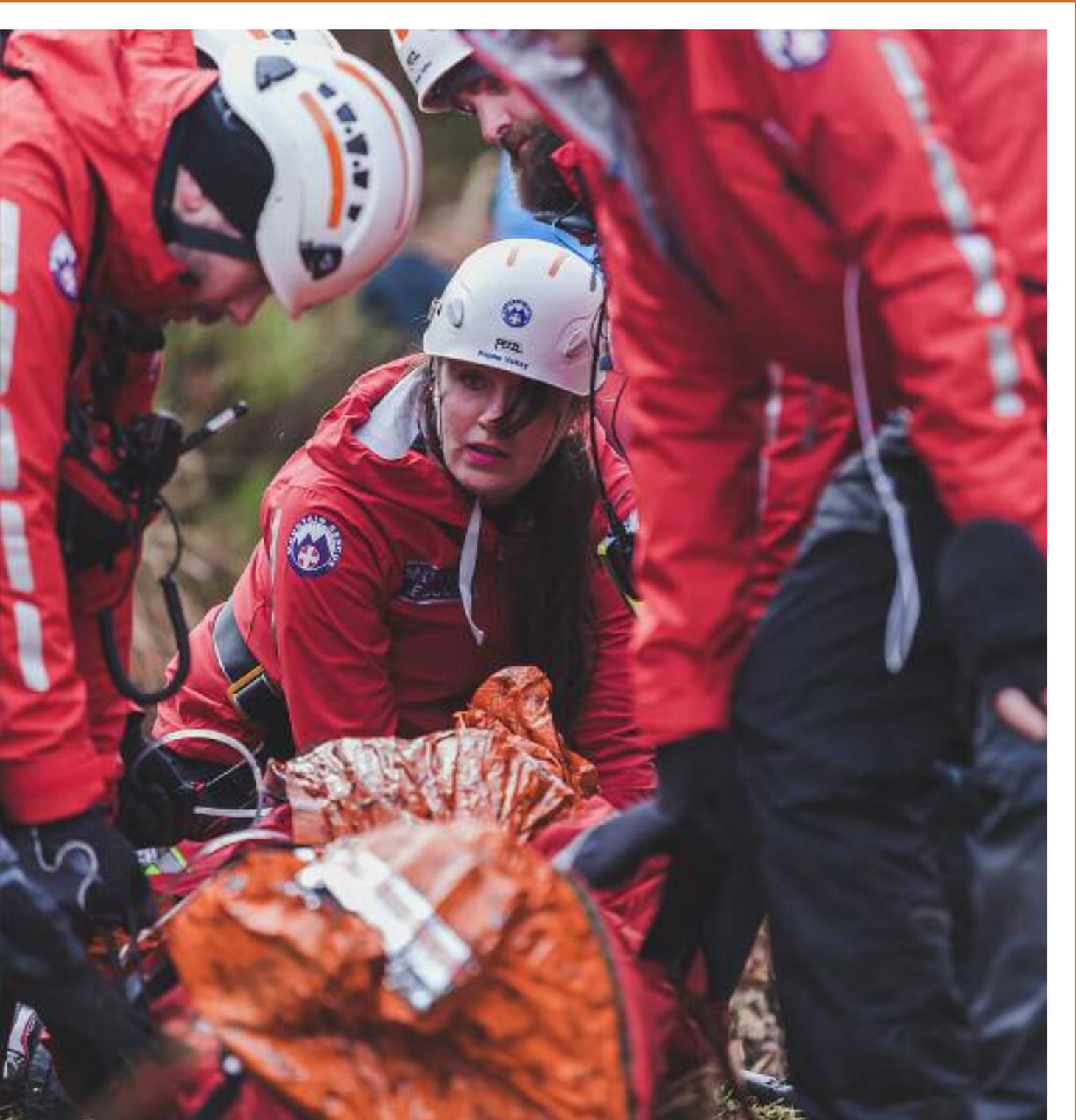


Mountain Rescue England and Wales

# Annual Review 2022



Published May 2022



# Foreword

## HRH The Duke of Cambridge



In 2021, COVID-19 continued to impact all aspects of mountain rescue and I am very proud of the way volunteers responded to these challenges head on, working tirelessly to keep themselves and their casualties safe.

Whilst many teams responded to record numbers of calls last year, it is encouraging to hear that several regions also saw a reduction in avoidable incidents and that MREW will continue its mission to raise public safety awareness throughout 2022.

The mental health and wellbeing of our volunteers remains of the utmost importance, and it is crucial that teams continue to look out for one another as well as those around them. I hope that resources such as Blue Light Together, which we launched in the autumn, will provide advice, comfort and support when it is needed most.

Finally, I want to express my heartfelt appreciation to all mountain rescue volunteers, their employers, and their families for enabling this vital service to continue.

Thank you for all that you do.

Yn 2021, parhaodd COVID-19 i effiethio ar bob agwedd o'r gwasanaeth achub mynydd, ac yr wyf yn falch iawn o'r modd yr ymatebodd gwirfoddolwyr i'r heriau hyn yn benben, gan weithio'n ddiflino i gadw eu hunain a'r rhai a achubwyd yn ddiogel.

Er i lawer o dimau ymateb i'r niferoedd uchaf o alwadau erioed llynedd, y mae'n galonddid clywed bod sawl rhanbarth hefyd wedi gweld lleihad yn y nifer o ddigwyddiadau y gallid fod wedi'u hosgoi ac y bydd Achub Mynydd Cyntru a Lloegr (MREW) yn parhau ei genhauaeth i godi ymwybyddiaeth y cyhoedd am ddiogelwch trwy gydol 2022.

Mae iechyd a lles meddwl ein gwirfoddolwyr yn dal i fod o'r pwysigrwydd mwyaf, ac mae'n hanfodol bod aelodau'r timau'n parhau i ofalu'r naill am y llall yn ogystal ag am y rhai o'u cwmpas. Gobeithiaf y bydd adnoddau megis *Blue Light Together*, a lanswyd gennym yn yr hydref, yn darparu cyngor, cysur a chefnogaeth pan fydd mwyaf eu hangen.

Yn olaf, hoffwn fynegi fy ngwerthfawrogiad diffuant i'r holl wirfoddolwyr achub mynydd, eu cyflogwyr, a'u teuluoedd am sicrhau parhad y gwasanaeth hanfodol hwn.

Diolch am bopath yr ydych yn ei wneud.



# Introducing the new SEO Mike Park MBE

May 2021 saw a change in management for Mountain Rescue England and Wales, with Mike Park taking on the role of Senior Executive Officer, and with that change came the potential for a change in management style and vision. **Judy Whiteside** talked to Mike about what that might mean, not just for the national organisation but for the wider mountain rescue membership.



Prior to our chat, Mike often referred to the preceding months as a 'presidential campaign' and the analogy is worth pursuing. In March 1933, it was Franklin D Roosevelt who kicked off his term as thirty-second president of the United States by signalling his intention to 'move with unprecedented speed to address the problems facing the nation' and coining the term 'First Hundred Days'. Those first hundred days quickly became a benchmark to measure a president's (or leader's) success but Mike prefers President Obama's more measured 'first thousand days that make the difference'. Which would take us to February 2024 so the clock is certainly ticking.

A dyed-in-the-wool Cumbrian mountain man, he has been involved in mountain rescue most of his adult life, including a ten-year spell as leader of Cockermouth MRT during which that town twice suffered catastrophic flooding. Since the first occasion, in 2009, he has been part of the Cumbria Local Resilience Forum (LRF) on behalf of the Lakes region. It's a topic which is close to his heart and one he plans to build on for all 49 mountain rescue teams under the MREW 'umbrella'.

Cumbria LRF was set up in 2005, under the Civil Contingencies Act 2004, to bring fire and rescue, police and ambulance services, multiple mountain rescue teams, the ARCC, the Red Cross, International Rescue, NHS, Lifeboats, RAF and RSPCA together, with the Environment Agency, to find solutions to the problems they jointly faced.

'We're lucky in Cumbria because the mountain rescue region is essentially the same shape as the area covered by Cumbria Police so we're only speaking

to one LRF, where some regions have several and it can be a little like herding cats. Different LRFs behave differently, with varying degrees of involvement with mountain rescue — and I suspect some only involve MR because they know we're good at organising other voluntary organisations to work alongside us!

'I believe we need to look to central government to get all LRFs involved with the voluntary sector. Cumbria recognised that they couldn't actually do the job without us and that should be the case across England and Wales. We need to encourage the partner organisations that are well-established in those regions where mountain rescue isn't as involved, to get them involved.'

Back in 2009, as team leader he had no choice but to be involved with the flood response. 'I just assumed the blue light services people there knew how to get the job done, but events like that don't happen every day. It was outside everyone's frame of reference. It's about everyone working together to do the job.'

