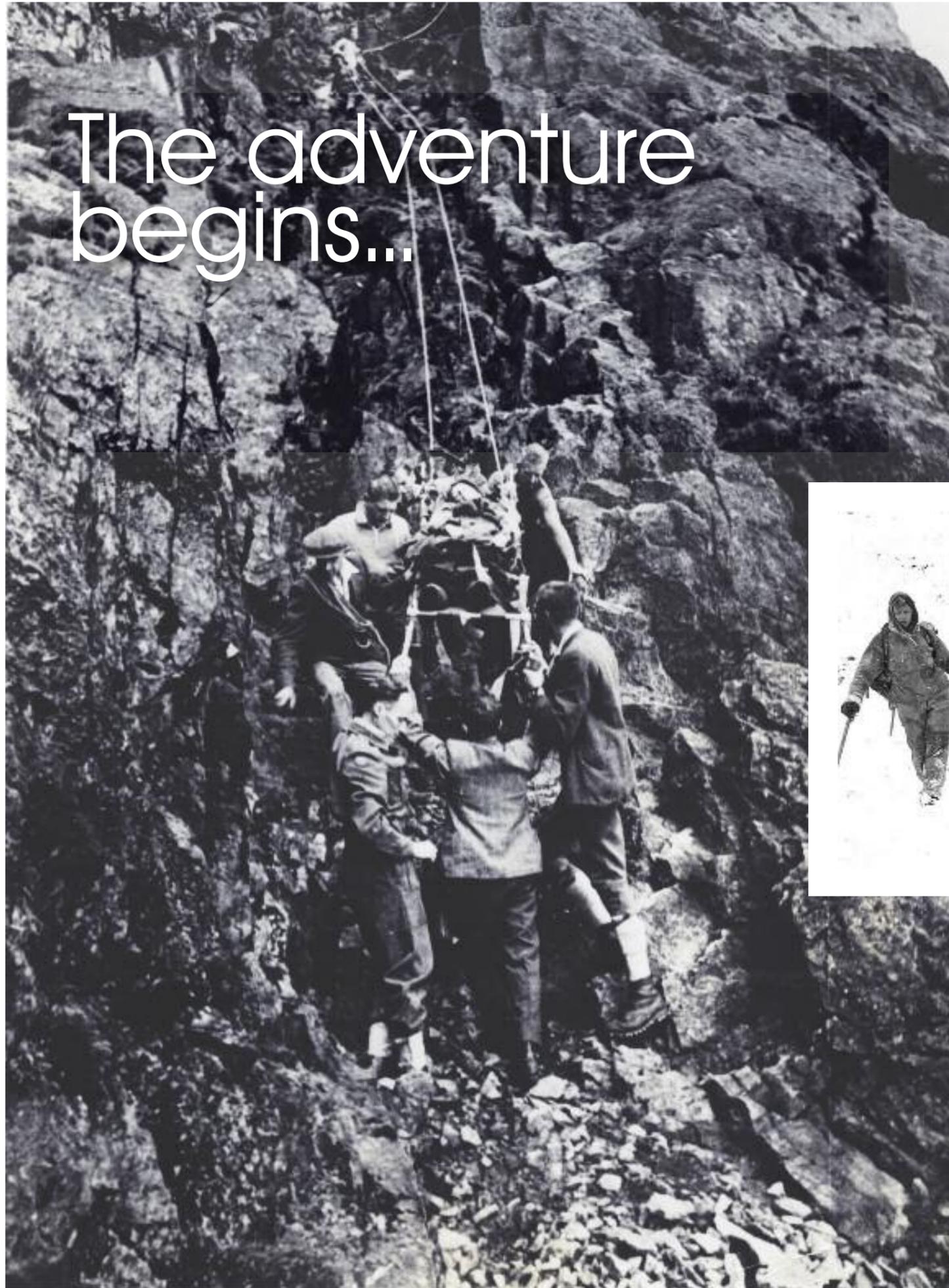
Although we are predominantly a UK-based asset we have and should circumstances dictate may well be deployed overseas in rescue operations. We have in the past operated in numerous overseas locations including Borneo, Albania, and Alaska in order to recover aircraft and rescue military personnel.

In sum, the RAF MRS is the only UK military all-terrain all-weather rescue asset.

OUR EQUIPMENT?

Each team operates with a huge amount of equipment ready to deal with any situation in the mountains or remote location. On an operational call-out, a team can deploy with a communications incident vehicle the 'C3', a domestic vehicle 'Delta' carrying everything to set up both (accommodation) including drying facilities for wet kit, an operational support vehicle 'Oscar' that carries extended operational equipment and four Hi-Lux operational vehicles that carry IEC and technical rescue equipment. For 'call-outs' with an immediate risk to life and where available assets and weather permits a fast party can be deployed by helicopter. 🚁

The adventure begins...



The history of mountain rescue has been well documented and many comprehensive accounts have been written. Five-barred gates and shepherds usually feature significantly in the telling. In this article, **Bob Sharp** takes a broader look at our history, not just in the UK, but the Republic of Ireland (RoI) too¹. Specifically, he identifies every team that has been formed and the year they started, and looks at the pattern that emerges when all the dates are compared, revealing a picture that team members may find interesting. He also seeks to explain this pattern.

