

Mintcake



Find us at:- <http://www.kendalmrt.org.uk/>

Reg. Charity No. 259539
August 2004

This Month

Editor's Comments.....	1
Exercise Reports.....	1
Shorts.....	2
Ops & Membership.....	3
Callouts.....	3
All part of the service!.....	4
Can we call this an assist?.....	5
Contacts.....	5

TRAINING DATE CHANGE

Please note that the Sunday training originally scheduled for 29 August (bank holiday weekend) has been brought forward by a week to 22 August.

Editor's Comments

Prophetic or what? No sooner had I published my musings on the cunning linguists among team members last month than we had a callout to assist L&A in Far Easedale where a German walker needed assistance. And where was the team's German speaker? In base, crooked and unable to go out on callouts after an altercation with some stairs. Just as well the lady spoke excellent English, as my informants advised me. It's also been a busy time for callouts. We've long since passed the total number for the whole of 2003.

As I write, our radio officers past and present (Rob Brookes, Kevin Knowles and John Fitch) with assistance from various other team members are migrating our radio systems from low-band to high band. Having taken delivery of my new radio, I couldn't help feeling that it's like the move from an old phone with a round dial (I know some of our team members won't even remember that particular experience) to digital cordless all-singing/all-dancing phones. I haven't yet found the button that you press to make the tea but I'm sure it's there somewhere. Communication – whatever the language – should be improved.

Les

Exercise Reports

Spinal injuries, collars and helmets - Wednesday 14 July

If people remember nothing else from this evening's training other than that the spinal cord (admittedly the piece we got to touch was from a four-legged creature) is extremely delicate and therefore extremely easy to damage, then it will nonetheless have been time well spent. Especially when we bear in mind, as Chris Marsden pointed out in his talk, that 7% of mountain rescue casualties have suspected or actual spinal injuries and that spinal cord damage occurs in 14% of spinal injuries. Since diagnosis of spinal injuries is missed or delayed in quite a number of cases before the casualty reaches hospital, the importance of considering the mechanisms of injury and of not rushing a diagnosis was stressed, especially if the casualty is unconscious or has other obvious injuries.

Andy Beavon then took a hammer to various climbing and cycling helmets to demonstrate their weak/strong points. This was a persuasive reminder that while there may be little apparent damage to a climber's or mountain biker's helmet, it may still have been subjected to a severe load which would have been transmitted further to the casualty's spine.

The remainder of the evening was spent fitting cervical collars to casualties large and small in awkward positions and learning how to remove helmets, especially full-face helmets which are gaining in popularity among downhill mountain bikers.

Stretcher lowering, Sunday 25 July 2004

5 days out it was forecast to be a glorious day. However, when it arrived we all had to turn up to base through precipitation "persisting it down" and a good deal of wind. It was an ideal day to practise rigging and using lowering systems.

After a clear and helpful presentation (not death by PowerPoint as we had feared), regarding the theory of the lowering systems, we headed out to put it into practice. We arrived at a beautiful quarry in a secret location. In truth, I'm not entirely sure where we were! We all donned any remaining waterproof garments and headed up to the top of the quarry.

We rigged and set, rigged and set, rigged and set, until we were all happy. We were all happy until we were instructed to let go of everything (in a simulated "oops we've been hit by lightning" moment) in the middle of a lower. Those of us who were less familiar with the systems before the day were somewhat reticent, but when our fingers were prised off the ropes, everything held perfectly as was expected.

A great day was had using guide ropes to enable very smooth horizontal lowers (more comfortable for the injured party and very much easier for the barra' boy/girl). An interesting and useful day that ended with bright sunshine.

Extra bits wot we learnt:

- Hot bits: It transpired that a prussic touched a bit of gear that had been heated by friction and remained there for several seconds. The heat that had been caused by the friction in the system proceeded to melt the casing of the prussic and fuse it. It made everyone acutely aware of the fact that both ends of the guidewire/rope should be rigged to be easily releasable. This could have made the extraction of the prussic from the system much quicker. Other potential friction points had been identified originally around the area of the Alpine tube as well as the normal edges. These were all covered well with rope protectors.
- Prussic loops: need to have 3 turns. 2 turns will not hold sufficiently.
- Everyone should read the suspension trauma article at base.
- Lastly it's also worth remembering not to remind Paul that someone ought to write up the exercise, as you'll end up doing it!