'We want to be involved with the major incidents when they're happening but we don't always want to put the homework in between times. To those who say that's not what they joined for, I'd say mountain rescue incidents ARE major incidents now. When I joined Cockermouth team, we did rescues on our own patch, our neighbours Keswick did rescues on their side of the hill, and so on. We'd never meet. Now every other rescue has some involvement with teams on the other side of the hill and it's the same around the country.'

But every mountain rescue a major incident? 'Yes. A major incident is when

you can't cope on your own as a team for whatever reason. Most incidents now, we have to ask for help from colleagues and across regional boundaries too. It's about prepping for the incident, and as a national body we can help make sure the things our teams need are in place — like cas care training and standards, insurance, radio systems.'

Since taking up office, he's travelled around England and Wales visiting teams to understand more about their own visions and challenges, and he remains inspired by the commitment, enthusiasm, technical skills and willingness to develop which is common to all.

During that time, he identified the 'hot topics' most often discussed: the desire for a commonly-held vision for the future, the need for risk management and suitable insurance to protect members and casualties, for shared values in how we treat each other, and the importance of our relationship with UKSAR and the Maritime Coastguard Agency (MCA) with respect to working with search and rescue helicopters. He's keen to see us future-proof our information technology and communications systems and, inevitably, Covid and the 'new normal' was a hot topic following two years of strict Covid protocols, now firmly embedded in the teams' practices and procedures. 'We are not going back to the old normal,' he says. 'Why would we want to?'

Why indeed? And at the centre of everything, for Mike, is the welfare of our growing numbers of casualties and the 3500+ volunteer team members who give their time to help them as skillfully, efficiently and professionally as possible.

**Opposite:** PenMacra teams taking part in the MREW 4x4 off-road training on Dartmoor, featuring the ex-Patterdale MRT Land Rover enjoying a second life with Dartmoor SRT Ashburton © Al Pewsey.  
**Top:** Mike Park in his native Cockermouth MRT kit © Mike Park.

# 2021

## An overview of the year's statistics

Incident numbers continued to rise in 2021, despite the ongoing impact of Covid and a third national lockdown. The slow easing of 'the rules' between March and July led to a very busy summer and autumn. And as we approached the end of the year, the first winter storms – Arwen and Barra – made their presence felt with severe weather prompting major incidents in a number of regions: 10% of calls to incidents resulting from freak weather, heavy snow and rainfall, and strong winds. A further 20% (737) of calls for assistance were dealt with by investigation and management without the need for the deployment of a full team and 11 were classified as either 'training' or 'event cover'. Altogether there was a rise of 480 call-outs over last year and 413 deployments.

**3629** call-outs resulting in **2881** deployments

Busiest months **June • August • September** with **33%** incidents

Busiest days of the week **Saturday • Sunday** with **43%** incidents

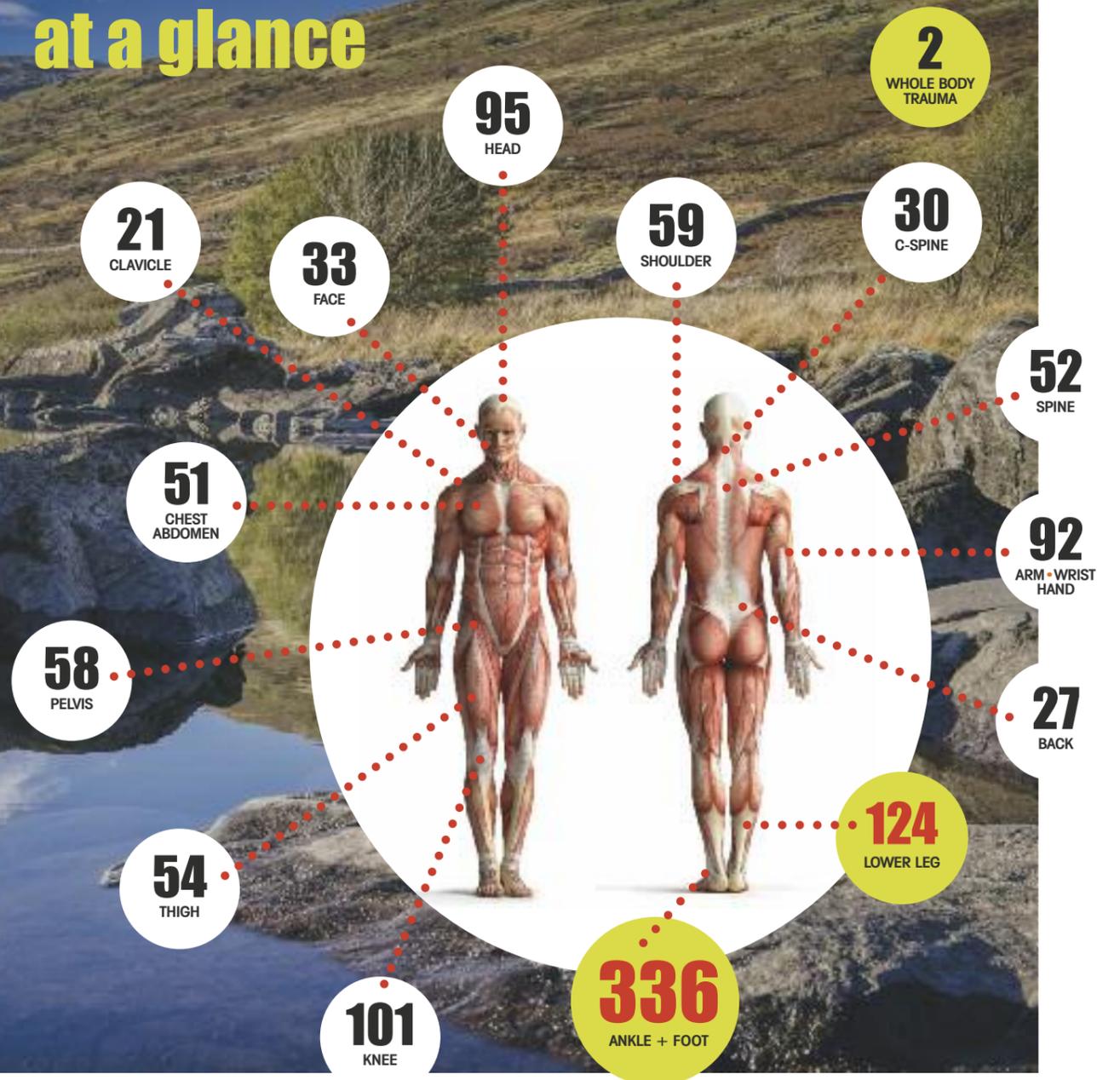
Subjects involved **56%** male **43%** female\*

\*1% of subjects are recorded as either 'unknown' or 'other'

Nature of incident **20%** missing persons **80%** casualties

### key injuries at a glance

Main photo: Snowdonia © Ian Kelsall | Pixabay.  
Below: Anatomical illustration © Cosmin4000.





# Key contributory factors to incidents

On arrival at the scene of an incident, a team member will usually be designated to fill in a casualty care card while another team member carries out a primary survey of the injured person. The casualty is assessed, treated and evacuated appropriately according to their condition, using the resources available. In the case of multiple casualties, a triage system will determine the best level of care and use of resources for each. The casualty care card notes a brief description of the incident, casualty details and injuries sustained, plus any circumstances which may have contributed to the incident.



We're often asked how we categorise our 'contributory factors' and what's the difference, for example, between our most frequently cited 'human error', 'bad decision making' and 'inexperience'? Statistics Officer **Rob Shepherd** explains.

"These contributing factors allow us to gather general trends from the incidents but we don't take these at face value when looking at individual incidents — they're there to indicate how, over time, a large and growing database of incident occurrences is changing.

"We also require that the ones picked are "the fewest most likely to be a contributing factor" and not "all or any that might be right".

**Human error** infers that the subject of the incident has been navigating using a map and compass but took the wrong bearing or missed a path turn. They had the right skill, plans and equipment but

went wrong at some point. When rescued they will know what went wrong.

**Bad decision making** might be that slow party members have been allowed to fall behind, on the assumption that they know the way and will catch up. A decision was made which was obviously wrong with the benefit of hindsight.

**Inexperience** might cover selecting a particular route (climbing, scrambling or walking) or going out in more challenging conditions (in winter or at night) without the proper plans, skills or equipment for the trip. The parties involved may know what went wrong but end up in a tricky situation without the awareness to recover from it early enough.

"We appreciate these are subjective and impossible to get right without a lengthy debrief. Nevertheless, the wisdom of the crowd (a few hundred reporters) will be able to spot the main signs."

Opposite: Ogwen Valley during a busy Bank Holiday weekend in May 2021 © Karl Lester.  
Top: Swaledale team member Charlotte Porter takes a casualty history for the record © Swaledale MRT.