My starting point was a UK Mountain Rescue conference some years ago. Someone commented that mountain rescue started in Scotland. Having previously carried out research on the background of mountain rescue teams (MRTs), I doubted this and it seemed appropriate to look at the subject more objectively.

Many downplay the value of historical information, taking the view that what we do today and

And it's quite humbling to appreciate the hardships and initiatives of the early pioneers and the enormous contribution they made. All this puts into perspective our own efforts, and helps generate a measured and reflective approach to what we do. For the duration of our involvement in mountain rescue, we all serve as guardians of our own team and therefore have a duty to record fully all that we do for those who follow.

time to organise and initiate (occasionally several days) and rescuers might have to travel great distances before they arrived on scene. There were no speedy means of calling out people to help other than word of mouth or letter. The position was the same across the whole of the UK/RoI.

A number of excellent publications, which provide much more detail on these early days, are listed at the end. For now, let's now turn to the key reasons teams were established and the timescale of their development.

fisherman who broke his ankle near a high mountain loch. Evacuation was challenging, involving the fisherman being carried down an icy path in darkness by a group of people, many in wellington boots or golf shoes! As a result, a public meeting of interested parties agreed a team should be formed. The Moffat Hill Rescue Service was formally established in January 1969.

Many other teams owe their foundation to one or more tragic incidents.

Increasing incident numbers

In many cases, fledgling rescue groups were gradually inundated with more and more calls for help as increasing numbers of people flocked to the popular walking and climbing areas. The Brecon Beacons in South Wales was one such location. Due to the rise in incidents, a local police officer was asked to gather together a group of people with experience of the outdoors, to form a team. The original group, comprising police officers and civilian friends, became known as the Police Civil Defence Mountain Rescue Team — now Central Beacons MRT.

Elsewhere in Wales, the popularity of Snowdon and the Llanberis Pass had increased to such an extent that demands on the volunteers summoned to help had become too onerous. This eventually bought about the formation of the Llanberis MRT. A similar pattern emerged across the high moorland and mountain areas across the land.

Organisation and coordination

We are well aware that today's mountain rescue service is

CATALYSTS FOR CHANGE

All teams have a distinctive history and are justifiably proud of the early days, the challenges they faced and their determination to move forwards. In many cases, the extraordinary efforts of a small number of individuals who had the required skills and vision were instrumental in laying the foundations for the teams we know today. However, a number of common factors provided the stimulus for change.

Tragedy

It often takes a significant (and sometimes tragic) incident to stimulate action and focus minds on change or the formation of new systems to cope with similar events in the future. The recent floods, for example, have stimulated many organisations and government agencies to take action. For many teams, a serious incident was often the catalyst for change and the key reason behind the launch of a bespoke organisation.

For example, in the Scottish Borders, the idea to establish a formal mountain rescue team came from a local GP, prompted by a number of accidents in the area, not least of which a



Above: First combined Winter and PTI Course, February 1953. On the last day, a party of reporters and cameramen were rigged to the Lairig Ghru in near blizzard conditions to see the results © Heavy Whalley. **Main image:** From the archive. Coniston Fell Rescue Team 1947 Picture Post.

the issues that currently influence our work are more important. I have great sympathy with this, but we shouldn't dismiss historical evidence. It's always good to understand our roots and reflect on how this has shaped current practice. Indeed, it is quite refreshing to see that some things change very little over time, that ideas and practices long forgotten sometimes resurface and impact again.

HISTORICAL OVERVIEW

Most will know that before the formalisation of the mountain rescue service, if anyone had an accident it was left to their companions and others to arrange a makeshift rescue party. Rescuers were drawn from the local community, friends of the injured and other hillgoers. Self-reliance and resourcefulness were key skills. Rescues sometimes took a long

¹ Many people were supportive and helpful in researching their own team's archives for relevant information. Of those who helped, I would like to make special mention of the late Tony Jones. Tony thought it vital to record historical information, particularly for the benefit of future generations. He was well aware how difficult it is to record accurately events from half a century ago, especially when relying on anecdotal evidence and fading memories! He was mid way through comparing my figures with his own rich archive of materials when, sadly, he passed on. This study is a very small token of my appreciation of Tony's wise counsel over many years.



highly structured, organised and focused. But prior to this, the choice and deployment of personnel was typically ad hoc, complicated by poor (or non-existent) communication systems, the absence of specialised equipment and lack of specific expertise.

Whilst the police had overall responsibility, the procedures for calling in relevant agencies or personnel were either non-existent or very crude. The will to help was strong but the ability to cope was often lacking. Many teams cite this as the reason their own team was created.

In Tayside in Scotland, following a serious incident in the early-1970s it was realised that existing provision for mountain rescue was inadequate, falling far short of that provided elsewhere. In one particular search for two missing people, a vast number of people were engaged in what is believed to be the largest airlift undertaken on a mountain rescue in Britain. Over 150 people were transported to the search area in hundreds of lifts by two RAF SAR

Whirlwind helicopters. Despite this, the missing persons were not found for a further two days, raising serious questions about whether the operation could have been more effectively organised and coordinated. This was the catalyst for change and the formation of civilian teams in the area.