Jonathan Burgess, KMSRT

Shorts

- More volunteers are still needed to helpo with emptying collecting boxes about three times a year. Contact Kath Kirkby on 01539 741 942 or kathkirby@hotmail.com.
- Training logbooks are due to be submitted for the Training Officer's perusal in September. I know for some people it seems like only yesterday that you last handed it in, but that's because ... I'm sure you get the message. Joking aside, May's helicopter incident highlighted the fact that it is extremely important to be able to demonstrate who has attended what training sessions when.
- Cotswold Camping is celebrating its 30th year in business. To mark this, it is offering 25% discount on purchases by team members until the end of August. The nearest shop is in Keswick. Don't forget that you will need to quote the team's code for this which can be found on the Cotswold catalogue in base or by calling Simon Thorn.
- RAF Boulmer is holding its annual party in October to which team members are invited. Details are on the whiteboard in base or contact Andy Dell.
- Since winter is approaching (honest, I heard someone say it on Radio 4 a few days ago, so it must be true) Kendal Torchlight Carnival must also be close. This year's event, which takes place on 10 September, has as its theme "Beat of the Feet – The Culture of Carnival". Anyone wishing to help with the team's participation is asked to contact Chris Marsden on 07811 817053.
- Claire Hughes reports that Waterstones bookshop in Lancaster is offering 3 OS maps for the price of 2 until the end of September. Stock up now on a new laminated map, or maybe it would be a good Christmas present (what with winter approaching and all that).
- Read a good mountaineering book recently (or even a really bad one)? Want to write a brief review for the newsletter? Let the editor know. Today Mintcake, tomorrow the world...
- "Rescue of Rescue 177" - the team has been presented with this series of photos by LAMRT's John (Leo) Sayer. Many thanks to LAMRT and Leo.

Ops & Membership

Welcome to Michael Waters who is a new provisional member and Larissa Robson who recently attended their her first training session as a pre-provisional member.

Ian Johnson, Membership Secretary

Callouts

2 July

Just when we thought we were off to Far Easedale again, L&A asked us to go in from Greenburn to assist with carrying off a walker who had slipped and damaged her ankle. Nine team members had a tea-time walk up to the ridge and then back down with a stretcher.



2 July

There was just time for a shower before the next callout. A despondent, potentially suicidal man had left his car near Whitbarrow Scar. A major search was initiated involving 20 Kendal team members with assistance from SARDA Lakes and England, Duddon & Furness, Kirkby Stephen, Penrith and Bowland Pennine who searched through the night and into the next morning. The man turned up in the morning at the Samaritans in Lancaster.



7 July

The police requested assistance from the team with a boy from a local special school who was threatening self-harm. The situation was resolved before the assembled small group could depart.

9 July

A German lady broke her leg in Far Easedale the previous evening. Unable to call for help then, her companion went for help in the morning. Ten Kendal team members assisted L&A. The lady was evacuated to hospital by the Air Ambulance.

10 July

A man was lost in Witherslack Wood. See "All part of the service" below.

26 July

Two mountain bikers became separated in the Howgills in good weather. One continued to his destination and then raised the alarm. Meanwhile the other retraced part of the route and eventually rode down into Sedbergh where all three team vehicles converged to liven up a Monday evening.

27 July

Eight members of the team responded to L&A's call for assistance in Far Easedale on a very warm, humid day. A man had used a passer-by's mobile phone to report that his 73-year-old father was rather unwell and had slipped. The party then moved on with no other means of contacting rescuers. L&A approached from Greenburn, Kendal from Brimmer Head Farm. We found the party a short distance from the farm and transported the casualty, his son and granddaughter to their car in Grasmere. The confusion over the casualty's whereabouts underlines the need for the informant to remain in touch with the team.

What's On

Sunday 22 August

Training: Water safety 09.00 h

Wednesday 25 August

Equipment Working Group 19.30 h

Saturday 28 August

Collection: Asda

Wednesday 8 September

Training: Stake belays 19.00 h

Friday 10 September

Kendal Torchlight Carnival

Wednesday 15 September

Equipment Working Group 19.30 h

Sunday 26 September

Training: Heli ex/simulated callout 09.00 h

Wednesday 13 October

First aid 19.00 h

Tuesday 19 October

Equipment Working Group 19.30 h

Sunday 31 October

Training: Heli ex/simulated callout 09.00 h

Wednesday 10 November

First aid course 19.00h

Tuesday 23 November

Equipment Working Group 19.30 h

Saturday 27 November

Night navigation

Saturday 4 December

Collection: Morrisons

Wednesday 8 December

Training: What's in your bag 19.00 h

Sunday 19 December

Training: Comms – new radios 09.00 h

Wednesday 22 December

Equipment Working Group 19.30 h

All part of the service!

10 July 2004, 18:00 hours, somewhere in Cumbria

Hello, is that Mr Austin? It's Eddie from Kendal Mountain Rescue, I understand from the police that you are lost in some woods?

Yes, I've been following this walk from Cumbria magazine and have had nothing but trouble. I started at Millside and set off, then I found a field with cows and my dog was frightened, so I retraced my steps. You know, I always followed Wainwrights but thought I'd try something different, anyway I managed to get back on route. I then continued on to the tops and lost the path again so I went back to the last point. You know this route is terrible. Never ought to be printed like this.

(Sharply interrupting) But Mr Austin where are you now?

I've been in these woods for ever but now I'm on a hill. I think I can see a way down but I'm not sure. (I advise Mr Austin not to descend if he is unsure. With that he set off, and mobile contact was lost.)