560	Human error
347	Bad decision making
327	Freak weather, heavy rain, snow, strong winds
324	Inexperience
201	Tired, fatigued or unfit
191	Inadequate footwear or kit
172	Ignorance of pursuit
162	Poor visibility
117	Ice
46	Inadequate communication
35	High temperatures

contributory factors

at least  
**119,619\***  
volunteer rescuer hours

## Making sense of the figures

This annual review provides an overview of our incidents and statistics for the twelve months from 1 January to 31 December 2021. Alongside this, we offer you a flavour of mountain rescue activity right up to the moment of going to print which typically takes us May to April. Why the discrepancy?

It's another question we're asked. We gather data from across 49 teams, and nine geographical regions, some busier than others but every one busier than they ever were before. Some teams report back to us immediately, others take longer, and it takes a while to assemble, so this data is only available for us to fully assess and see the bigger picture during March. But, with so much going on in mountain rescue, we want to make the stories themselves as current as we can. Hence the discrepancy.

So what about the first quarter of 2022? How is that shaping up? On figures received so far, the busiest region is the Lake District, with 152 reported incidents and Keswick, Wasdale and Langdale Ambleside the busiest teams with 31, 27 and 25 respectively. North Wales has reported 125 incidents, with Llanberis the busiest by far with 46. In the Peak District, there have been 120 incidents reported, with Edale and Buxton teams the busiest with 30 and 25.

Under the 100-mark, South Wales reported 73 (Central Beacons the busiest with 31); Mid Pennines have 61 (Calder Valley highest at 20); Peninsula teams reported 44 (Exmoor busiest at 13); North East teams reported 43 (fairly evenly spread across the teams); Yorkshire Dales reported 40 (with CRO and Upper Wharfedale busiest at 18 and 15); and, in the South West of England, there were 7 incidents reported.

The biggest contributory factors noted were 'human error', 'inexperience' and 'bad decision making', suggesting that increasing numbers of people are coming into the remote environment without the necessary skills to cope. Weekends continue to be the busiest two days and January was the busiest month. It remains to be seen how the rest of the year will go but, with all the Covid restrictions now lifted, we suspect it will continue to be busy.

\* At the time of publication (May 2022), data is still being processed and analysed.



It has been a busy year in the field of information and communication technology (ICT), with mountain rescue working behind the scenes with a number of partners in the development of computer systems and apps to help both rescuers and the rescued. **Mark Lewis** is MREW ICT Director, and a member of Western Beacons MRT in South Wales. In his day job, he is a service manager for a radio communications firm. He explains the developments.

In recent years, we've seen a huge move from printed map and compass to phone-based apps for navigation. Mountain rescue has also been directly involved with those developing online systems, particularly MRMap, PhoneFind, SARCALL and SARLOC, that enable us to function effectively as teams. It has been encouraging to see these adopted within the wider emergency service community as the basis for shared systems.

I have been working with what3words and Ordnance Survey on apps that are already widely used by walkers and other visitors to remote places and that have potential to develop and grow. And work has begun with my mountain rescue colleagues to anticipate our future needs and explore the ways IT might be able to help (see below).

First, online mapping. Most mountain rescuers are already using maps on mobile phones for navigation so we're keen to encourage others to use the technology safely while being aware of its obvious limitations — printed maps don't need batteries!

I've been working with Ordnance Survey on both their OS Locate and OS Maps applications and mountain rescuers are already involved in feeding back to the team at OS on its development.

In next year's Annual Review, I hope I'll also be able to report on a developing communications partnership with safety and navigation skills at its core. Look out for announcements!

Location (as opposed to navigation) apps have been another hot topic and the apparent simplicity of what3words has made it a really attractive option for many venturing into the outdoors for the first time. To be honest, many in the rescue community had found it frustrating — with implementation challenges leading to too many inaccurate locations being communicated. However, rather than just complaining, we built on our contacts at what3words and in the emergency services to see what could be fixed and improved. Making the most of those close working relationships, we are already seeing an improvement.

After a survey of teams to identify the

key issues, conversations with what3words revealed a willingness to adapt. They were happy to make a few improvements that would make a big difference for rescuers. You can read my fuller article in Issue 79 of Mountain Rescue magazine (see link below) but of particular note, conversion to 6, 8 or 10-figure grid references is being integrated into what3words and the calling authorities in the emergency services should now be validating a what3words location before passing it on to a mountain rescue team.

On our side, we have also integrated the what3words autosuggest function to SARCALL to further support location verification.

Thank you to everyone who has been involved in this work. For hill walkers and mountaineers, we would still encourage the use of a map and compass backed up with OS Locate or OS Maps but, with the gradual improvements, I hope that rescuers and rescued alike will find these tools more useful in the years to come.

**Opposite:** Aberglaslyn team members assess a casualty © Aberglaslyn MRT. **Top:** Northumberland team member, fully kitted out for radio comms © NNPMRT.

## Our vision for the future of Information Communication Technology (ICT) in Mountain Rescue

'Over the last ten years, there have been some amazing success stories of IT systems being developed for mountain rescue from within mountain rescue. These have often started small and grown organically, as more and more teams have seen the value they offer. I believe a significant key to the future of mountain rescue is that we have an ICT provision that is joined-up, fit for purpose and with the potential for development.

'I have set Mark and a small team, engaging with the mountain rescue community, the objective of agreeing an IT systems and services vision for the next 5-10 years. This should help align future efforts with needs as well as engaging with the mountain rescue community to review their own IT system and service needs.

'There are constraints on time, capabilities and costs, but I am confident that, with support and contributions from team members, teams and regions, we can develop and invest in our ICT and thus enhance our investment in our people too.'

\* This is an extract from an article by SEO Mike Park, published in Mountain Rescue magazine. For the full story, head to Issue 79 (Winter 2022), freely available as a Flippingbook, and turn to page 21: <https://tinyurl.com/bdec57k>.

# Tech, screens and IT in remote places

# News snips stormy weather

from around England and Wales

Stormy weather and flooding have become a regular feature in mountain rescue team incident reports, with teams regularly on standby to support their communities as storms approach.



## NOVEMBER 2021: Storm Arwen wreaks havoc around the country

In Northumberland, North of Tyne and Northumberland National Park team members dealt with a number of incidents relating to the wintry weather, with their area recording the strongest windspeed at 98mph, near the town of Alnwick.

Amongst the incidents, team members rescued a couple who had been stuck in their vehicle for several hours, providing warm clothing and eventually returning the couple back to their home address. As landlines and mobiles went down, good old-fashioned knocks on doors were needed at 3.00am to check on the elderly and vulnerable residents, many of whom had no power for days.

Across in Coniston, team members made good use of a chain saw when a fallen tree trapped a number of people and a dog in a local car park.



## Medical emergencies and snow-stranded motorists...

Derby team members assisted East Midlands Ambulance Service in reaching a poorly gentleman with a suspected stroke, helping move him to the main road for easier and faster access to hospital.

The following day, they were called on to help recover a couple stuck in the snow near Longnor. The two, in their late teens, had called the police after being stuck in their car in snow for over twenty hours. On the advice given, they had attempted to make their way on foot to Longnor but had to return to their car due to the poor weather.

Kirkby Stephen team members were also busy assisting motorists stranded on minor routes across the Pennines and from the Yorkshire Dales into the Eden Valley, dealing with ten separate incidents, many overnight. And, when asked to assist a man needing medical treatment at the Tan Hill Inn — Britain's highest pub at 1,732 feet above sea level — they found themselves at the centre of the much-publicised 'snowed-in sleepover' after an Oasis tribute band gig on the Friday night.



In the Calder Valley, team members were kept busy in the freezing conditions, including a couple who could not get home due to road conditions. The gentleman had recently suffered a stroke and needed access to his medication. He was safely delivered home in the team's 4X4.

Elsewhere in Yorkshire, Upper Wharfedale team members were also attending to trapped motorists, including a driver who had become unwell whilst debogging his 4X4. Fortunately, he recovered sufficiently and was able to retreat down into Coverdale where he was met by members of Swaledale team.



## Reminiscent of the Beast from the East for Lakes teams battling high winds on the fells

For Lakes team members, the Storm Arwen 'weekend' began with a call to a fractured lower limb on the summit of Great Gable on the Friday afternoon, with a further thirty calls for help over the next 48 hours.

Most of the incidents were 'resilience' in nature, with high wind and snow-related calls to support the police, fire and ambulance crews as part of major incident arrangements in place in Cumbria, but at least six incidents involving injured, lost, overdue or benighted walkers with no map, compass or torch. Once again, the storms served as a timely reminder to hill-goers (and indeed motorists) to be prepared for winter and remember that darkness falls earlier — and when it does, it can get considerably colder!

Whatever you're planning to do, wherever you're planning to go, for your own safety and peace of mind, it makes sense to be prepared: **#Be AdventureSmart**.