In the Peak District, following a number of high profile fatal incidents, including the Four Inns Tragedy of March 1964, there was a strong view that the police needed greater assistance and there was a need for improved cooperation of all the relevant agencies. The outcome was the establishment of the Peak District Mountain Rescue Organisation.

Skill and expertise

In addition to organisational and communication problems, fledgling rescue groups were often hard pressed to cope because they lacked key skills or relevant assets.

The Tramore Cliff Rescue Team in the RoI was formed as a result of a tragic accident

when a youth lost his life after falling down local cliffs. A number of individuals put their own lives at risk attempting a rescue, but the difficulty of access and recovery from both the cliff top and the lifeboat, prevented further intervention in the tragedy. Urgent meetings followed. There was clearly an urgent need for a specialised cliff rescue team, along the lines of the already established Sea Rescue unit. Many of the original volunteers came from the RNLI and Sea Rescue lifeboat crews as they had the skill and knowledge and were familiar with the coastline.

Other factors

The above factors are often cited but others, such as the absence of local resources, perceived need, delays in response and unsuitability of equipment played a part.

In 2000, troubled by poor cover in Argyllshire in Scotland, Strathclyde Police contacted the Oban Mountaineering Club to see if it could muster a mountain rescue team. This proved

successful and a year later Oban MRT was established. In other cases teams were established to fill a gap in provision or ease pressure on neighbouring teams.

But, to highlight again, in a large majority of cases, a variety of factors combined to stimulate action. And for most teams, whilst there was an initial exploratory period, there came a point when change became urgent and formalisation took place.

The official starting year for each team is the focus for the next section. The very first team established was the Cave Rescue Organisation in 1935. The last (Hebrides MRT), was set up in 2010. All the others started life between these two end points. The distribution of 'start years' reveals an interesting pattern.

WHEN WERE TEAMS ESTABLISHED?

What I've tried to do is produce a definitive list of all teams² that have existed, with their starting

dates. This was not straightforward. Over the years, several teams started life, but then ceased operation. For some of these, there is little evidence of their role and background. Some began life as independent organisations but then combined with others. One (the Search and Rescue Dog Association) spawned a number of other organisations. In addition, not all teams were civilian-based. We know that the bedrock of mountain rescue in the UK is the civilian operation, but a small number of police and military teams have played a significant role. Further, some teams no longer in existence, were attached to schools and outdoor centres.

In regard to the dates that teams were founded, I have used the date agreed by the team. In some cases, this was the date when a key meeting of interested parties took place. With others it was the date the team carried out its first operation. For many, it was the date the team gained affiliation to its national body (Mountain Rescue England and Wales, Mountain Rescue Ireland, Scottish Mountain Rescue, British Cave Rescue Council, National Search and Rescue Dog Association), became formally constituted or was officially recognised by a police authority. In every case apart from one or two, teams started life before the formal date given here. For this reason, the overall time picture given in this article, could be shifted a few years earlier. But, it is not possible to quantify the exact period involved.

Information was gathered from a variety of sources including team websites, published books and leaflets, emails and telephone conversations. The absence of key information from the early years made it difficult for some teams to clearly specify their starting year. Where possible, to improve accuracy, dates from two or more sources for each team were cross-referenced.

Table 1 (opposite page) lists all the teams and their starting year. The left-hand column lists the name of every team (140). Those teams in black are currently operational (113).

Those in orange no longer exist (27) — having either ceased to exist with no further development, amalgamated with other teams or combined to form new ones.

Here are some examples. The Sett Valley MRT (established in 1959) and the Goyt SRT (established in 1964) ceased to operate independently in 1971 when together they formed the Kinder MRT. Ullswater OB Rescue Team (formed in 1959) ceased operation following publication of 'RESCUE 2000', and merged with Patterdale MRT. RAF Leuchars MRT was founded in 1944 (as RAF Montrose MRT) and disbanded in 2013. Finally, the Search and Rescue Dog Association, which was established in 1965,

effectively ceased to exist in 1971 when it divided into SARDA Wales, SARDA England and SARDA Scotland. Today, there are twelve search and rescue dog associations recognised by one of the national bodies.

To summarise, since the CRO was formed in 1935, a total of 140 teams have been established across the UK/RoI. Today, the number of operational teams is 113. Without wishing to complicate matters, and with a view to further analysis, I have established for each country the number of teams, which I call the 'foundation' teams. These are the teams that started and are either still operational or ceased to exist, but not the teams that developed from or

combined with others. For example, sixteen teams are identified within Ireland, but only fourteen are 'foundation' teams. That is because the two SARDA's evolved from the original SARDA in 1965.

To take an example from England, Duddon & Furness MRT started life (in 2003) through the amalgamation of Furness MRT (established in 1962) and Millom Fell Rescue Team (established 1967). So, the latter two teams are defined as 'foundation' teams, whilst Duddon & Furness is not. Applying this logic to all teams yields the pattern shown in Table 2 (below left), which gives a breakdown by country for the 'foundation' and current teams.

