

Mintcake



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FIRST AID COURSE

Don't forget that the first aid course leading to the Casualty Care Certificate starts on 22 September for those who have registered. Contact John Hall or one of the team doctors if you have any other queries.

Editor's Comments

Greek tragedy... or Greek farce? Leaving aside missed drugs tests and alleged motorbike accidents and despite warnings of unfinished stadiums (I played safe and bought tickets for the marathons which finished in the beautiful marble Panathinaiko stadium built for the 1896 Olympics) and terrorist attacks, it all seemed to go very well. However, there's always room for improvement, so Mintcake commissioned renowned futurologist Barbellate to think outside the box (doesn't he always?) with the prospect of 2012 to come. You can see the results on p.4. Keep those articles rolling in. Ευχαριστω.

Les

Exercise Reports

Splints and vacmat - Wednesday 11 August

It was a Dark and Stormy Night, the sky pregnant with menace, and then it broke.... The flash in the sky...The air resonant with the first crash of thunder, so what better time to go and play with metal stretchers at the bottom of a crag?

"Exercise off ...everyone back to the vehicles" was the plaintiff cry from our team leader, shortly followed by the rapid retreat to the team Land Rover for the dubious protection of a metal cage.

And it had all started out so well. A lovely summer evening of playing outside, the usual game of "let's try and evacuate people from the most awkward position possible. Chris Marsden having briefed the victims, sorry volunteers, off we set to split into two teams and were promptly told to run the exercise as a callout from the vehicles.

Panic ensued, and runners were set off with radios to find the casualties and radio back for assistance and equipment as necessary. However, as we were only using kit from Mobile 3 some "virtual" equipment was used on this one.

Our plucky volunteers were found and assessed. We had the pleasure of the lovely Louise modelling the victim scenario "tripped and fallen from the path leaning against a sapling on a steep woody bank" (Thank you, Chris, you really are making this too easy, not). Surprise surprise, suspect neck and back injuries requiring immobilisation of the spine and immediate evacuation was the order of the day.

Dan manfully held the neck in place while Andy Beavon set about secondary assessment. 1st learning point: virtual neck collars are far easier to fit and apply than the real thing. Having played about with the real thing (stolen from the other scenario) Andy diagnosed broken collar bone, elbow and suspected injury to hip and lower back.

Enter the KED, after some p***ing about, it didn't prove much use, and was duly abandoned. The solution was simple, effective use of the real carrying straps in a single controlled lift onto the vacuum mattress, then, after stabilisation, onto the stretcher for evacuation. Piece of Cake.

Not to be defeated, Mr Marsden had engineered a far more cunning, devious and plain evil scenario for us. A fallen climber, face down, over a boulder, under a cliff face on steep ground with limited access... Bugger.

New provisional Mike stupidly let slip that he was an ICU nurse in a former life, so was promptly thrown in at the deep end of 1st on scene and medical assessment. However, just as it was getting interesting that first clap of thunder arrived to save the day.

Learning points:

- Virtual medical equipment is far easier to use; can we take it on the hill every time?
- Communication communication communication
- Even in a small group the role of Cas Site Manager is vital.
- Supporting the head and neck is a vital role, but it is too easy to let the most medically qualified take that role and lose control and flexibility of the secondary care. Transfer the responsibility to a suitable person as soon as you can.
- Don't play with big pieces of metal in thunder storms

Dave Ritchie, KMSRT

Water rescue, Sunday 22 August 2004

Now I know I'm a bit of a last-minute boy but due to a change in date, when I found out I had 3 days to go before the water safety day a bit of panic started to wash over me; I guess rather like the feelings our swimming 'volunteers' experienced as they were being washed down the River Kent!

The recent water safety day focussed on how the team needs to operate if we are called out to a water-based incident.

The key emphasis was on personal safety. That means for us, above all else, **not getting in the water**, the importance of wearing buoyancy aids on the river bank and looking to stabilise an incident so that further help can be brought in.

Time and again in my research for the day I came across articles such as the following;

A MAN died yesterday after jumping into the River Clyde to rescue a woman who had leapt in seconds earlier.

The man plunged into the river from the Jamaica Bridge in the centre of Glasgow when he saw his friend in distress, but got into difficulties as soon as he hit the water.

His body was recovered from the river last night by police divers.

Which reinforced the message of personal safety first.

The day highlighted the need for more co-ordination between respective parties in this area, to find out who holds resources and skills in this area, how we can work with other teams and the equipment they have, and also further training we need.

