



EMERGENCY PROCEDURE

Many thanks to Cockermouth Mountain Rescue for helping us with these safety notes:

In the unlikely event that you have an accident, please follow the guidelines below.

- 1) Ensure the casualty is safe and do what you can to make him / her as comfortable as possible, shelter from wind, lie on insulating material etc.
- 2) Gather as much information as you can about the casualty, ie name, age injuries sustained, any medical history (heart problems, diabetes etc)
- 3) Try to get as accurate a location of the accident site as possible, make note of suitable landmarks, fence line, stream crossing etc.
- 4) Phone Challenge Co-ordinator Nick Reynolds at Buttermere Village Car Park on 01768770251 and/or go to the Marshal at the nearest Peak for advice. They can arrange for one of our First Aiders to attend.
- 5) If you feel it's safe to walk the casualty off, stay together and **ONLY** descend by one of the escape routes on the route plan but inform a marshal first.

If you require the assistance of a mountain rescue team:

You should get mobile phone coverage from most of the tops on the circuit you are doing, however in the event of an accident where there isn't any coverage you have to make a decision as to what will be the quickest / safest method of calling for help.

- 1) Go to the marshal at the nearest peak
- 2) Buttermere Village -
- 3) Gatesgarth Farm / Cottage - will be happy to oblige in an emergency
- 4) Honistor - Youth Hostel.

The other option is to gain height and try and get a mobile signal.

Procedure:

- 1) Send two people for help and leave 1 with the casualty. If it's bad weather make sure the remaining person has a whistle.
- 2) All mountain rescue calls should go via the police. Ring 999 in the usual way and ask for Police - Mountain Rescue.
- 3) Give the police as much information as you can from the details you noted.
- 4) **STAY WHERE YOU ARE** the police will pass on the details to the mountain rescue team who will want to speak to you direct.
- 5) If you are using a mobile phone it's vital that you do not move from the location where you got a signal until the mountain rescue team advise you that it is safe to do so or you see them arrive at the accident site.

Note: Cockermouth Mountain Rescue Team provide cover for the area the walk is taking place in. From the initial call to the police it will take them at least one hour to reach you if you are on the top of the fells. Keep calm and do what ever you can to reassure the casualty that help is on the way.

Escape Routes

The Escape Routes are fully described in the Route Plan. This map is based on the route plan. In Emergency, please refer to the Emergency Notes overleaf.

If you wish to leave the walk in non-emergency circumstances, please bear in mind the following:

1. Unless you have good reason not to, you must inform a marshal before you leave the route
2. You must not leave one person alone on the fells
3. If the team leader is leaving the walk, remaining members may only continue if they combine with another team and inform the next marshal
4. If you return early, you must report back to Challenge Co-ordinator, Nick Reynolds who will be stationed during the day at the Public Car Park in Buttermere Village (not the start/finish car park) with the phone box. Map Ref 173169

Phone Number for Nick at Public Phone Box is 01768 770251

Depending on signal you may also be able to contact Nick on mobile number 07972 224605.