**Opposite, centre + top inset:** Team members in the north east deal with stranded motorists and conduct house-to-house checks © NNPMRT/NOTMRT. **Bottom inset:** Coniston team make good use of a chainsaw © Coniston MRT.

**Top:** Derby team member runs to assist stroke victim; team members assist couple stuck in their car for twenty hours © Derby MRT.

**Above:** Kirkby Stephen attend to stranded motorists © KSMRT. **Left:** Rescue from High Spy © Keswick MRT.

community

# News snips all fluff and feathers

from around England and Wales

Throughout the year, teams were once again out in force supporting their communities – and we're not just taking good care of our human casualties.



Images: Soggy sheep © UWVFA.

## FEBRUARY 2022: Stranded sheep rescued following Storm Eunice

The Upper Wharfedale team were called by Yorkshire Fire Service to help rescue some very soggy sheep caught out when the river burst its banks at Kilnsey. Meanwhile, in the south west, Severn Area flood teams worked with Vale Wildlife Hospital to rescue a swan trapped in netting.

## JUNE 2021: Riders and ponies assisted across boggy moorland

It's not all rocks and crags in mountain rescue – the teams who look after the moorlands of south-west England know a thing or two about boggy ground too.

Dartmoor team members from both Plymouth and Tavistock teams were called when a group of riders and their ponies experienced difficulties in boggy ground near Caters Beam. Team members found the group, gave them a health and safety check, then guided them safely back to their horse trailers.



## APRIL 2021: Cragfast goats?

Avon and Somerset team waited until after midday on the first day of April before sharing this one, for obvious reasons. Two cragfast goats? Surely not...

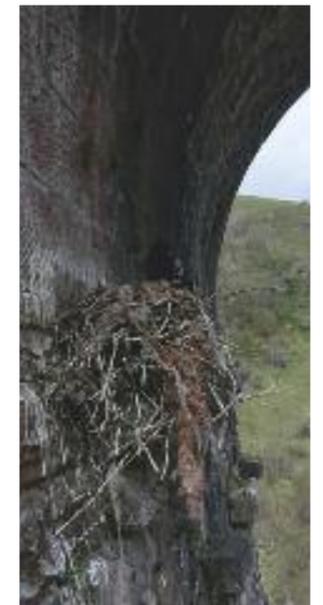
Officials at Cheddar Gorge and the RSPCA were concerned about the goats which had been on a ledge above the road for a number of days. In the interests of animal welfare and public safety, ahead of a busy bank holiday weekend, team members headed to the crag first thing to rescue the 'very vocal' pair.

## APRIL 2021: Twelve fluffy ducklings...

In Holme Valley, in West Yorkshire, three team members helped rescue twelve fluffy ducklings left to fend for themselves when mother duck was killed by a dog. All twelve orphans were safely recovered and handed over to the care of Meltham Wildlife Rescue. All in a day's work...



Top: Riders and ponies led across boggy ground to safety © DSRT Plymouth. Above: Team member Kayleigh with the orphaned ducks © HVMRT. Top right: Cragfast goats © ASSAR. Right: Rescuing a tangled raven © KSMRT.



## MAY 2021: Assisting Cumbria Wildlife Trust in the rescue of a fledgling raven

Our technical rope rescue skills can often be called into use far beyond the crags. Kirkby Stephen team members received an unusual request, when the Trust requested assistance to free a baby raven, trapped in its nest under the iconic Smardale Gill viaduct.

The unfortunate bird's parents had used a large quantity of baling twine in the nest and it had become entangled. A team member was lowered down to free the bird. It was in quite a difficult spot, under the main viaduct bed but, after some careful manoeuvring and ropework, the raven was brought to safety, a little weak for its ordeal but hopefully now fully recovered in the Smardale Nature Reserve.



# Operations: where rescue hits the hills

**Mike Margeson** is Operations Director for MREW as well as being vice-chairman and trustee. At the 'sharp end' of mountain rescue, he is an operational team member and former leader of Duddon & Furness MRT, within the Lake District region. An experienced Mountaineering Instructor, he also manages a busy outdoor activities centre. He shares a couple of perspectives on the stories behind the statistics.



For some years now, we've included 'days without a call-out' in the statistics for this report and it's been one of the more memorable numbers, dropping to just four days without an incident in 2019. Over the last two years of Covid and lockdown restrictions, a comparison with this sort of statistic has been difficult but teams across England and Wales certainly recognise a rising demand for their services, with key areas like the Peak District and Lake District honey pots and around Snowdonia seeing too many crazy days of multiple calls on their time.

One of our team leaders has written about this from a personal perspective (see below) and has put into words what many of my colleagues are feeling. But what's to be done?

As outdoor enthusiasts ourselves, the last thing we want to do is discourage others from enjoying open and remote spaces. We all joined MR to help those in need, 24/7 and 365 days of the year — that's what we train for and that's where we want to be of service. However, if demands continue to grow as they have in recent years, we will struggle to cope with the numbers of volunteers and resources available, and that will increase the risks for those needing rescue.

The only call-outs we can control are the avoidable ones — reduce those and we can focus our resources where there's unavoidable need. That's why you'll see many of us, especially in Wales and the Lake District, advocating #BeAdventureSmart.

We're asking visitors to ask themselves just three simple questions:

- Do I have the right gear?
- Do I know what the weather will be like that day?
- Am I confident I have the knowledge and skills for the day?

Making sure you've answered those three for you, your planned day and the group with you, isn't just about keeping yourself safe. It's about making a good day even better. Please help us spread the word and encourage others to ask themselves those questions. Help us to help others to avoid the avoidable so that we're always available for the essential.

Thank you.

**Opposite:** An Upper Wharfedale team practice at Hagg Dyke © Sara Spillett. **Top:** Dartmoor Plymouth team members assist in the search for a missing 14-year-old at Landrake in Cornwall © DSRTF.



## Leading a busy team

'The time commitment involved in MR is massive and we rely hugely on the goodwill of local employers. I am spending maybe four hours a day on team business, and I'm retired! Exhaustion gradually sets in for everyone with the constant demands — finding resources and manpower, juggling family, work and social life, the guilt of so often having to choose between these and rescue, other team commitments like fundraising and training and, increasingly, costs. For many of our members, getting to base is a 30-minute drive or more.

'As the call-outs increase and members have to prioritise which they can attend, we need more volunteers to spread the load. But then that means investing time in recruiting and training new members, more so now than I have ever known. I have thought for a few years now, even before the influx of people due to Covid and staycations, that we can't sustain this, and something has to give. That could mean people spending the night out as we simply have no one to go out looking for them, or people waiting longer in pain with an injury. So far, technology and the ability to talk people down without deploying the team has avoided this. However, even that takes a significant amount of team leadership time and requires walkers to save battery power on phones and make sensible decisions about navigation.

'Saying a call-out takes four hours (and that is a short one for us), is the tip of the iceberg. It doesn't convey the effort, stress and wear and tear on gear (and our own bodies). Nor does it take into account any recovery time (a rarity), the work needed at base to keep everything running, the kit checks, the vehicle maintenance, the medical supplies updates and everything else that goes on. And, especially in busy periods, it doesn't consider the pressure of concurrent call-outs (four is our record so far — and not something I'd want to repeat), the mental fatigue of one call-out after another, and the mental health impacts of dealing with a traumatic incident.

'We're not looking for sympathy but everyone in mountain rescue wants those heading outdoors to take responsibility for their actions and help avoid the avoidable. A few simple precautions and a bit of planning makes any walker's day on the fells a better one and will certainly help all of us.'



# Working with drones: search eyes in the sky

As drone technology develops and improves, a number of our mountain rescue regions and individual teams have invested in drones and training for their members over the last year. Drones are now being used with visual and infra red and heat static cameras, as well as video cameras, and they are even being used underground in cave and mines rescue situations. **Sally Seed** talks to some of the people involved.

Many of our teams are working with partners in the field to assess, develop and improve drone technology for search and rescue situations, as well as ensuring that the team members responsible have the skills to use them safely and effectively. In some areas, teams are working with the local emergency services while, in others, there are commercial or academic links.

Buxton MRT has been an advocate for the use of drones. Deputy team leader Rob Stordy has led its involvement in a Department for Transport-sponsored Catapult development programme with manufacturer, Evolve Dynamics.

'We hosted a demonstration event with an all-weather drone early in 2022,' says Rob, 'and it was attended by a range of emergency service leads, along with the Scottish Aerial Rescue Association and other industry and technology leaders.

'The Evolve Dynamics drone worked well in some poor weather conditions on the day, and our demonstrations seemed to do a good job of showing how technology and trained search team members can best work together.'

MREW Vehicles Director, Simon Thresher is monitoring drone developments at team and regional level and he was at the Buxton event: 'We can already see

how drones can save lives and reduce risk to our volunteers during missing and lost person searches. They can search difficult or high-risk areas, without the need to place team members in harm's way and recent trials have shown just how much the poor weather performance of drones has improved.

