

## RGS EMERGENCY incident card: what to do ...



### ❖ Minor incident: (e.g. lost and late but well)

STOP, GET SAFE, STAY CALM. All of you look at the map, and work out location.  
Contact staff; proceed to next check point if possible or follow staff instructions.  
Once safe, get dry & warm, drink and eat. Put on reflective gear if dark.  
Keep trying to contact staff but conserve mobile battery.  
Do NOT phone home, do NOT use social media, do NOT phone emergency services.

### ❖ SERIOUS ACCIDENT (e.g. breathing, bleeding, bones, burns, hypothermia)

1. SAFETY: remove party from any immediate danger.
2. FIRST AID: to casualties. Care for everyone.
3. SHELTER pitch tent, get everyone warm and dry.
4. Fix position accurately.
5. Complete notes on this card overleaf.
6. DIAL 999 or 112 ask for Police (they contact Mountain Rescue if required).
7. Contact RGS staff.
8. Follow instructions given by emergency services and staff.
9. Wait for help or police. Stay together.
10. Take care of each other. Do not phone home. Stay off social media.

If remote with no mobile signal...

- i. Distress signal 6 whistle blasts over 1-minute, 1-minute interval, repeat.
- ii. Emergency SMS text to 999 or 112.
- iii. If no signal or text: send 2 persons to go for help (take this card with completed details). Raise alarm at nearest place of habitation or when signal available.

When safe: Follow instructions from RGS staff only. Please Do NOT speak to PRESS & do NOT phone home until permission given by RGS staff or Police. Stay together.

Emergency contact Mr S Collins 07941 616449

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|--|---|
| <b>Date and time of accident</b>                                     |   |
| <b>Exact location: name / describe landmark &amp; 6 fig grid ref</b> |   |
| <b>Describe location: terrain, weather conditions</b>                |   |
| <b>Names</b>   | <i>Injuries / First aid status / treatment / known allergies etc.</i> |
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