



CONTACT INFORMATION & EMERGENCY PROCEDURES

GROUP NAME:

GROUP MEMBER NAME & ADDRESS:

INSTRUCTOR CONTACT DETAILS

| | |
|---------------|--|
| Name | |
| Mobile number | |

EVENT MANAGER CONTACT DETAILS

| | |
|---------------|--------------|
| Name | |
| Mobile number | 07779 619385 |

NAMES OF PERSONS IN PARTY

| |
|----|
| 1) |
| 2) |
| 3) |
| 4) |

| |
|----|
| 5) |
| 6) |
| 7) |
| 8) |

Group mobile 1:

Group mobile 2:

EMERGENCY PROCEDURES PHASE 1: FIRST AID AND GROUP WELL-BEING

- Assess the situation calmly. Administer first Aid. Remember DR ABC – Danger? Response (from casualty)? Airway Breathing Circulation
- Place any unconscious casualties in the ‘recovery position’
- Make the casualty comfortable, insulate from the ground, add extra clothing
- Make the casualty’s position easy to identify by using your survival bag or bright items as well as making use of the International Distress Signal – six signals (whistles or torch flashes) repeated every minute
- Consider what needs to be done to keep the casualty and the rest of the group safe and comfortable, erecting a tent/shelter if necessary

EMERGENCY PROCEDURES PHASE 2: ORGANISING ASSISTANCE

- If safe to do so, descend with casualty by continuing/using planned escape route. Inform instructor/Event Manager
- If it is not possible to descend, use a phone in a nearby dwelling, or one of the sealed mobile phones, to dial 999 or 112 and ask for Police or Mountain Rescue
- [Give the emergency services the information in the grid below which you will complete](#)
- If no dwellings nearby and no mobile phone signal try to find a mobile signal from another location nearby
- If still no signal at least 2 persons to go for help leaving at least 1 person with casualty
- Take this sheet with you. Leave your planned ‘route to find help’ with casualty
- Make the call to emergency services as soon as you find somewhere to phone from
- Stay at that location to meet emergency services unless advised by them to do otherwise
- Contact your instructor or Event Manager to relay all details

| | |
|--|---|
| Date: | Time of accident: |
| Nature of incident (what happened?): | |
| OS sheet no. grid reference: | Approximate place name: |
| Description of terrain, including any distinguishing feature, marker, colour: | |
| Details of injured persons | |
| Names | Injuries (bleeding, fractures, conscious state etc.) |
| | |
| | |
| Weather conditions including wind speed and visibility: | |
| Location (if calling from other location) | |

Each group member must have a copy of this sheet with them on all expeditions – with the red sections completed before departure