'That's been a limiting factor in the past but drones that work well in high winds and rain are going to be increasingly useful for us in the years to come. As a national body, our role is to watch out for new initiatives and make sure we help share learning across our organisation.'

MREW Ops Director, Mike Margeson agrees: 'Combining drone technology with local mountaineering knowledge can make modern drones a powerful tool for mountain rescue teams. There are environmental benefits too in some sensitive landscapes, reducing footfall and path erosion. But I'm very aware that they complement but don't replace other more traditional search tools, such as skilled foot search parties and trained search dogs.

'We are establishing a drone specialist working group to ensure that we make the most of the potential benefits of this rapidly-changing technology.'



## Working safely and legally

Mountain rescue team members need the training and qualifications to meet Civil Aviation Authority (CAA) requirements just like any other drone pilots, and each use of a drone requires specific permission. Each team involved in the use of drones will have at least one qualified drone pilot with the necessary qualifications and experience and each search or rescue flight requires a submission to the authorities for approval. While the statutory (paid) emergency services have exemptions to the Visible Line of Sight (VLOS) rule, in some settings, subject to a dynamic risk assessment, mountain rescue volunteers do not yet have this. Pilots need to be able to see their drones all the time they are in the air and this obviously limits the use and benefits at present. Mountain rescue members are currently involved in discussions with the CAA to look at exploring a safe, affordable way to allow team and team members to operate beyond the current VLOS/500 metre radius when operating in remote areas.

**Opposite:** Buxton team at work in the Peak District © Darren Hunt/Buxton MRT. **Above:** Images from the case study conducted by Connected Places Catapult in collaboration with Buxton MRT and Evolve Dynamics © Buxton MRT.



# Multi-team effort to rescue injured caver

When George Linnane sustained significant injuries in a fall deep underground at Ogof Ffynnon Ddu in South Wales, in early November, it sparked an epic rescue effort involving cave rescuers from across England and Wales. The incident made headline news and perfectly demonstrated the multi-team collaboration at the heart of big rescue efforts. By the time he was brought safely to the surface, after what proved to be the UK's longest stretcher evacuation in British cave rescue history, George had been underground for over two days.

'Ogof Ffynnon Ddu is the UK's deepest cave, with a vertical range of 306 metres, and also one of the longest,' says Toby Hamnett, a member of South East CRO. The Cwm Dwr through which George entered is about a third of the way in and 'notorious for its tight crawls through narrow tubes and a chamber of collapsed boulders forming a choke'. There are larger passages beyond and it was there that a series of boulders collapsed when George stood on them.

He had significant injuries to jaw and teeth, a broken tibia and fibula, cracked ribs and a broken clavicle, and the only way for a stretcher carry was upstream through a maze of dry passages.

With South & Mid Wales Cave Rescue Team (SMWCRT) leading the rescue, volunteers from across the country began heading to South Wales.

As Mike Park notes in his introductory piece (page 5) mountain rescue teams increasingly work together across their operational borders and regions, not just during major incidents such as flooding or searches for missing children, but during the more 'everyday' incidents where more resources are needed.

Despite often coming from opposite ends of England and Wales, there's a sense of unity, shared skill sets, a common ethos and commitment to the casualty at hand. By their nature, major cave rescue incidents often tend towards this more collaborative model — there's little choice but to ask for assistance from further afield as a casualty extraction through narrow spaces, twisting passages, steep drops and waterfalls, can be extremely complex, slow and labour intensive. It needs a lot of people familiar with the cave environment to manoeuvre, lift, lower, carry and slide

the casualty along, whilst also keeping a watchful eye on his or her vital signs and general wellbeing.

Whilst cave rescue comes under the banner of a separate organisation, the British Cave Rescue Council, four of the teams within MREW are termed as 'dual', with members carrying out both cave and fell rescues. The Upper Wharfedale team (UWFRA), in Yorkshire, is one such, and team members were amongst those called to assist.

'Cavers rescue cavers,' says UWFRA team member and caver, Joe Parsons. 'It's a straightforward concept, because there's simply nobody else. Have you ever seen seventy people kneel down in a stream to create a safe and level platform for a stretcher-bound casualty to pass over? If you injure yourself in a cave, you're further from rescue than anywhere else on the planet. The ratio we use is 10:1. Roughly one hour of caving time will take ten hours to undo in a rescue scenario.'

It's a balancing act for the incident controllers, judging who to call and when, anticipating what resources might be needed and where. UWFRA received a call, late on Sunday afternoon, with the rescue effort already well underway. A small team of both underground and surface personnel travelled overnight, arriving in the early hours of the morning. 'Nobody had slept. How could you?' asks Joe. 'We knew the injuries involved and the time elapsed since the accident.'

When you think of 'prehospital care', you're unlikely to imagine caving trauma doctors, 'wellies-and-all, administering intravenous morphine whilst balancing above a fast-flowing subterranean stream, with a small head torch for light.' But this is the nature of underground rescue.

One of those doctors on scene was Rebecca Specht, who broke off her maternity leave to join the rescue effort, spending eight hours underground. 'I knew I'd be the first medically-trained person to the casualty and we only had limited information at that stage, so it was a bit daunting.' In the event, two advanced first aiders had already done an excellent job initiating George's assessment and care.

In an operation that involved 256 men and women from ten cave teams, plus a small army of surface personnel and supporters, George Linnane finally emerged above ground.



To read the full story, head to Issue 79 of Mountain Rescue magazine, available in flipbook format, and turn to page 33: <https://tinyurl.com/bdecn57k>.

**Opposite** Image demonstrating the sheer number of rescuers deployed underground © SMWCRT.

**Inset** Some of the UWFRA team members who travelled to the incident © Ed Poultter. **Above** Moving the stretcher through the upper streamway © SMWCRT.



# Search dogs in the urban community

Mountain rescue search dogs have the skills to find missing people almost anywhere, so it's not surprising they are often called on to help the emergency services in more urban environments as well in the hills. **Ian Bunting** is a member of Mountain Rescue Search Dogs England (MRSDE) with his dog, Bolt, and a member of Edale MRT. He explains the differences, similarities and value of search dogs in less rural communities.

Searches for missing walkers are few and far between these days, thanks to technological advances. Fifteen years ago, I'd be out a couple of times a month looking for misplaced walkers with a few searches for vulnerable people mixed in.

Now I can't remember my last search for a missing walker — and the number of searches for those with dementia has reduced too, mainly an indication of improved care and awareness. For us, and for teams in many other parts of the country, searches for those we describe as 'despondents' are unfortunately the constant call.

As with any search management, the call comes through from the police and the established working relationship with local forces means they let us get on with our aspect of things, knowing we'll ask if we need anything. If we're not sure of the missing person's mental state, it can be reassuring to have a police officer with us. Also, their dogs and ours are trained for different priorities so it's not unusual for us to search an area already covered by a police dog. Our dogs specialise in searching and the most exciting thing for them is to find someone.

Breed of search dog is a personal choice and I've always liked working with gun dogs in a semi-rural environment as they are bred for thrashing around in woodland and scrub.

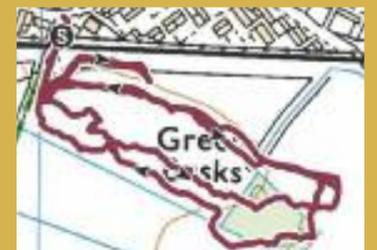
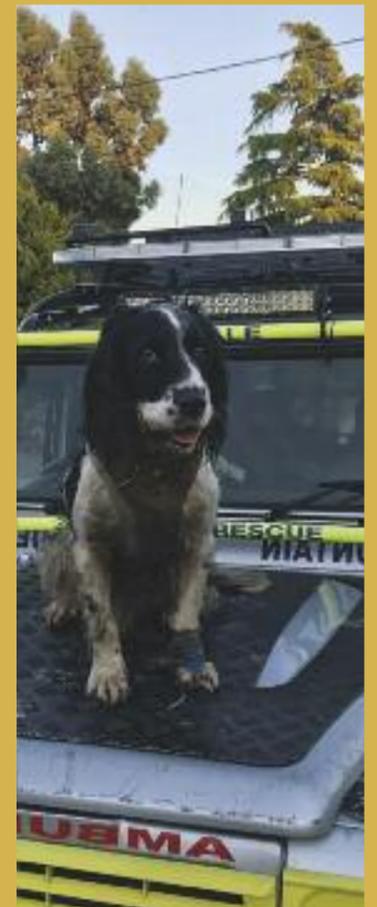
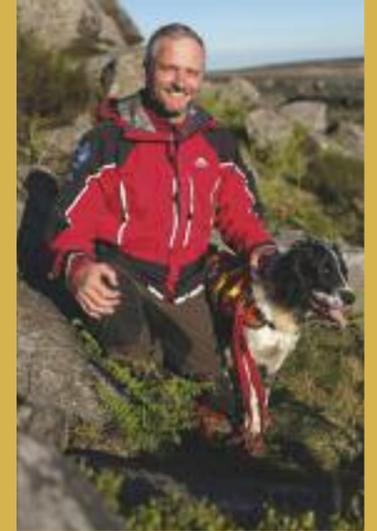
The principles of what the dog does are the same whatever the breed, and whatever the location of a search — hunt for human scent, find human scent, locate source of human scent and indicate to the handler. So we continue

to train the dogs as we always have, using different environments to get the dog used to them. That might mean woodlands, country parks, riversides, scrubland, farmland, even a row of back gardens (with permission). Each one forms a different challenge to the dog and handler with a hillside in winter one of the easier environments and a woodland in summer, one of the hardest.

