

Footloose 303

Emergency Procedure

- Stop** Assess the situation.
- Danger** Prevent further injury to you, the group or casualty(ies)
Call on other, calm reliable, person(s) to help
- First Aid** Render first aid to injured if possible and needed.
Check: **A**irways, **B**reathing then **C**irculation (heart and bleeding)
- Shelter** Can the casualty be moved? If yes, remove to a **sheltered** Spot and/or use your group shelter or build a shelter **around the casualty.**
- Group** Check the condition of the rest of the group.
Make sure they put on warm gear immediately (before they start to get cold)
Make sure they keep their energy levels up.
- Reassure** Reassure the casualty and the rest of the group.
- Plan** Plan what to do next: you may be able to continue after a short rest, you may need to cut the walk short using escape route, or you may need outside help.
- Outside help** Establish your position use grid ref and overall location – write this down. Know condition of casualty(ies) and number in group.
Have mobile phone? Dial 999 or 112. Try this even if you have no network coverage.
No audible contact? Text emergency details to 999 (phone must be emergency SMS registered). If successful you will get message back.
No contact at all? Send for help ASAP. Minimum of 2 people, must be able to navigate to closest road / house / phone. Position written down. Take mobile(s) call 999 if signal improves.

Depending upon the weather, the size and make-up of the group it may be that at this point you split the group and send some back with those seeking help or as a separate group. Make sure they will be safe e.g. on moors or very poor weather must have experienced leader.

Minimum of 2 to stay with casualty. They must be left with warm gear and food.

If the group needs to divide, issue clear instructions to both groups.

PTO

The group divides

