

Glasgow Glenmore Club

Advice for Club Members in case of Accidents or Medical Emergencies

This advice has been assembled from older Club documents and from Mountain Rescue websites.

Before you go

Register for the Emergency SMS service

- Text the word 'register' to 999 and follow the instructions.
- Should you have insufficient service to call 999, you can text 999
- It is also useful if you have difficulty hearing, either because of your own hearing or because of blustery weather.

Download the free OS Locate App

- Used alongside your OS map, this is a fast and highly accurate means of pinpointing your exact location on the map.
- Maybe in a simpler form and larger font than on your digital mapping device.
- It has an inbuilt GPS system, so you don't need a mobile signal.
- You will need to switch on your device's location services for this to work.

If possible, take a Personal Locator Beacon with you.

- The Club has 2 packs containing a Personal Locator Beacon (PLB), a Flare and instructions. These can be borrowed on an outdoor meet.
- If a PLB is triggered, it will send your coordinates and a help message to the Coastguard Coordination Centre. It was intended for maritime rescue but is now recommended for mountain rescue as well.
- It may not be necessary to use the PLB if you have good mobile reception and can call 999 directly.
- The PLB should only be triggered in an emergency when you need rescuing.
- There is an associated Emergency mobile phone for the Club PLBs. If a Club PLB is triggered, the Coordination Centre will phone the Emergency PLB mobile phone, which should be carried by the Meet Coordinator. The purpose of the call is to determine that it is not a false alarm, and to obtain details of the group.

Leave a route card with the Meet Coordinator

- Consider your return time carefully. Mountain Rescue will be called if you are not back within 3 hours of your return time on the route card.
- Remember to let the coordinator know when you're back, or if you're delayed.

Ensure that your mobile is fully charged and kept in a waterproof location.

- Carry a spare battery if your phone's battery is unreliable.

Carry a map and compass and know how to use them.

- Always be aware of what is around you and where you are.

Weather.

- Adapt your plans if extreme weather is forecast.
- In winter, read <https://www.mountaineering.scot/safety-and-skills/essential-skills/weather-conditions/avalanches>

If you get into difficulty in the mountains and need assistance

First, you need to:

- Try to stay calm and take time to assess the situation and decide what is best to do.
- Ensure you/your group are not in any immediate danger
- If anyone is injured, remember ABC (airway, breathing and circulation).
 - Insulate the casualty from the ground, add extra clothing.
 - Place any unconscious casualties in the recovery position.
 - In extreme cases may be necessary to make a judgement about whether the risk of additional injury that might be incurred during moving a casualty is worth taking to improve their safety and comfort.
- Locate your exact position.
- Keep warm and decide whether to descend, find shelter or remain where you are.
- Try to conserve mobile phone battery life.
- Try to contact the Meet Coordinator to let them know what is happening (of course if necessary call 999 first!)

To call Mountain Rescue

Dial 999 or the EU standard 112, ask for Police, then ask for Mountain Rescue,

- Police Scotland deploy all mountain rescue teams in Scotland
- Use the mobile phone with the most battery life. It will be the one that the rescue services use to call you back. Ideally do not use that phone again for other purposes, to conserve the battery.
- If your party is carrying a PLB, activate it if you are unable to use your phone or if you are unsure of your exact location. If you activate the PLB and then phone Mountain Rescue, let them know that you did this and that it is the same incident.
- If there is no phone signal, you will need to use your judgement about whether to send some members of the group to find a signal. The casualty should not usually be left alone.

The police will require your:

- Location (ideally 6 figure grid reference together with map sheet number or 2 letter grid square (e.g. NS) or named location/feature)
- The time that the incident occurred
- Casualties
 - Name, gender and age
 - Nature of injuries
- Number of people in the party and what equipment you have
- Mobile numbers for you and others in the group