I started the day by trying to drown people in PowerPoint. Having failed there, we moved on to practise our skills with throwlines. The conclusion seemed to be that they are relatively easy to use in the car park but real targets in the Kent proved somewhat harder. Oh, and yet again hang onto the end!

The difficulties of operating around riverbanks were highlighted using Sedgwick gorge as an example, a site we have been called to in the past. This made us think hard about how we get ropes across a river if you don't have access to a boat - don't worry I'm working on it. Wait for the "howie rescue rod" to come into production (really true). Bet you can't wait !

Personally I enjoyed the day (all that matters), the sun and chaos I managed to create and am looking forward to developing an even better day for next year, (if I'm allowed back). Feedback welcome.

PS: I'll sort the parking out a bit better next time!

Howie Crook, KMSRT

Fundraising

Thanks to team members and supporters who helped at collections at Killington Lake services on 7 August and at Asda on 28 August. These yielded £441.57 and £474.40, respectively, for team funds.

Liz Parkes, Fundraising Officer

Ops & Membership

Welcome to another new provisional member, Euan Lawson, a GP who will obviously strengthen our medical team.

Ian Johnson, Membership Secretary

Callouts

1 August

The team was asked by the police to help locate a man who claimed to be lost in the area of Dixon Heights near Lindale on a crystal-clear night. Five team members and search dog Kess set off in the early hours of the morning. The man saw the blue lights as the vehicle approached and was able to walk down unaided.



1 August

L&A requested the team's assistance to carry off a man with an ankle injury in Easedale. The first vehicle was en route when L&A asked us to go to Raven Crag in Langdale instead to help with a fallen climber. A Slovenian woman in her 20s had fallen about 15 m and suffered a serious head injury among others. She had been lowered to a more accessible location at the bottom of the crag. Fortunately for her, the Bowness Air Show was taking place so a Sea King helicopter was nearby with both a paramedic and an A&E doctor on board. The casualty was flown to Carlisle. A second vehicle from Kendal meanwhile went to Easedale to assist with the evacuation of the person with an ankle injury.

8 August

11 team members were dispatched to the furthest extent of our team area near Dent to assist a man who had broken an ankle while walking. He was evacuated by air ambulance just before the first team members could reach him. This callout, for those of you who know your children's literature, will be known in future as *What Hamish Did*. (Details of the sequel, *What Hamish Did Next*, can be read in next month's issue with reference to Torchlight.)

11 August

Police requested our assistance in the early hours of the morning to search for an elderly man who had become separated from his family near Morrisons in Kendal the previous afternoon. As the river behind the store was very high, a search of the river banks was a high priority. The man was found safe and well at home an hour or so later. 13 team members attended, together with the team's search dog and two other SARDA dogs.

14 August

You wait for ages for a callout to Dent and then two come along almost together! An experienced paraglider crashed into a stone wall during take-off. He was treated at the scene by a team first aider and doctor and then evacuated by air ambulance. Radio Officer Kevin Knowles provided a radio relay for the new radio system from his strategic position in a cherry picker alongside our main aerial at Parklands.

20 August

A man stumbled on the descent of Scafell Pike and injured his ankle. He managed to walk part of the way down Rossett Gill before his injury was too painful to continue. 11 team members assisted L&A in evacuating him from there.

23 August

A teenage girl absconded from a residential special school. Eight team members and 2 SARDA dogs were preparing to search for her when she was located by police.

ΔΟΓ

16/17 August

Les and Kess joined a number of other SARDA handlers in searching for a man who had gone missing from home near Carlisle in mysterious circumstances. We searched fields and becks in the area in the evening and then returned the next day to search more fields and a number of woods for several hours. His body was found a week later in a wood which had not been searched.



18 August

A couple reported themselves lost somewhere on Scafell Pike (maybe!) in bad weather. They had no waterproofs on a day of very heavy rain and thunderstorms. Keswick and Wasdale teams initiated a search with assistance from SARDA. They were found sheltering under a lightning conductor, sorry – an umbrella, by Wasdale team members.

MR Olympics

It started with the dumbing down; the 'asymmetric bars' became the 'un-equal bars'. It then moved onto the getting silly phase; '10m Synchronised Diving', 'Rhythmic Gymnastics' and 'Yngling class' (what are all these things?). Words like *synchronicity*, *execution* and *degree of difficulty* were being used to determine what colour medal would be won. Finally the Olympian ideal became quite silly with 'Beach Volleyball' – presumably this was at the special request of Rupert Murdoch. All so far away from those grand times when the champion was determined simply by which nude Greek could throw a spear the furthest*.

