



Group Briefing

Guidance for briefing your group at the start of a walk

- Choose a location with minimum noise & distractions
 - Get the attention of all group members (a shout or clap may help)
 - Ask the group to gather in a position where you can see and make eye contact with them
 - Speak slowly and with good volume
- Things to include:**
1. Introduce yourself
 2. Introduce anyone helping (eg tail walker)
 3. Thank participants for coming and welcome any new walkers
 4. Brief description of route:
 - Distance
 - Duration
 - Any specific hazards
 - Points of interests/facilities (eg toilets) along the way
 5. Check everyone has got what they need (kit for the conditions, snack and drink if appropriate)
 6. Ask if anyone has any injuries or conditions you don't already know about (advise they can tell you privately)
 7. Ask if any questions



During your walk

Guidance for briefing your group at the start of a walk

- **Set a pace that is comfortable for everyone**
- **Regularly monitor that everyone is still together - stop and re-group as necessary**
- **Make sure everyone is ready before re-starting**
- **Adjust pace if group is spreading out**
- **Support slower walkers – keep them in the pack not always at the back**
- **Be sociable – talk to different members of the group**
- **Continually monitor for hazards/obstructions and warn participants where necessary**
- **Adapt route if necessary due to hazards/weather conditions**
- **If accidents happen keep calm (refer to emergency card if needed)**



First Aid

Guidance for those without formal First Aid qualification

For serious situations that need professional help your responsibilities are to:

- Assess the situation (see other side of this card)
- Contact the emergency services and act on their instructions
- Support the casualty as best you are able until they are in the care of professionals

Minor injuries: be guided by what the casualty needs and offer items in your first aid kit where appropriate.

ABC CHECKLIST

A	Airway	Is the airway clear? Remove obstructions and/or place in the recovery position.
B	Breathing	Are they breathing? CPR if able and ask ambulance service for local defib info.
C	Circulation	Are they bleeding? Apply pressure to wound to reduce blood loss.
D	Damage	Check for physical damage, eg. broken bones Prevent worsening.
E	Environment	Make them comfortable. Protect from cold or heat.

GUIDANCE

CPR

- 30 chest compressions at rate of two per second:
- Then give two breaths.
- Repeat cycle until help arrives

Defibrillators (AED)

- If you don't know where the nearest one is, the ambulance will advise.
- You will need a code from the Ambulance service to access.
- Audible instructions provided – no training needed to use.

Be Prepared

Prevent a minor injury becoming an emergency by ensuring the group has kit to stay safe and warm if stopped for long period.



Emergency Action

When assistance required due to an emergency situation

PRIORITIES

- 1. Preserve life** - assess if immediate action needed to save life
- 2. Prevent worsening** - do not put yourself or others in danger
- 3. Promote recovery** - get professional assistance

ASSESS THE SITUATION

Before calling for emergency help take a moment to assess the situation.
This will help them to help you.

E	Exact location OS Locate app (in the countryside) or What3Words (in urban areas) will help
T	Type of incident What has happened?
H	Hazards What hazards are there? e.g. deep water, steep ground, falling rocks.
A	Access How can responders get to you? if not obvious
N	Number of Casualties How many casualties and what injuries?
E	Emergency Services* Which emergency services are needed?

CONTACTING EMERGENCY SERVICES

With a phone signal
Call 999 or 112

When limited phone signal
Try Emergency SMS to text a message to **999** or **112**
Register at www.emergencysms.org.uk

***Mountain Rescue**
If not close to a location an ambulance can access call 999 or 112, ask for Police then Mountain Rescue

Walk Leader Personal info

Name

Emergency contact

Name

Tel

Medical issues

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Walk Leader Equipment

Guidance on equipment and kit for Walk Leaders

STANDARD	EVENING	SEASONAL	AS APPROPRIATE
Suitable attire for conditions	Hi Vis	Extra warm layer	Map
Waterproofs	Torch	Spare hat, gloves	Whistle
Mobile phone	Spare batteries	Sunscreen	Compass
First aid kit		Bug Spray	GPS (phone/watch)
Foil blanket & survival bag		Extra water	Extra food
Water			Walking poles
High calorie food (emergencies)			
Register, inc emergency info			
Means of identifying location			
Local defibrillator info			
Pen & paper / notebook			