En route to base (Jean driving) and me fighting with the map and mobile, I finally made contact again. Where are you now Mr Austin?

I'm in this wood and can't see a way out (lots of puffing & panting). Just a minute, I see a wall, can't see a way across (now calling dog). I'm in a field now, he said there are a lot of sheep (come here, he shouts to the dog). Wait a minute I've now found a lane, my instinct is to go left.

Wait a minute, Mr Austin, let's see if you can identify anything before setting off. I have a map here and will try and work out where...Mobile signal disappears.

I am now in base and my only contact is the Vodafone answering service, No need for a full team callout. I decided that this is probably a job for Kess but Kess along with dozens of other team members was out doing whatever dogs/people do on Saturdays, Never mind, Keith was at home and before the phone was put down he was loading Mobile 1. Meanwhile, good old Mr Austin rang back and was lost yet again in another wood. He managed somehow to retrace his steps and appeared in a lane (only the good lord will know if it was the same lane). He then suddenly shouted down the phone: *I've found a house.*

Now, Mr Austin, will you please go into the house and explain that you are lost and let me speak to the person in the house.

(A long pause) *Shall I go into the house?*

(As politely as possible) YES!

Eventually I spoke to the resident of the house and explained that we would be out shortly to pick this gentleman up and to please lock him inside somewhere. Mr Austin was given tea and the opportunity to calm down until our arrival. The local resident was obviously very kind and calm: he didn't seem to mind muddy boots on the carpet and the fact that his lame cat of many years somehow managed to scale the great heights of a nearby tree closely followed by Mr Austin's dog. We left our thanks and duly returned Mr Austin to his car some 2 miles away. When I enquired of the route taken, Mr Austin handed me about 20 pieces of torn instructions along with a 20+ year-old map.

Another successful rescue completed.

Eddie Harrison, KMSRT

Can we call this an assist?

In true romantic fashion we spent the Whitsun Bank Holiday camping in the Peak District, along with Stafford and Leeming MRT (as per usual).

We'd just arrived at Stanage and were finishing our first warm-up route 'Eric's Eliminate' when some commotion was evident at the base of the crags. Apparently a young woman had fallen from 'The Knutter' about 15ft onto the ground with suspected broken arm and leg injuries, and her partner was desperate for a mobile phone to summon help from the emergency services.

In true MR fashion we introduced ourselves, with yelps from the crag, and offered assistance. This was happily accepted, and Jimmy quickly lowered me to the ground, then ran along the top of the crags and located the casualty. Meanwhile I collected a rucksack and first aid kit and followed the casualty's partner under the crags to rendezvous at the cas site.

Having assessed the site for danger (yep, I remember the training) we carried out a primary and secondary medical survey and confirmed possible fractured elbow, shoulder injury and bruising to the left foot but with no other major injuries evident. We made the casualty as comfortable as possible, phoned to ensure Edale MRT were on their way and informed the locally situated RAF MRT teams, then waited the inevitable wait.

Small talk ensued, we swapped life histories, made informative chit-chat and passed jovial comments about the situation. After two flybys came the arrival of the East Midlands Air Ambulance, a mean little red bird compared to the usual RAF Sea King helicopters (I was most impressed). The professionals then took over, equipment was transferred to the cas site, morphine was injected for pain, and the crew managed to keep a straight face (well, relatively) when they questioned the cas about allergies and the reply came back "... only cats and horses". Needless to say, the question did relate to medical allergies, and the cas did retain her sense of humour throughout.

After what seemed like hours and continual de-kitting to keep the cas warm, the Edale MRT arrived and a decision to carry off to a track below where the air ambulance could re-position was made. At this stage Jimmy and myself returned to the base of 'Eric' to reclaim kit which had been abandoned in the rush to the cas site (purse, Visa card, digital camera and mobile phone) to the surprise of newly established climbers oblivious to the dilemma that had unfolded only a few hundred metres from their climb.

With kit fully intact, thankfully, we were happy to relinquish our parenting of the cas site and let Edale MRT and the East Midland Air Ambulance assume full responsibility. With fleeting farewells, we wished the casualty and her partner all the best and continued along Stanage towards Marble Wall to continue our day's climbing.

At the end of the evening we joined the RAF MRT to share exaggerated stories and loads of beer! We hope the cas and her partner are recovering well in Chesterfield Hospital and wish them all the best in the future.

Chrissy Holbrey (Kendal MRT) and Jimmy Clethero (Leeming RAF MRT)

Reflections

- It is important to take care of the needs of family, friends and others at the cas site .
- Even in the summer (or while climbing) ensure your hill bag contains the essentials.
- Mobile phones are great.
- Ensure effective communication at the cas site to avoid duplication of work already undertaken.

Contacts

E-mail

les.telford@dial.pipex.com

or

on 01539 727051

or

Editor's pigeon hole in base

or by post to:-

**Newsletter Editor
Kendal Mountain Rescue
Busher Walk
Kendal
Cumbria
LA9 4RH**

Copy deadline for next issue: 5 September 2004