

Emergencies and Weather

Sources of weather...

Mountain Weather Information Service (MWIS)

www.mwis.org.uk

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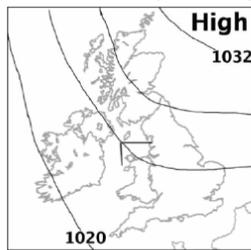
West Highlands

Western Highlands accessible from, and south of, Glenfinnan (Road to the Isles) and Glen Spean (includes Creag Meagaidh). This area include Ben Nevis and the mountains around Glencoe. In the east, includes Ben Alder south to Loch Lomond and Trossachs NP. Includes Arran and Mull.



[Abacus Mountain Guides - World Class Mountain Adventures](#)
 Winter Walking, Mountaineering and Ice Climbing at www.AbacusMountainGuides.com

General Summary for Friday, 7 October, 2016



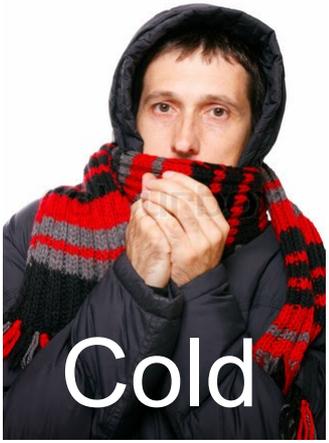
British Mountain Summary:
Based on forecast chart for noon 7 October, 2016
 High pressure will continue to dominate the weather. Cloud forming over the North Sea will shroud higher, mainly more eastern mountains, and here and there, mainly from the southern Pennines southwards will give a little light rain.

Headline for West Highlands
 Wind slowly easing. Bright sunshine, mainly west. Risk showers.

Detailed Forecast for Friday, 7 October, 2016

How windy? (On the Munros)	Southeasterly, 25 to 35mph. Will progressively ease to reach 20-25mph by mid-afternoon.
Effect of wind on you?	Expect widespread buffeting where exposed on higher areas and through some lower cols. Also in places sudden gusts blowing downslope from major ridges. Significant wind chill.
How wet?	Rain very unlikely Isolated patches of light rain central highlands and Loch Lomond NP.
Cloud on the hills?	Very little western hills Central highlands and Loch Lomond NP: patches of cloud forming above 600m morning, but by midday, most cloud confined above 900-1050m. Elsewhere: patchy cloud above 800m for a few hours after dawn will lift to or above 1100m.

What are the challenges of...



On your expedition you will be unaccompanied and must deal with any emergency that may arise...

What could go wrong?

[discuss]

Injuries...

Assess situation and give first aid.



Send for help (supervisors/mountain rescue/ambulance)



Keep the group warm, dry and visible. **How would you do this?**



Making Contact...

Groups carry a (sealed) phone and whistle for use in an emergency.

For a non-life threatening emergency...

Contact supervisors – numbers saved on phones

For life-threatening emergencies...

Mountain Rescue (112 or 999 and ask for police)
or Ambulance (112 or 999 and ask for ambulance)

What would you do if there was no signal?



No signal...

The international distress signal is 6 long blasts of your whistle followed by a minutes rest then repeat. Any walker who hears this will realise you need help.



Try TEXTING...texts only need a small burst of signal and will often go through when calls won't



Find signal...Send 2 people. Tops of hills or urban areas are your best options

Find others to help...Head to farms/buildings/roads etc

Think about what you'd do in
the following scenarios...

What would you do?

Scenario 1

It's getting dark. You're about 1 hour from the campsite.



Suggested Solution...

If you can make it, continue to camp. Text your supervisor to update us on your progress



What would you do?

Scenario 2



It's late on day 2. Visibility is poor. It's (still) raining. You're lost. Morale is low and people are cold, wet and tired.

What would you do?

To consider....how lost are you? How close to the campsite are you? Is anyone in the group dangerously cold/tired?