It is the 'foundation' teams that provide data for subsequent analyses. Because Table 1 is a simple listing of teams, it doesn't reveal the distribution over time of the starting years. This is shown in Figure 1 (below). There is a clear pattern. It is broadly 'normal' in nature with two high points: one in the 1940s and one in the 1960s. The first reflects establishment of the RAF Mountain Rescue Service and the formation of teams such as RAF Montrose (later to become RAF Leuchars MRT) and RAF Llandwrog (later to become RAF Valley MRT). If the RAF teams and the Police MRTs are removed from this picture, the distribution of starting years for the civilian teams shows little difference except there is now only a single high point in the 1960s — see Figure 1.

WHY THE MID 1960s?

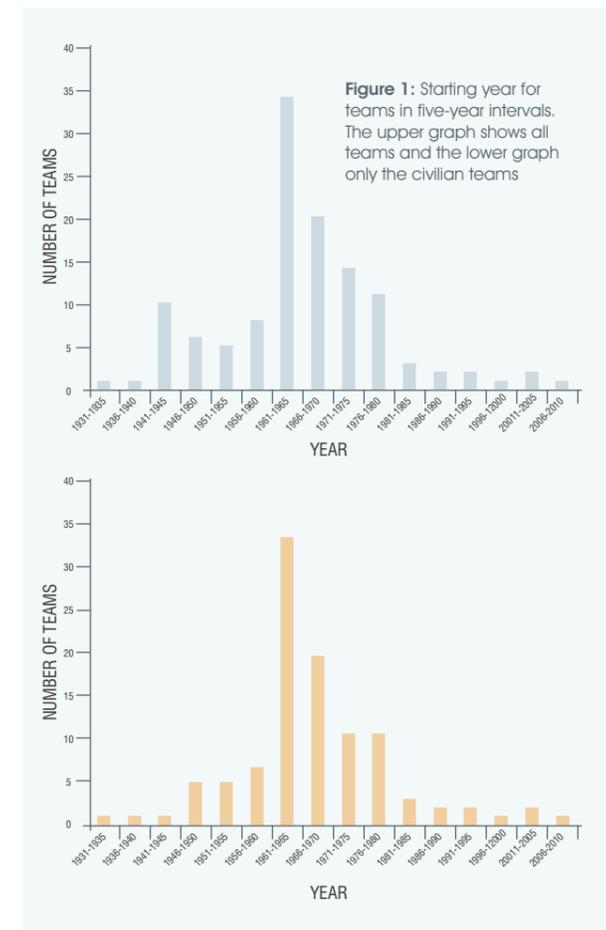
The distribution shown in Figure 1 begs the question why did so many teams start up in the 1960s? Indeed, almost half of all teams were established in the 1960s and just less than one quarter in the three-year period 1964–1966. What was special about this period in our history? I suspect the answer lies in the rapid and unprecedented social changes that took place in the 1960s. The 'Swinging Sixties' were a defining decade for Britain in numerous ways. Consider some of the significant

Table 1: Complete list of all teams (those in orange text no longer exist). A fuller list, arranged by country with notes for each team, can be obtained from the author at lomondbob@gmail.com

Ambleside Fell Rescue Team	1967	Dundonnell MRT	1972	Moelwyn Rescue Team	1973	SARDA England	1971
Aberdeen MRT	1964	Edale MRT	1956	Moffat MRT	1969	SARDA Ireland	1987
Aberdyfi SRT	1973	Eskdale OB Rescue Team	1950	Mourne MRT	1962	SARDA Ireland North	1995
Aberglaslyn MRT	1996	Exmoor SRT	1992	NE Wales SAR	1980	SARDA Isle of Man	2004
Arran MRT	1964	Furness MRT	1962	North of Tyne MRT	1974	SARDA Scotland	1971
Arrochar MRT	1978	Galloway MRT	1975	North Wales CRO	1995	SARDA South Wales	2002
Assynt MRT	1976	Galway MRT	1975	North West MRT	1980	SARDA Southern Scotland	1983
Avon & Somerset SRT	1990	Glen of Imaal Red Cross MRT	1983	Northern Rescue Organisation	1962	SARDA Wales	1971
Avon Rocks Rescue Team	1976	Glencoe MRT	1961	Northumberland NP MRT	1963	Scarborough & Ryedale MRT	1965
Bolton MRT	1968	Glennelg MRT	1973	NSARDA Anglia	2006	Scottish CRO	1966
Borders SAR Unit	1963	Glenmore Lodge MRT	1972	NSARDA Kent	2010	SARDA	1965
Bowland Pennine MRT	1980	Glossop MRT	1957	NSARDA Staffordshire	2015	Sett Valley MRT	1959
Braemar MRA	1965	Gloucestershire CRG	1962	Oban MRT	2001	Severn Area RA	1973
Brecon MRT	1969	Gordonstoun School MRT	1951	Ochils MRT	1971	Shropshire Mining Club	1965
Buxton MRT	1964	Goyt SRT	1964	Ogwen Valley MRO	1965	Skye MRT	1962
Cairngorm MRT	1963	Hebrides MR	2010	Oldham MRT	1964	Sligo/Leitrim MRT	1991
Calder Valley SRT	1966	Holme Valley MRT	1965	Patterdale MRT	1964	South & Mid Wales CRT	1946
Cave Rescue Organisation	1935	Irish Cave Rescue Organisation	1961	Penrith MRT	1959	South East CRO	1968
Central Beacons MRT	1959	Kendal Mountain SAR Team	1953	Police Scotland (Grampian) MRT	1960	South Eastern MRA	1977
Cheddar Gorge CRT	1977	Kerry MRT	1966	Police Scotland (Strathclyde) MRT	1975	South Ribbles SRT	1962
Cleveland MRT	1965	Keswick MRT	1947	Police Scotland (Tayside) MRT	1971	South Snowdonia SRT	1991
Cockermouth MRT	1953	Killin MRT	1967	Police Service of N Ireland SRT	1975	Swaledale MRT	1968
Coniston MRT	1947	Kinder MRT	1971	RAF Aldergrove MRT	1949	Tayside MRT	1976
Cornwall SRT	2003	Kintail MRT	1965	RAF Leeming MRT	1944	Teesdale & Weardale SRT	1968
Cumbria Ore Mines RU	1978	Kirkby Stephen MRT	1952	RAF Leuchars MRT	1944	Torrifon MRT	1971
Dartmoor SRT (Ashburton)	1976	Lake District MRSDA	1992	RAF Lossiemouth MRT	1944	Tramore Cliff & MR Ass	1978
Dartmoor SRT (Okehampton)	1969	Langdale Ambleside MRT	1970	RAF Millom MRT	1944	Tweed Valley MRT	1968
Dartmoor SRT (Plymouth)	1969	Langdale MRT	1965	RAF St Athan MRT	1944	Ullswater OB RT	1956
Dartmoor SRT (Tavistock)	1968	Llanberis MRT	1968	RAF Stafford MRT	1945	Upper Wharfedale FRA	1948
Derby MRT	1964	Lochaber MRT	1969	RAF Valley MRT	1942	Wasdale MRT	1965
Derbyshire CRO	1952	Lomond MRT	1967	RAF West Freugh MRT	1944	Western Beacons MSRT	1964
Devon CRO	1965	Longtown MRT	1965	RAF Wick MRT	1944	Woodhead MRT	1964
Donegal MRT	1984	Mayo MRT	1989	Rannoch School MRS	1959		
Dublin & Wicklow MRT	1966	Mendip Cave Rescue	1936	Rhinog Rescue Team	1986		
Duddon & Furness MRT	2003	Midlands CRO	1975	Rosendale & Pendle MRT	1963		
Dudley CRT	1966	Millom FRT	1967	Royton ATC MRT	1943		

