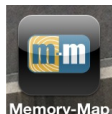
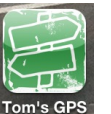


Exemplar Leader Emergency Cards

Use of mobile phone Leader's iPhone	
1. Leader's phone is kept in the top/back rucksack pocket in a waterproof case	
2. Press the front 'home' button to wake. If switched off, press and hold the button on the top edge	
3. Slide to access the 1 st screen and insert the code xxxx.	
4. Any signal is shown with increasing bars (top left)	
5. This is a touch screen phone so use your fingertip to click on icons and numbers	
6. To make a call, tap the phone icon then the keypad icon and insert the number shown	
7. Where no number is available, tap the contacts icon and search under the venue name	
8. Recent numbers (e.g. base contact) are under the recent icon	

Phone details Leader's iPhone	
Battery life is shown top right. On standby only, 20% of battery life will last approximately 4 hours.	
This phone number is 07xxx xxxxxx	
Where coverage is limited, you may be able to send a message as these can work with intermittent coverage (check others phones and walk to higher ground close by to find coverage)	
From the 1 st screen, tap the messages icon	
Tap the write icon (very top right)	
Enter 999 in the 'To' box (this phone is registered to send emergency texts)	
Provide details of injury, location and your name. Describe that you are using my phone	
Useful apps see navigation and emergency boxes.	
  	Toms GPS provides UK grid reference Memory map – click on the  icon for your location and the  for the grid reference

These are exemplar forms that you can change and amend to suit your own phone, rucksack and working procedures.

Once amended, print, cut out, place the two sides as front and back so there are three pieces in total and laminate

They can then be placed in an obvious location that your participants are aware of in your jacket or rucksack or clipped outside your rucksack.

Change the word Leader for your own name and the venue name for your contact.

Insert the correct phone security code and phone number.

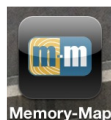
Amend the apps and icons to suit.

Exemplar Leader Emergency Cards

Emergency Procedures (where Leader is injured)	
Stay calm. Get the group to sit down and count to ten out loud	
Do not move Leader. Remember Dr ABC D (Danger) - Ensure everyone is safe: • get everyone and equipment off the track • Warn others approaching the area Keep everyone warm. Use group shelter if required	
R (Response) Attend to Leader. If you have to use this, it is likely Leader is unconscious. Check:	
A Airway – it is clear? B Breathing – check mouth/nose and chest movement C Circulation – check for a pulse, but not for long	
Only move Leader if I am being sick or in more imminent danger (on a cliff edge / busy road). Only undo the helmet strap, do not remove the helmet unless significant bleeding from my head	

Emergency procedures (page 2)	
Find my phone. See phone use sheet if needed Go to the Emergency box and tap First Aid icon. Go to: • Resuscitation • Assessing the situation • Adult CPR 	
Responses without phone: A If airway is blocked, clear it clear object with finger, or move tongue outwards. B If no breathing, start gentle artificial respiration (CPR) C Remember the ratio of 30 chest compressions then 2 gentle breaths. Use gentle breaths like you would normally breathe out	
Check for other damage – bleeding, head, bones. Use direct pressure to reduce bleeding	
Continue until help arrives. Change people regularly if possible so that no one becomes too tired.	

Exemplar Leader Emergency Cards

Emergency Procedures Getting help	
Find Leaders iPhone. Go to the 2 nd page. See the phone sheet for help to access the phone if required	
Your Location Find your location using an app on my iPhone. Go to the navigation box for Tom's GPS.	
UK Grid Reference: The grid ref starts with the two big letters then use the first 3 numbers of each line	
World Location: Use the world co-ordinates in degrees.	
UK Map Open memory map. Click on the  icon to show your location.	
Your direction of travel is shown by the arrow. Use the route map in Leaders rucksack to identify your start/finish point	

Emergency Procedures (page 2)	
Contacting emergency services:	
Check other phones and the local area for better phone coverage. If none, send others to get help.	
Write details on the <i>emergency sheet</i> (in Leader's first aid kit)	
3 sensible people should travel <u>slowly and carefully</u> to better network coverage or landline (shown by blue handset icon) or village on map.	
If there is another accident on the way, 1 person stays with the casualty and 1 continues to inform emergency services of <u>both</u> accidents	
On reaching phone coverage / landline: Contact the number identified or 999. Ask for police and mountain rescue	
The emergency services will ask you for your location and for you to stay there. They will come and assist you. Do <u>not</u> attempt to return.	