The main difference with an urban or semi-rural search is the possibility of the area having traces of several members of the public. The dogs work on human scent so, if there's too much of it, things become problematic. For example, we wouldn't work in Endcliffe Park in Sheffield on a summer Sunday afternoon but we would be able to search there on a winter's night.

This isn't to say dogs shouldn't be used if there are people about. The handlers learn how their dogs will react in certain circumstances and make allowances for it. That said, if a dog picks up a scent, it will follow up on it and find someone, regardless of whether they want finding! Most handlers have a tale of finding a lovestruck couple in a personal encounter in what they thought was a hidden spot.

There will always be a place for dogs in search, I think. We train a couple of times a week trying to find people that are deliberately hiding from us — our volunteers use camouflage, hide, distract — all sorts. A good search dog will still be able to take a handler to them, even if that handler does not see the body until they have stood on them. If someone doesn't want to be found, that's a huge advantage of search dogs.



Opposite page: MRSDE dogsbody Joan pictured with Trainee Search Dog Bracken © Claire Starkey. From top: Ian Bunting with Bolt; Bolt during an urban search © Ian Bunting; Map tracing the route of a search round Bessacarr, a suburb on the south-east edge of Doncaster.

# News snips anyone for tea?

from around England and Wales



## SEPTEMBER 2021: Ogwen team launch Operation Clearwater

The need to properly dispose of a fridge and freezer from their 'Oggi base', inspired an interesting proposition from Ogwen Valley team members.



Could a deal be done with the council to collect the white goods, in exchange for team members using their water rescue expertise and kit to salvage the detritus gathering at the bottom of Llyn Ogwen? And maybe it was an opportunity for a spot of fundraising too...

The operation took six months to plan, requiring permissions from two councils (Gwynedd and Conwy), the lake owners, their estate managers, the National Trust who manage the land (but not the water), the fishing club and local farmers. And, like all good plans, not everything went to plan thanks to the inevitable vagaries of the weather and the need to attend call-outs.

Finally, the day arrived and two of the team's inflatable rafts were launched at the western outfall-end of the lake, supported by sixteen team members — some on the rafts, some wading in the water and some on the banks to receive the assorted items, sweeping between the shoreline to the extent a bottle or can could be thrown.

The exercise proved fruitful, for want of a better expression, with council road cones, road signs, the remains of a workman's hut, an RAC sign 'To the Beach Car Park' (!), plastic cats' eyes, any amount of bottles and cans, cups and saucers and assorted crockery, a computer, numerous World War Two mortar shells, ceramic insulators and steel brackets from the electricity poles near Llyn Ogwen's north shore, a still-current bank card and a laptop emerging from the depths of the lake.

It proved a fruitful fundraising venture too, with people returning from their walks and sitting on the wall enjoying a tea from the snack bar and relaxing in the sun, chatting to team members about their 'other' mountain rescue work. And, with perfect timing, the peace and tranquillity were disturbed by a call-out for a medical emergency on Y Garn, just behind the car park.

## JANUARY 2022: Litter picking push at popular Peak District beauty spot

Community service takes all forms. There's no doubt that since people have returned to enjoying the hills and open spaces around the country, litter has been noticeably on the increase, and sometimes you just have to take matters into your own hands to protect your environment.

Following a rescue at Black Cloughs in Woodhead, Glossop team members were disappointed to find this local beauty spot spoiled by litter left by careless visitors — and decided to do something about it. A clearing party was organised and a large haul of rubbish including cans, bottles, food containers and even used nappies was removed, leaving the area restored to its natural beauty for visitors to continue to enjoy.



**Opposite:** Adfer Ogwen AKA Operation Clearwater in action as Ogwen Valley team members clear detritus from Llyn Ogwen © OVMRO. **Above:** Litter picking at a local beauty spot with Glossop team members © GMRT. **Below:** Cleveland MRT team members with their local MP Rishi Sunak at their Great Ayton base. Image supplied.

## DECEMBER 2021: Rishi Sunak MP visits his 'local' rescue team

It's always useful to cultivate links with Westminster, and mountain rescue often seeks to build on local links wherever it can. With the rise in our teams' support for civil contingencies such as urban flooding, rescue team bases are regularly the focus for MPs, keen to understand how teams support the communities within their constituencies.

Arguably, few have been as high profile as Rishi Sunak. As MP for Richmond and Chancellor of the Exchequer, he may not often get the opportunity to enjoy the hills and moorlands surrounding his 'patch' but he was happy to take time out to meet Cleveland team members at their base in Great Ayton. He was 'very impressed' by the evident professionalism and commitment on display, characteristics which will echo around the wider mountain rescue world. It was 'reassuring' he said that teams were on hand to 'mount a search and rescue mission if an emergency situation arises.' Indeed.



Community



## MAY 2021: North of Tyne team members play their part in an episode of ITV's 'Vera'

Ten team members, ably assisted by three of their four-legged pals, acted their mountain rescue socks off as extras for an episode of the hit Sunday evening show which finally aired in February 2022 — a long time to wait to spill the beans!

The storyline centred around the search for a missing boy so, of course, mountain rescue would be involved! The team members were part of a scene shot on the village green in the village of Matfen, in Northumberland, and pictured in the background — receiving a search briefing from their real-life incident controller and team chairman, Mark — as Vera and her sidekick Aidan were chatting about the case. Between takes, the real stars of the show received all the attention, with search dogs Roy and Ben and trainee search dog Flynn getting lots of fuss from cast and crew. And rightly so!

**Above:** Team members 'on set' on the village green. **Inset:** Trainee search dog Flynn receiving blissful cuddles from Brenda Blethyn, who plays Vera Stanhope. Images supplied by North of Tyne MRT.



## FEBRUARY 2022: Gravity at work on north Dartmoor

Richard Browning, inventor and chief test pilot of the Gravity Industries jet suit, joined team members from North Dartmoor and colleagues from the South Western Ambulance Service NHS Foundation Trust's HART for an exercise on Dartmoor.

The session explored the potential night flying capacity of the jet pack and multi-agency responses to incidents on the moor.

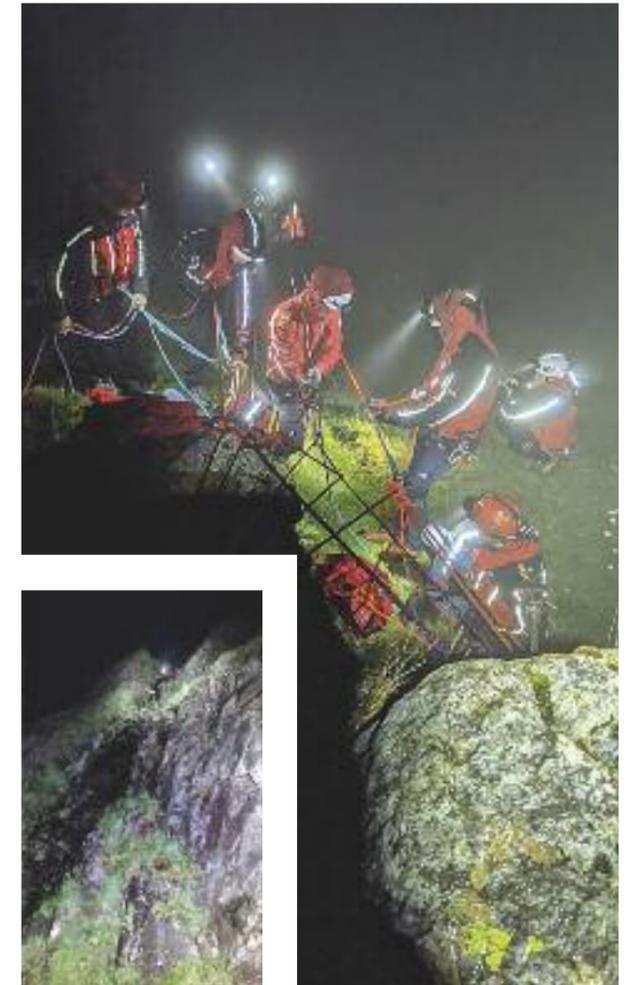
**Left:** Richard Browning on exercise with the North Dartmoor team © North Dartmoor SRT.

