

Emergency Procedure

These are broad brush guidelines assist leaders to deal with walkers that are taken ill or incapacitated during a walk. This is by no means definitive and an element of judgement will be required by those involved.

Walking wounded

When a casualty can **safely** move to a pickup point, they should move at their own pace supported by a small group, ideally one of them will be a First Aider. If the casualty is not able to complete the walk the leader will determine a suitable place picked up point. If possible a copy of the map would be left with the casualty's group with the point marked.

Mobile phone numbers should also be exchanged between the 2 groups so any changes to the situation can then be monitored. If the casualty can complete the walk the leader should moderate the pace accordingly to maintain the integrity of the group

Immobile Casualty

If the casualty is unconscious ensure they are breathing and their airways are clear and then place in the recovery position. Make the casualty comfortable, they need to be protected from the environment and insulated from the ground. The casualty will benefit from food and drink unless they feel nauseous.

If there is a mobile phone signal dial 999 and have following information available, written down if possible :-

- Location, including a 6 figure grid reference and if possible the postcode
- Name, sex and age of the casualty
- Nature of the injuries
- Number in the party
- The number of the mobile phone

Assuming you are not far from a vehicle access point, say a few fields ask for the Ambulance service. If you are in a remote area of the country you should ask for Police – Mountain Rescue.

Where there is no mobile phone signal you should locate the nearest telephone from the map, this could be a farm, group of buildings, phone box etc. It may be necessary to flag down a passing car to assist

Send a group of 2-3 people with the information above to locate the telephone and summon the emergency services. Those left with the casualty should if possible include a First Aider who should monitor the casualty and help maintain spirits until help arrives.