

Collingham & District



THE UNIVERSITY OF THE THIRD AGE

IN CASE OF EMERGENCY CARD

Please carry on all walks

Personal details

Name _____

Address _____

Contact telephone number _____

Date of birth _____

Medical information

Medical conditions and allergies _____

Medication _____

Primary emergency contact

Name _____

Relationship _____ Contact number _____

Secondary emergency contact

Name _____

Relationship _____ Contact number _____

Contacting the Emergency Services

With a phone signal: Dial 999 or 112 and ask for Police/Mountain Rescue. It will pick up any available network.

With a reduced phone signal: Try to use Emergency SMS to text an emergency message to 999 or 112. Register your phone in advance at www.emergencysms.org.uk

Any emergency message should contain: Your location (ideally terrain plus grid reference), name, gender and age of casualty, nature of injuries or incident, any known medical conditions, number of people in the party, the colour of your clothing/equipment, your mobile number.

If you can't get any message through, the International Distress Signal is six blasts on a whistle or six torch flashes at one minute intervals.