Table 2: Breakdown of teams according to country.

	England	Ireland	Scotland	Wales	Total
'Foundation' teams	57	14	35	15	121
Current teams	52	15	31	15	113



² Every team has a unique name, but not all are referred to as mountain rescue teams per se. A variety of terms are used. Most are mountain rescue teams, but there are also search and rescue teams, rescue organisations, rescue units, cave rescue teams, mountain rescue associations, fell rescue teams and associations. Without wishing to diminish the nature or importance of each organisation, for simplicity, I have used the word 'team' from hereon.





events. The decade saw the end of conscription for teenagers; feminism became an influential ideology in society; technological advancements such as colour TV, pocket transistor radios and microwave ovens appeared and reforms in education led to the effective elimination of grammar schools and the rise of the comprehensive school. No doubt readers can cite many more.

Critically, the 1960s saw a rise in economic prosperity and personal wealth with disposable income at their highest levels ever. For many people there was an increase in annual holiday entitlement and a gradual reduction in weekly working hours, both of which led to an expansion in the amount of free time people had for leisure. The vast increase in car ownership and road networking gave people greater freedom of movement and independence. All these things led to a burst in the leisure and recreation industry and a growing attraction for people to explore the 'great outdoors'.

Indeed, the early part of the 20th century had already seen an emerging appreciation of the great outdoors and the benefits of physical exercise. As early as 1931, a government inquiry had recommended the creation of a 'national park authority' to select areas for designation as national parks. No action was taken and this led directly to the mass trespasses on Kinder Scout in the Peak District, and the rise of leisure activity enthusiasts and nature conservationists, who lobbied the government for measures to protect and allow access to the countryside. This pressure culminated in the 1949 Act of Parliament to establish national parks. It was no wonder that when the first national parks were established in the 1950s — such as those in the Lake District, Snowdonia and the Yorkshire Dales — all experienced a rapid increase in visitors and outdoor participation.

As a result of developments like these, the 1960s saw a significant rise in participation and as a direct consequence, a rise in the number of people lost or injured and in need of outside help. It is probable this is the most significant reason for the rapid formation of rescue teams across the country in the 1960s. Indeed, many established during this period — including,

for example, Arrochar, Llanberis and Cleveland — comment on increased participation, rising incidents and the need to formalise and better coordinate rescue provision.

WHICH COUNTRY LED THE WAY?

The starting point for this study was a question: which country was first in setting up mountain rescue? Putting to one side the RAF Mountain Rescue Service whose foundation in the mid-1940s was common across the UK, the figures show that many of the civilian teams were established in England a long time before Scotland. Indeed, the CRO in Yorkshire was established in 1935, several years before Gordonstoun School MRT (1951) and the Rannoch School MRS (1959) in Scotland. It was a quarter of a century before Glencoe MRT was founded in 1961.