Time to get out of grumpy-old-fart mode; let's be positive. Get on the phone to Seb Coe and suggest that London's attempt to win the 2012 games would be much enhanced if it included mountain rescue events as exhibition sports. There are just so many:

- 3000m Off-road Driving (penalty points for losing an exhaust)
- 1000m Synchronised Stretcher Carrying (2-minute penalty if the casualty throws up)
- 30m Speed Abseiling (with degrees of difficulty if using Steve Kelley's caving gear)
- 10m Free-style Helicopter Exiting (degrees of difficulty for cartwheels and strop removal). N.B. "Chopper" Munford would be banned due to his professional status.
- Rhythmic Resuscitation (single and pairs events)
- Radio-aerial Juggling (2 classes – 'ground level' and 'in a cherry picker')
- Drug Testing would become an event in its own right, not just a reason for exclusion
- Putting the Oxygen Rucsac (will become easier if we get the light-weight cylinders)
- 3-day Eventing ('posing', 'very cross controller' and 'show-off' stages)
- Weight-lifting ('Bell', 'Medisac' and 'Stretcher Lowering Kit' classes [there being no upper weight limit on the last one])
- Water Rescue ('river' and 'cockler' classes)
- Far Easedale Relay (2 x 4km)
- Coxless Knot Tying
- 4-event Rescuethon where use and understanding of equipment is demonstrated – 'compass', 'Pye', 'Ventile' and 'Land-Rover'
- Modern 4-event Rescuethon ('GPS', 'Simoco', 'Gore-Tex' and, er, 'Land-Rover')
- Cricket (well, it would be nice to re-establish the Kendal / L & A match)
- MR Committee Football (with moveable goal posts)
- Fund-raising Hurdles (competed for over the marathon course, ad infinitum)
- Team Pursuit (which team gets the most callouts)
- Telephone Conversation Endurance (a.k.a. the 'Rob Brookes' event)
- Fencing (or any other base maintenance activity)
- Croquet (teams jumping through hoops to follow national guidelines).
- Stretcher-Carrying Steeple Chase – with compulsory stream and wall crossings
- Table-Top Exercise (Paul Ing and Pat Ong are lost; you have 15 Kendal, 6 L & A, 3 SARDA and a police car to find them before it gets dark)

Finally Beach Volley Ball – nothing to do with MR but included at the request of a certain male member of the team.

'Barbellate'

* Competing in the nude doesn't seem entirely unreasonable in the Greek climate. However, think how many more callouts we would have if fell runners adopted – or, to be more accurate: *reverted to* – a similar practice. As Richard Askwith points out in his excellent book on fell running, *Feet In The Clouds*, the fell runners of old used to compete naked for fear of damaging their only set of clothes...

What's On

Wednesday 15 September

Equipment Working Group 19.30 h

Wednesday 22 September

First aid 19.00 h

Sunday 26 September

Training: Heli ex/simulated callout 09.00 h

Wednesday 29 September

First aid course 19.00 h

Wednesday 13 October

First aid course 19.00 h

Wednesday 20 October

First aid course 19.00 h

Tuesday 19 October

Equipment Working Group 19.30 h

Wednesday 27 October

First aid course 19.00 h

Sunday 31 October

Training: Heli ex/simulated callout 09.00 h

Wednesday 10 November

First aid course 19.00h

Wednesday 17 November

First aid course 19.00 h

Friday 19 November

Team Dinner – details to follow. Raffle prizes needed

Tuesday 23 November

Equipment Working Group 19.30 h

Wednesday 24 November

First aid course 19.00 h

Saturday 27 November

Night navigation

Saturday 4 December

Collection: Morrisons

Saturday 4 December

First aid course 09.00 h

Sunday 5 December

First aid exam 09.00 h

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

Shorts

- There is an article on suspension trauma on the whiteboard in base. All hill-going team members are asked to read the article and then tick their names off on the attached list.
- Training log books should be left in Chris Marsden's pigeonhole.

Kendal Mountain Film Festival

This takes place on 13-21 November, i.e. a few events mainly at Rheged during the evenings from 13 November onwards, with the main part of the festival, as before, taking place from Friday evening until Sunday evening, 19-21 November. If booking tickets, bear in mind that the team dinner is to be held on 19 November! Visit www.mountainfilm.co.uk for more information and to book online or phone the Brewery box office on 01539 725133.

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