

UK EMERGENCY PROCEDURES

UK Craggs & Mountains

Please carry this document, any insurance details if applicable and your driving licence or personal ID at all times.

In the event of an accident where your instructor or guide is injured and/or incapacitated, use the following procedure:

- If you are on a multi pitch route signal for help and stay put, attract attention by shouting or using your whistle or whistle found in the Instructors First Aid Kit. Apply First Aid if possible. Do NOT attempt to untie or abseil until help has arrived and you are instructed to do so.
- The international distress signal is: 6 long blasts of whistle/shouts/ashes of a torch equally spaced, followed by a minute's silence – then continuing the same system until help arrives.
- If you are on the ground, move to a safe area, apply first aid if possible. Next;
- Using your own mobile, or the one in the instructor or guide's rucksack, call emergency services on **999** or **112**. The emergency services will arrange an Air Ambulance. Give all the details (instructor's insurance in First Aid Kit).
- Arrampica main UK office number is **0845 4790716**. Speak to the staff, and they will arrange for an Arrampica agent to join you as soon as possible within 12 hours to help manage the incident.
- Call Anna Fubini on **0796 8279711** to inform of the incident.

ARRAMPICA CONTACTS

Paolo Fubini 0798 0818219

Anna Fubini 0796 8279711