Alongside supporting their communities in civil contingencies, rescuing stuck birds and animals, and appearing on primetime TV, it was business as usual for teams, with calls to injured walkers and climbers, lost hill-goers, cragfast adventure seekers and missing persons. Different incidents demand different skills and expertise, different kit, different commitments to volunteer time. Often, they are both technically and physically challenging, and frequently lengthy.

## AUGUST 2021: Cragfast couple trigger eight-hour rescue operation

Ogwen Valley and RAF Valley team members worked late into the night to recover the couple, in their early-20s, from their precarious position on cliffs at the rear of Cwm Idwal — in what was a great example of two rescue teams working together in difficult terrain, on a difficult technical rescue, long into the night.

The team was contacted by police at 7.00pm, after a man walking on the path at the rear of the cwm heard shouts for help high on the cliffs. Within the hour, an advanced party of team members had met with the informant and realised the complexity of the situation. Two team members climbed up to secure the pair in what were very poor rock conditions, unsuitable for carrying out an immediate rescue. By just before midnight, the main rescue party had scrambled to the top of the cliff, established a secure rope system and lowered two rescuers down. The cragfast pair were fitted with harnesses, attached to the rope system, and finally lowered to the ground an hour later. While a couple of team members walked them to their car, others recovered the rescue kit, arriving back at base at around 3.00am — later still for the RAF troops. A long night's work.



**Above:** Rescuers rigged up a technical rope system to bring the cragfast couple to safety © RAF MRS. The walkers had strayed into steep, dangerous terrain © OVMRO.



## JULY 2021: Multi-service effort to rescue boys stuck above waterfall

Brecon team members were amongst those who went to the rescue of the adventurous pair when they became stuck on very loose ground next to a waterfall in the new Radnor area.

Once at the top, the boys quickly realised they couldn't get back down and their parents called for help. A Dyfed-Powys police officer went up to reassure the boys, followed by a member of the Welsh Ambulance Service (also, coincidentally, a Brecon team member), who made them safe on a ledge. Meanwhile, Mid and West Wales Fire and Rescue had arrived and passed on vital information about the youngsters' whereabouts and the type of terrain. Safely secured in helmets and harnesses, they were brought back down to their very relieved parents.

**Above:** Looking down from the boys' precarious position © Brecon MRT.

## JANUARY 2021: Team member heads to Beijing for the Winter Olympics

Mountain rescue skills and expertise can be very transferable, as Penrith team member, Keith Hill demonstrates.

Alongside volunteering for the Penrith team since early 2020, Keith has worked as a ski-patroller in Glen Coe for twenty years and is active in BASP (the British Association of Ski Patrollers) and its international equivalent. He was the only UK-based ski patroller to support the events in January.



**Right:** Keith Hill © Penrith MRT.



# So you want to join mountain rescue?

Joining a mountain rescue team is a huge commitment, particularly if that team is in a high-incident hotspot. For many team members, getting involved seems almost a right of passage, down generations of family, for others it has grown from a love of the outdoors, a desire to 'put something back'. And, whatever their motivation, without our volunteer team members, the mountain rescue service in England and Wales wouldn't exist.



But what does being a team member entail? Local needs vary according to operational area, how many and how often incidents occur and the type of terrain covered, but there are a number of characteristics that all teams share.

Most often quoted is the expectation to be on call to respond to call-outs 24/7, throughout the year. As a team member, you must be ready and able to leave home or work at a moment's notice when someone needs help, sometimes in extreme weather conditions. And you'd be expected to attend regular training and help out at fundraising and other events to raise your team's profile.

As incidents become increasingly more varied, there's a need for an ever-wider skill base within teams and not every team member will have every skill, but you'd be expected to have a level of expertise in the local terrain and conditions alongside, for example, climbing skills, winter hill skills, navigation skills and basic first aid. Once accepted as a 'trainee', you can expect further training in specialities such as rigging and rope rescue skills, stretcher handling, casualty care, driver training and water training, as well as regular familiarisation with the equipment.

But perhaps most important is the need to be a team player. It's vital, when asked to operate in challenging conditions, that there's a deep level of trust in each other and an understanding of what is required. That sense of camaraderie and frequently dark humour has lifted the spirits of many a rescuer and casualty!

If you think you fit the profile and fancy making a commitment as a mountain rescue volunteer, find your local team at [mountain.rescue.org.uk/teams](http://mountain.rescue.org.uk/teams).

## Looking after team member wellbeing

Carrying heavy kit up and down hills, coping with the physical exertion and adrenalin rush of carrying out a rescue in timely manner, whilst perhaps dealing with a severely injured casualty or a life lost, can take an enormous toll on your mental and physical wellbeing. Your family's too. It can and will interrupt sleep, family and social arrangements as well as your working day, and that's why we take the welfare and wellbeing of our team members very seriously. (See page 17 for a team leader's account of just how this can impact on a team member's life).

Covid-19 highlighted more than ever the importance of working together, supporting each other and looking out for our colleagues, friends and families. When things get too much, there's no substitute for chatting to teammates, and mountain rescue prides itself on being a wider 'family', but sometimes this just isn't enough.

Our national Wellbeing group offers support to team members who might be struggling to cope with the pressures of commitment to team membership — for whatever reason — pointing them in the direction of the professional help they need to just talk things through. To find out more about how we're supporting team members, head to [mountain.rescue.org.uk/team-member-wellbeing](http://mountain.rescue.org.uk/team-member-wellbeing).

And the Rescue Benevolent Fund is there too, for mountain and cave rescue team members and their families. A dedicated charity, set up by MREW in collaboration with British Cave Rescue to look after rescue team members in need, they have helped provide physical rehabilitation following injury related to a mountain rescue incident, and mental health support in the form of counselling, as well as financial support in times of material hardship. To find out more about the fund, go to [rescuebenevolent.fund](http://rescuebenevolent.fund).



**Opposite:** Northumberland team members in training © NNPMRT. **Top:** Catherine Goo Davis with Search Dog Jack © Gavin Grimsey/North Dartmoor SRT. **Right:** Derby team members, working with DLRAA Helimed54, attend to a 73-year-old female with a head injury and dislocated shoulder © Derby MRT.

# News snips

from around England and Wales

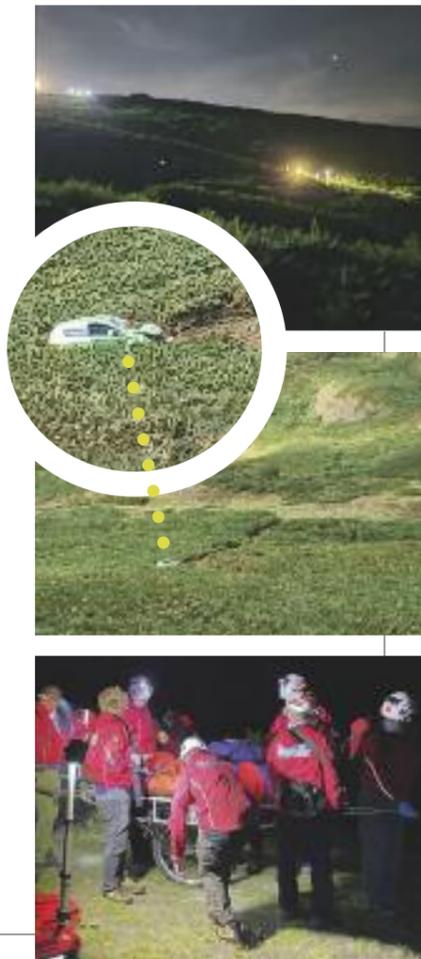
## SEPTEMBER 2021: Team members help extricate casualties from RTC

Never a dull moment in mountain rescue and no two rescue scenarios are ever the same, so training is wide and varied, in anticipation of just about any possibility. Edale team members were just finishing an online water training session when news came in of a road traffic accident below Higgart Tor.

A car had left the road and rolled a considerable distance towards the valley bottom. In a multi-service response, police, ambulance, fire and rescue, HART teams, an EMICs doctor and the Coastguard SAR helicopter were despatched to locations above and below the crashed vehicle. The first Edale team members on scene, including a team doctor, found the casualty to have a substantially reduced conscious level and a number of potential injuries.

Fortunately they were not trapped so rapid extrication onto a mountain rescue stretcher was possible, before a carry down to a waiting ambulance. Another fantastic example of multiple agencies working together to secure the best possible outcome for the casualty.

Right: Images from facebook.com/edalemountainrescue © Edale MRT.



## AUGUST 2021: Missing stick prompts moorland search

An unusual one this but we've engaged in a wide variety of searches over the years: missing people — often in very high profile circumstances — dogs and other animals, vital evidence in criminal investigations, rucksacks and lost car keys to name a few. And now we can add 'stick' to the list.