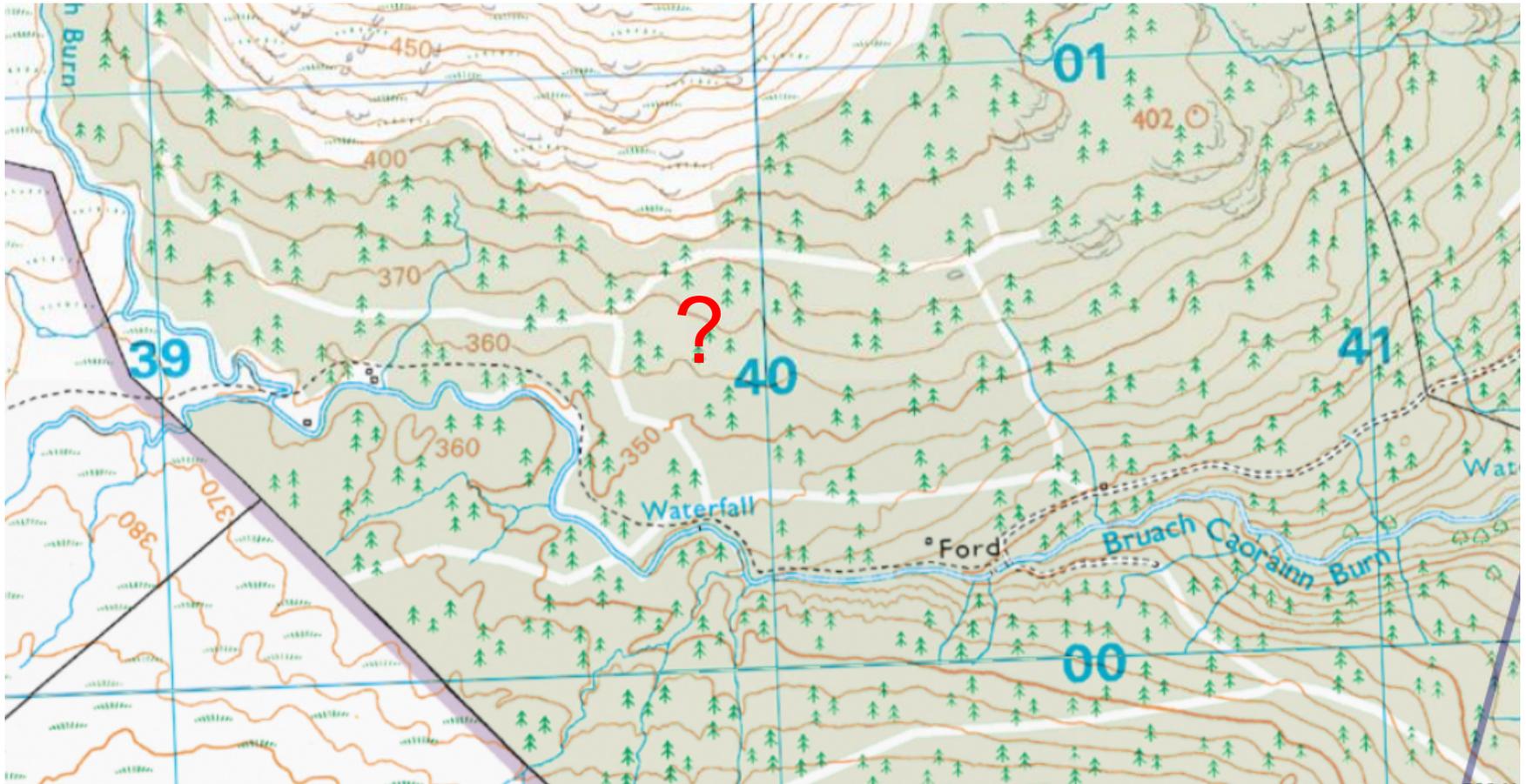


Suggested solution... Set up camp there, cook dinner and get some sleep. Contact your supervisor to let them know the change of plan.

By the morning the mist may have cleared, the weather may have improved and the group will be warmer and refreshed.

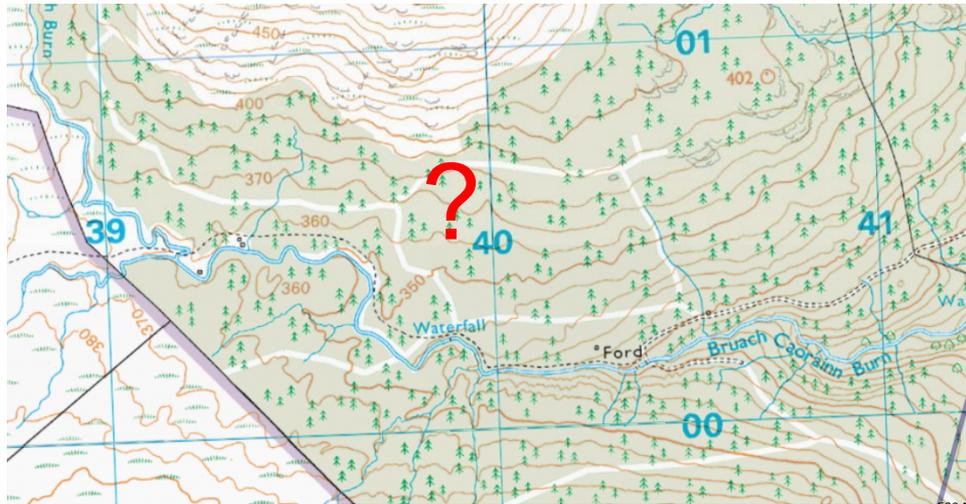
What would you do?