A detailed analysis of the figures shows that by the end of 1960, 33% of all the English teams had been established and 20% of all the Scottish teams. By the end of 1965, the figures were England (67%) and Scotland (49%) and by the end of 1970, the figures were England (86%) and Scotland (63%). Based on these figures, one might conclude that mountain rescue was established earlier in England compared to Scotland.

These figures are of academic interest only, although some readers may question why the service first gathered pace in England. The answer can't have anything to do with the respective geographies of each country else one might have expected Scotland (with significantly more high mountains) to be 'ahead' of the game. It might be that the surge in outdoor recreation and the efforts to open access were more advanced in England. The pressure to extend access in Scotland may have been less. Certainly, the 'right to roam' was a well-established tradition in Scotland in the 1960s. It is possible that the ad hoc provision for mountain rescue in the UK worked better (or was tolerated longer) in Scotland, thereby delaying the need to formalise and restructure the service. There may be other factors or a combination of reasons. There is an interesting study here for a curious reader!

FINAL THOUGHTS

The emergence of the mountain rescue service in the UK/Rol, especially the civilian operation, took place over a period of several decades, with a particular surge in the 1960s. The last new team was Hebrides Mountain Rescue, which was formally affiliated to the Mountain Rescue Committee of Scotland in 2010. Its emergence was designed to fill a serious gap in provision, particularly in light of the proposed closure of the Stornoway Coastguard station (and consequent withdrawal of the cliff rescue teams).

Will there be any more new MRTs? It seems unlikely, since all the high ground in the UK/Rol is now systematically covered by the existing service. There may be a continuing rise in the number of lowland organisations as evidenced by the recent establishment of NSARDA (Staffordshire) in 2015. At present, there are 36 lowland teams affiliated to the Association of Lowland Search and Rescue. And it is possible that some teams may cease operation or combine with others as their workload changes.

But, nothing remains still for very long. Whilst new teams may not emerge, there is bound to be a continuing look at how teams are governed, their relationship with the statutory organisations and widening role in the community, and how they are funded, to list a few current issues. Most important, we should recognise and applaud our history. There are many rich stories to be told and lessons to be learned from others. We have a massive depth of experience and should recognise that future developments may well be steered and shaped by that experience.

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BOB SHARP HAS BEEN INVOLVED IN SCOTTISH MOUNTAIN RESCUE FOR ALMOST 40 YEARS. A FORMER TEAM LEADER AND OFFICER OF THE NATIONAL BODIES FOR MOUNTAIN RESCUE, MOUNTAIN TRAINING AND MOUNTAINEERING, HE NOW WORKS AS A MOUNTAIN RESCUE AND SAFETY RESEARCH CONSULTANT.

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

who?

...turn back to page 26 for MREW contacts



CHAIRMAN: DANY BRADSHAW

chair@caverescue.org.uk

Represents cave rescue with Government, the emergency services, UKSAR and MREW. Currently taking the lead on the team assessment process. Dany has been a Warden for Mendip Cave Rescue since 1979.



VICE CHAIRMAN: BILL WHITEHOUSE

vicechair@caverescue.org.uk

Assists the chairman in his role and is a trustee of the Mountain and Cave Rescue Benevolent Fund. Bill is the current chairman of Derbyshire CRO.



SECRETARY: EMMA PORTER

secretary@caverescue.org.uk

Ensures comms between teams, BCRC and beyond, currently reviewing BCRC incident reports. Represents BCRC at the British Caving Association and lecture secretary for the national caving conference. Training coordinator of Midlands CRO and member of Gloucestershire CRG.



MEDICAL OFFICER: RICH MARLOW

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. Rich is a Mendip Cave Rescue warden.



TRAINING COORDINATOR: JIM DAVIS

training@caverescue.org.uk

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



INFORMATION OFFICER: IVAN YOUNG

informationofficer@caverescue.org.uk

Ensures that contact information for the fifteen cave rescue teams within the UK and Eire is maintained and updated regularly. Collects, collates and distributes incident and other statistics from the teams. Rescue controller and treasurer for Scottish Cave Rescue Organisation.



EQUIPMENT OFFICER: MIKE CLAYTON

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Liases with MREW regarding the Government grant and runs PPE inspection courses for teams. Represents BCRC at the MREW equipment committee. Chair 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 chairman. One of three MREW SARCALL administrators and a rescue controller for Devon CRO.



TREASURER: HEATHER SIMPSON

informationofficer@caverescue.org.uk or treasurer@caverescue.org.uk

Manages finances and coordinates fundraising. Part of MREW fundraising group and also manages MREW collecting tins. Heather is a member of North Wales CRO, Midlands CRO and 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

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



FOREIGN SECRETARY: PETE ALLWRIGHT

Represents BCRC at the European Cave Rescue Association and liaises with overseas cave rescue bodies.



MANAGING SEARCH AND RESCUE RADIOS

AARON WARD WILDTALK

One of the most powerful tools a search and rescue organisation can have is their radio system. The fundamental design of the UK VHF search and rescue radio plan is that it will continue to work when other communication systems have failed. It is infrastructure free, and thereby immune to the fail modes other communications system could encounter under extreme events, failures such as grid power outage, internet failure or network traffic overload.