But this wasn't just any old stick. This was a much-valued stick, of great sentimental value, handcrafted by the late search dog handler, Neville Sharp, for his friend, Calder Valley team chairman and fellow dog handler, David Warden. Happily, the errant stick was found a couple of days later, with some relief, by a team member, and duly reunited with its owner.

Above: The stick with its owner, David Warden and Search Dog Wynn © MRSD.

## SEPTEMBER 2021: Lakes team attend accident on permitted trail

Coniston team were at their base for a casualty care training session when North West Ambulance Service called for help with an off-road vehicle accident on a permitted trail in Grizedale Forest.

Two seriously-injured young men had been ejected from their rolling vehicle. Helimed 58 had landed close by, its advanced medical crew joining team members and paramedics in the assessment and treatment of the multiple injuries sustained. Both casualties were stabilised, packaged and taken to hospital by ambulance for further treatment.

Below: Images © Coniston MRT.

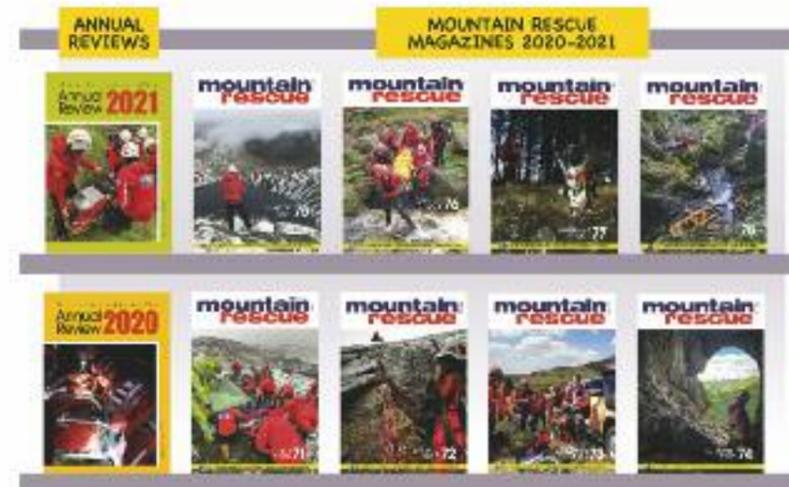


## Welcome to our digital bookshelves...

The magazine and annual review have been available in digital format, alongside the print copies, for two years now. The obvious benefit is that we can share it more widely at little extra cost allowing us to reach a much wider readership, and every opportunity to spread the word about mountain rescue can only help our ability to raise funds at every level of the organisation.

The drawback is that every issue has its own link so sharing more than one at once presented something of a conundrum. Until now. **This won't of course, work with the print copy**, but if you're reading the Flippingbook version, all you have to do is click on the relevant front cover and hey presto! There you are. All our digital publications on one handy bookshelf. Enjoy!

And if you fancy subscribing to the magazine to receive your own print copy every quarter, head to [mountain.rescue.org.uk/magazine-subscription](https://mountain.rescue.org.uk/magazine-subscription) and sign up.



## Helping you stay safe in the outdoor environment

While you're browsing our digital bookshelves, how about taking a look at our 'Call Out Mountain Rescue. A Pocket Guide to Safety on the Hill', now available as a handy flipbook?

We'll be refreshing and updating this soon, but this second edition is still as valid as ever. Different sections take you through preparation and route planning, what to take with you and how to pack it, how best to stay safe in the mountains

and what to do if you have an accident. If you do hit trouble, there's a run down of the mountain rescue call-out procedure and how to relay the relevant information to the emergency services. There's a handy illustrated first aid guide to recognising the nature of any injuries and keeping the casualty comfortable as you await the arrival of a rescue team, a foreword from Mountain Rescue England and Wales patron HRH The Duke of Cambridge and a potted history of mountain rescue. Plus some useful advice on publications, websites and organisations with which to hone your skills before setting out. You can find the online version at <https://online.flippingbook.com/view/449666983/>

And if digital really isn't for you, we still have some print copies available in our online shop at the reduced price of £4.99:

[shop.mountain.rescue.org.uk/collections/books](https://shop.mountain.rescue.org.uk/collections/books)

It's essential reading for the aspirant outdoor enthusiast!

Top right: Mountain rescue vehicle illustration © Judy Whiteside.



**Thank you. We can't do any of it without your help. Here's how you can support us.**

**Give online:** Go to [mountain.rescue.org.uk](https://mountain.rescue.org.uk) and click Donate.

**Join Basecamp:** The simplest way to support us. You can even add a donation. Go to [mountain.rescue.org.uk](https://mountain.rescue.org.uk) and click Basecamp to join.

**Leave a legacy:** A gift to us in your Will allows you to support our future — even a small gift can make a big difference. And it's the surest way to fund the equipment and training for the years to come as gifts are exempt from inheritance tax, capital gains tax and income tax, so the charity receives the full value of your bequest.

**Buy a book from us:** We can't promise you competitive prices or free postage but we can guarantee that for every book you buy, about a third of the cover price represents a donation to us. Go to [mountain.rescue.org.uk](https://mountain.rescue.org.uk) and click on Shop.

**Buy a gift card:** You can choose whether to give £5, £15 or £25 on behalf of a loved one. They get a lovely card, we get a much appreciated donation and you know you've helped make a difference to mountain rescue. You'll find them in the online bookshop.

**Raise funds on our behalf:** You'll be providing funds and raising awareness. Email [fundraisingofficer@mountain.rescue.org.uk](mailto:fundraisingofficer@mountain.rescue.org.uk) to find out more.

# MOUNTAIN RESCUE ENGLAND AND WALES TEAMS AND REGIONS BY AREA COVERED SO MUCH MORE THAN MOUNTAINS

## Lake District

**Lake District Search & Mountain Rescue Association (LDSAMRA)**  
 Cockermouth MRT  
 Coniston MRT  
 Duddon & Furness MRT  
 Kendal MRT  
 Keswick MRT  
 Kirkby Stephen MRT  
 Langdale Ambleside MRT  
 Patterdale MRT  
 Penrith MRT  
 Wasdale MRT

## North East

**North East Search & Rescue Association (NESRA)**  
 Cleveland MRT  
 North of Tyne MRT  
 Northumberland National Park MRT  
 Teesdale & Weardale SMRT  
 Swaledale MRT (Mountain + Cave)

## Mid Pennine

**Mid Pennine Search & Rescue Organisation (MPSRO)**  
 Bolton MRT  
 Bowland Pennine MRT  
 Calder Valley SRT  
 Holme Valley MRT  
 Rossendale & Pendle MRT

## Yorkshire Dales

**Yorkshire Dales Rescue Panel (YDRP)**  
 Cave Rescue Organisation (Mountain + Cave)  
 Upper Wharfedale FRA (Mountain + Cave)  
 Scarborough & Ryedale MRT

## North Wales

**North Wales Mountain Rescue Association (NWMRA)**  
 Aberdyfi MRT  
 Aberglaslyn MRT  
 Llanberis MRT  
 North East Wales MRT  
 Ogwen Valley MRO  
 South Snowdonia SRT

## Peak District

**Peak District Mountain Rescue Organisation (PDMRO)**  
 Buxton MRT  
 Derby MRT  
 Edale MRT  
 Glossop MRT  
 Kinder MRT  
 Oldham MRT  
 Woodhead MRT

## South Wales

**South Wales Search & Rescue Association (SWSARA)**  
 Brecon MRT  
 Central Beacons MRT  
 Longtown MRT  
 Western Beacons MRT

## ASSOCIATED ORGANISATIONS

### Cave Rescue

COMRU  
 Derbyshire CRO  
 Devon CRO  
 Gloucestershire CRG  
 Mendip CR  
 Midlands CRO  
 North Wales CRO  
 South East CRO  
 South & Mid Wales CRT

### Search Dogs

Lakes District Mountain Rescue Search Dogs  
 Mountain Rescue Search Dogs England  
 SARDA Wales  
 SARDA South Wales

### RAF

RAF Leeming MRT  
 RAF Valley MRT

## Peninsula

**Peninsula Mountain & Cave Rescue Association (PenMacra)**  
 East Cornwall SRT (Mountain + Cave)  
 West Cornwall SAR (Mountain + Cave)  
 Dartmoor (Ashburton) MRT

Dartmoor (Okehampton) MRT  
 Dartmoor (Plymouth) MRT  
 Dartmoor (Tavistock) MRT  
 Exmoor SRT

## South West England

Avon & Somerset SAR  
 Severn Area Rescue Association

If you require mountain or cave rescue assistance: Dial 999. Ask for 'Police', then 'Mountain Rescue' or 'Cave Rescue'



Find us online at [mountain.rescue.org.uk](http://mountain.rescue.org.uk)

Facebook: @MountainRescueUK or Twitter: @MountainResqUK

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