Scenario 3 You're lost somewhere in these woods...



What would you do?

Suggested Solution



Head back to your last known location

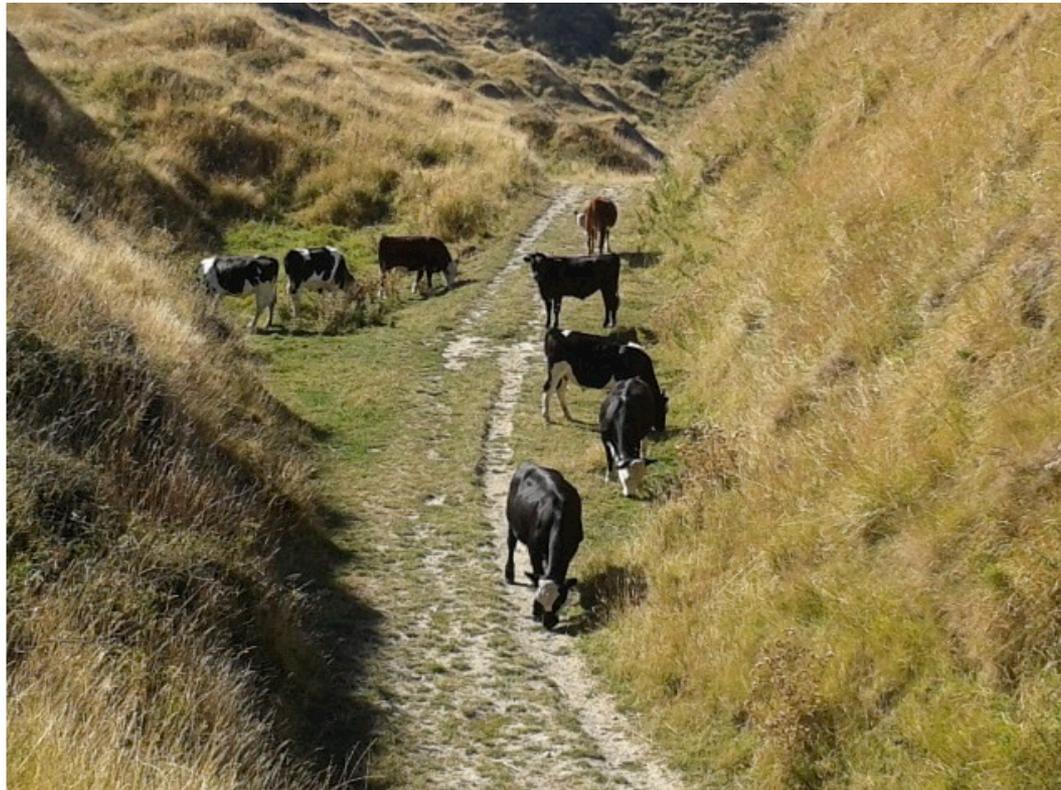
OR

Head SOUTH until you hit the river and follow EAST to the track.

What would you do?

Scenario 4

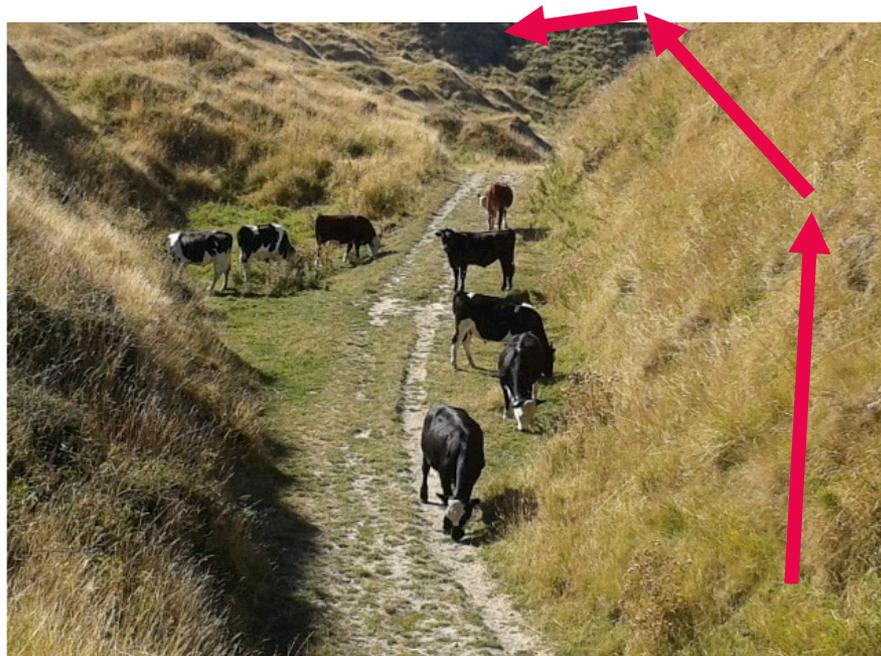
You turn a corner and some cows are blocking your way...



