

Injury Emergency Procedure

This Emergency Procedure should be followed in the event of an incident/injury to a walker whilst on a walk where the assistance of the Emergency Services may be required.

- In the event of an emergency, the leader should ensure that the group is in the safest position possible to reduce the possibility of injury to other members of the group.

Information to have ready will be :

Your location. What 3 Words or OS Map Grid Reference.

The nature of the problem.

Personal details (name/age/gender) of injured person and their injuries (if applicable).

Your mobile details.

Number of people in your party.

Any other pertinent information.

The person making the call, the back marker or another competent person, must stay with the injured party. The walk leader must stay with the group to safely lead them to their destination.

- Dial 999, you will be connected to the police. They will assess which emergency service it is that you need, Police, Ambulance, Mountain Rescue etc.

If you are struggling for a signal, check if any of the group members have an iPhone 14 or later, or an Google Pixel 9 phone or later, which can make an Emergency SOS call via Satellite. To activate the SOS system, hold down the lock button and one of the volume buttons simultaneously for a few seconds, which will open the emergency call slider.

- If no one in the group has Emergency SOS via Satellite available, and you have an intermittent signal and you try 999 and the call keeps cutting you off as the service is poor for any network, there is a further option called '**Emergency SMS**'.

With poor phone service you can send a text message to 999, BUT you need to register your phone first. In the event of an emergency, text the word 'register' to 999. You will receive a text about the service. Reply by sending "yes" in an SMS message to 999. You will then receive a message that the mobile is registered.

Send a text to include the same information as if you were ringing, e.g. Location, nature of the problem etc. You should receive a response within 2 minutes. Send a second text if no reply within 3 minutes.

- Check with the injured or ill person whether they are carrying any medication for their condition.
- An injured or ill person who can't continue with the walk, but are not in need of rescue, should be accompanied back to base by 2 capable members (not the leader), one preferably to have first aid experience (if required).

Consider who the injured or ill person and the accompanying people are car sharing with in nominating the people to stay behind as they are likely to be split from the main group for some time and may not be able to return to Sale with the main group.

- If the conditions have deteriorated since the start of the walk, it may be necessary to abandon the original route and return back to base.

- If a person is injured and cannot return to base, depending on the nature of the injury, they may need to be helped to a place of safety whilst further assistance is awaited (seek guidance from emergency services).
- If a walker is injured, the leader, or responsible attending person, back marker or other, should complete an incident report and take appropriate photographs, identifying the area where the incident occurred, including the terrain of the surrounding area, and the weather conditions. The report and photographs should be circulated to the Chairperson and Treasurer.