It is also self-maintained and does not depend on any central organisation for maintenance or control and to date is more or less free of propriety technologies. This gives teams the freedom and independence to set up robust and flexible communications suited to their need, tailored to their location or to their current incident even in the remotest locations and in the worst weather all at relatively low cost.

The down side of this flexible system is that each team needs to find volunteers with the interest and skill to manage the system and train fellow members in radio use, how the system works and equipment maintenance. This need not be a burdensome task and the aim of this article is to give some ways to make this task simpler.

RELIABILITY

Unlike the common consumer electronics we are familiar with such as mobile phones, two-way radios are usually designed to be long lasting, robust, reliable and usually repairable. New radios just work, and work

well. When a brand new radio system is set up, it works so well that planning for long term maintenance is often forgotten. It might be a couple of years before a single fault occurs even in the largest radio system.

With a poorly or unmanaged radio system, one single fault can often make the whole radio system seem as though it has many faults. For instance a single fault in one unidentified radio or battery that gets circulated between users can often make it seem that several radios are faulty. Several small faults, can in turn, make for a frustrating and unreliable communications system.

BASIC MAINTENANCE:

If you do nothing else, these three simple steps will help keep your radio system in tip-top condition allowing you to quickly identify, locate and isolate faulty equipment.

IDENTIFY

Mark each radio with an external unique mark so you can easily identify it: 1, 2, 3 etc. The radio will also have a serial number (usually behind the battery) for warranty purposes. It is worth recording this too in case external markings get removed.

Mark each battery too with a unique mark or ID. It should also have been supplied date-coded so you can establish when (and where) it was bought and when it falls out of warranty.

LOCATE

Depending on how you deploy your radios, you might consider issuing each radio-battery combination to a particular user. This encourages the user to take better care of them and also to report a fault rather than grab another radio discarding a failing one which can get recirculated to another user. And you know which radio is where and when one goes missing.

ISOLATE

With these two simple steps you will be able to identify any battery or radio that might show a fault, intermittent or permanent, then isolate it for repair or replacement.

REPAIRS

Radio faults tend to fall into three types:

Electronics failure: This is now a very rare event with modern electronic construction using surface mount assemblies. Faults of this type are usually manufacturing defects and rarely caused by misuse — the radio will need to be returned to a supplier or manufacturer for repair.

Mechanical failure: These are problems with moving parts: rotary controls, damage to the case or housing, battery clips, aerials and aerial sockets and most often the earpiece (accessory) socket. These faults are usually caused by long term wear and tear or misuse. They

can mostly be avoided by taking care not to stress the radio unnecessarily. Use carry cases or lanyards to prevent the radio being dropped. Faults of this type should also be returned to a supplier or manufacturer for repair.

Battery failure: This is by far the commonest problem. Battery failures are usually associated with the battery having completed its lifetime of charge-discharge cycles. This is a variable quantity but is well above 300 cycles for most batteries so for typically intermittent search and rescue use it should be several years before this life cycle expires.

Modern batteries use lithium based chemistries and these have other fail modes too. They don't like being left discharged for long periods and can be hard to revive if they are. They don't like being charged in hot environments as this can age them prematurely. Also they do self-decay, losing capacity over time even if they are not used — as much as 20% per year by some estimates — so most batteries will need replacing at least every four years.

Battery failure can usually be established and dealt with without returning the battery to your supplier. See Battery Management below.

BEYOND BASICS RECORD

Keeping an inventory of all your team's comms kit will help in

many ways. Knowing your assets helps for long term planning, maintenance and locating missing kit. An inventory of the radio and battery IDs, where they were sourced, along with serial numbers and to whom they are issued will help identify not only defective kit but help in future to source good quality kit and reject suppliers of poor quality equipment, non-genuine batteries being an example of a widely variable-quality consumable.

Note: Good quality non-genuine batteries can be as good as original equipment and at a significant cost saving but poor quality non-genuine batteries at best offer very poor value and at worst can be hazardous in that critical internal safety components have been omitted to reduce costs. Try and establish from your supplier the origin of non-genuine batteries and their guarantees before you buy.

Beware. There also many fake 'genuine' batteries available too. Generally speaking you will get what you pay for with most things and batteries are no exception.

PLAN MAINTENANCE

Parts subject to wear and tear should be checked regularly to help prevent problems before they arise. These parts are all easy to identify, mostly parts external to any radio, handheld or mobile.

The frequency of check should be tailored to the amount of use and your operating environment.

• **Vehicle antennas:** These potentially take a lot of abuse: the weather, tree strikes and collision with kit being on and off-loaded to roof racks.

Tighten, check for corrosion and cable damage, at least monthly if you operate in tree and hedged areas. If you operate in a marine environment, you will need sprays or lubricants designed for marine use to offer additional protection.

(Petroleum jelly or silicone grease, for example)

• **Cables,** especially mic cables which get tugged and snagged, are prone to failure sometimes visible but more often internal and invisible. They can be checked by having a helper on another radios receive or transmit while you stretch and stress the curly cable. If these items are marked and logged like batteries and radios, isolating them will be much simpler.

BATTERY MANAGEMENT

The first step is to establish what is a good battery and which batteries should be discarded.

Physical damage: Lithium batteries when damaged can fail spectacularly by catching fire so any batteries showing splits to the casing, leakage of electrolyte or damage of the parts that hold it securely to the radio should be disposed of immediately.