What would you do?

Suggested Solution

Every year 2 people in the UK are killed by cows (cows not bulls!) Move quietly and calmly. Don't threaten the animals. Adjust your route to avoid them.



What would you do?

Scenario 5 You reach this bridge that appears to have been damaged in recent storms. You need to cross the river to reach the campsite but there is no other obvious crossing point.



What would you do?

Suggested Solution

DON'T attempt to cross the bridge or the river. Either detour to another crossing point or set up camp there and inform your supervisor.



You shouldn't cross any river deeper than ankle deep

What would you do?

Scenario 6

Matt is draining the pasta when he drops the pan of boiling water on his foot.



What would you do?

Suggested Solution

Immediately get Matt to the stream and immerse his foot for 10 mins.

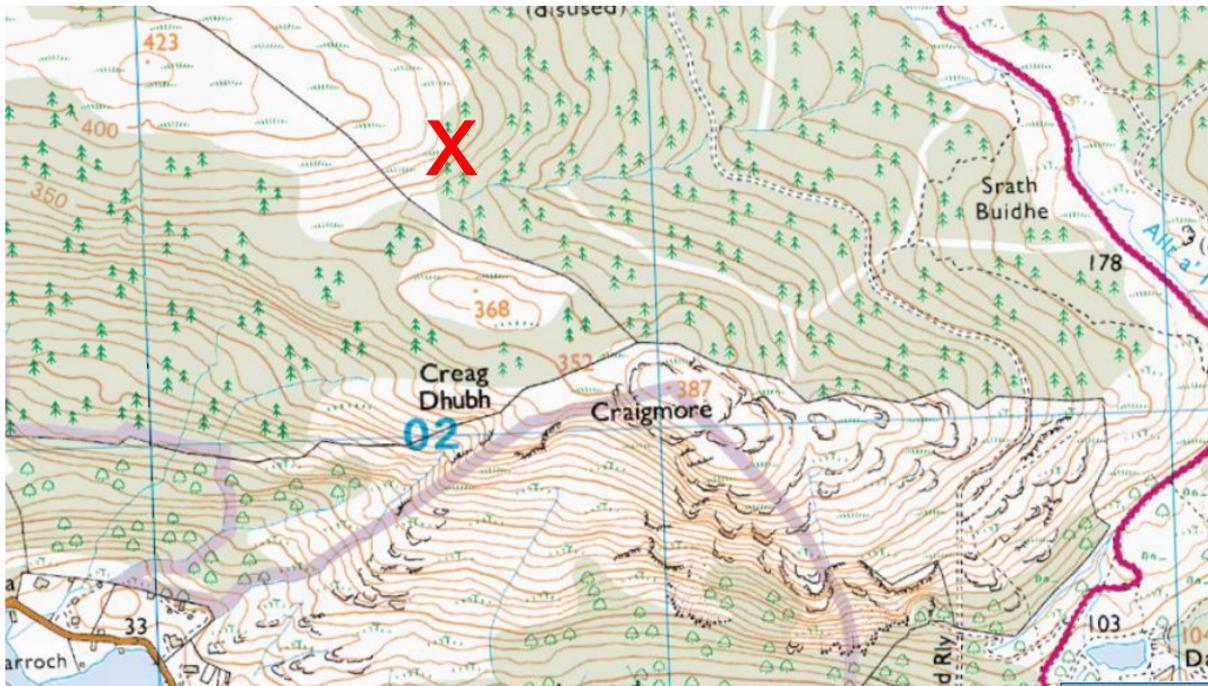
Afterwards assess the injury and if hospital treatment is needed contact your supervisor.



What would you do?

Scenario 7

Whilst climbing over a fence, Susie gets her leg stuck and falls. She is now lying on the floor screaming in pain. No phone reception.



What would you do?

Suggested Solution

Assess the situation. How injured is she?
Can she still walk?



If she can walk (with help) but not continue the expedition make your way to the nearest accessible point and contact your supervisor.

If walking is impossible, contact mountain rescue (and supervisor). Send two people to go and find reception. Put up the emergency shelter (or tent) to keep the rest of the group warm, dry and visible whilst waiting.

What would you do?

Scenario 8 You need to walk a short section on a winding country road



What would you do?

Suggested Solution

Walk

- ... single file
- ... right hand side
- ... outside of bends
- ... have torches on at night