Poor capacity: This is how much charge the battery holds once it has been fully charged. There are sophisticated battery analysers available and these will tell you this figure. This figure is interesting but in real terms you want to know how long a battery will last before recharging and this depends on how much you transmit. No analyser can know this information.

The answer to this problem is simple: if the battery doesn't last long enough replace it.

How long is long enough? Typically radio batteries range from 1500mAh to 2000mAh capacity when new. A 1500mAh battery would last at least eight hours with a 5% transmit, 5% receive and 90% standby duty cycle on most radios with 5W RF transmit power and it is transmitting that places the real demand on the battery.

With search and rescue there are no regular shift patterns and a call-out could last a few hours or overnight. To cover this variability issuing each radio with a spare

battery will help, however, you will eventually have to decide at what point a battery should be replaced.

At Wildtalk we consider a battery is marginal for replacement when it has reached 1000mAh on a battery analyser. This would equate to around six hours in a 'typical' commercial use, using the duty cycle above. Not very useful figures when you don't have battery analysers or work factory shifts. But once a battery does reach these reduced capacities it does decay quite quickly and it will be a few tens of charge cycles before it has reached only a few hours capacity. So I would say six hours of use based on the duty cycle (less time for the more talkative user) above would be the point at which the battery should be watched closely for potential replacement.

CHARGING

• Charging should follow the manufacturers instructions. Usually a couple of hours in a rapid charger is all that is required. Lithium batteries have no 'memory effect' as NiCd used to have so partial discharge-charge cycles are harmless.

• Deep discharge or being left flat should be avoided as Lithium chemistry batteries can sometimes be impossible to revive.

• Long duration charging of lithium chemistry batteries is almost always mentioned in the manufacturers instruction to be avoided. It is inevitable that radio users do this and I have never encountered any problems with customers doing this even with radios left on charge for weeks at a time. If you do choose to leave radios on charge monitor them closely over the first 4 to 24 hours after they have completed the rapid charge phase to make sure they trickle charge cool.

• Charging and storage in hot locations prematurely ages the cells and should be avoided. ☹️

AARON WARD FOUNDED WILDTALK IN 2006 TO SUPPLY RADIO EQUIPMENT FOR USE IN EXTREME ENVIRONMENTS. HE IS INTERESTED IN MOUNTAIN SPORTS AND PARTICULARLY INTERESTED IN DESIGNING VOICE COMMUNICATION SYSTEMS THAT WILL WORK IN TOUGH AND NOISY ENVIRONMENTS.

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EMERGENCY CARE OUTDOORS

Emergency care in the outdoors is a challenging task that is faced by rescuers in a diverse range of environments. These environments demand a range of skills and attributes from those involved in the provision of such care. Technical, clinical, intellectual and ethical decisions must be made if the casualty is to receive high quality care,

and rescuer alike. Think of it this way, we should always aim to provide the highest level of care that can be achieved whilst recognising the constraints place upon care delivery by the environment and other factors.

THE GOLD STANDARD IS THE HIGHEST LEVEL OF CARE WHEN THE WORLD ISN'T PLAYING FAIR!

When you add other, non-environmental elements into the mix – logistics, communications, team skill mix, ergonomics and other agencies – the potential for ‘human factors’ adds even more fuel to the fire.

High quality care – the Gold Standard – can only be achieved through teamwork and a greater understanding of how those teams work.

Many rescue organisations have recognised the need for a patient-centred approach when dealing with the injured and ill in outdoor environments. There are some excellent providers of clinical education catering for outdoor environments, ensuring their knowledge, experience and skills are reflected in the courses they deliver.

Outreach Rescue Medic Skills (ORMS) aims to join this community of practice with the launch of its new range of courses catering for this niche area of clinical care.

ORMS has drawn upon over 35 years experience of mountain rescue, helicopter search and rescue, emergency care and our experience in dealing

with all emergency services, to create a training programme that is appropriate to the environment, evidence based and skilfully delivered. This helps ensure that when organisations are working together, they don't just have an understanding of each other's technical capabilities but also have a common understanding of their clinical capabilities as well.

Emergency Care in the Outdoors (ECO) is a series of courses that gradually build upon each other. The courses enable the student to enter with little or no clinical skills and progress to the same level as entry level winch operators employed across the UK on helicopter search and rescue (equivalent to Emergency Medical Technicians).

Final point, the level of clinical capability counts for nothing unless the care provider can contextualise that care in an appropriate manner.

Outreach Rescue Medic Skills is based in North Wales, and is currently supports students from non-governmental organisations, UK and overseas SAR-H services, the MoD, RAF MRS and civilian mountain rescue.

TO FIND OUT MORE, CALL 01248 601546 OR EMAIL ENQUIRIES@ORMS247.CO.UK WWW.ORMS247.CO.UK



sometimes known as the ‘Gold Standard’.

The concept of ‘Gold Standard Care’ should be explored. It's tempting to assume that the Gold Standard is defined by what can be read in a textbook or a journal. Whilst this is an excellent starting point, as it ensures that care provision is evidence-informed, this fails to recognise the fact that outdoor environments are dynamic, ever-changing and often hazardous to casualty



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