

## MANAGING AN INCIDENT OR EMERGENCY ON AN EXTRA MILE WALK

Members of the Extra Mile Group are responsible for their own wellbeing when on our walks which take place in open countryside where there may be some risks. Members are given a description of each walk so they can decide if it is appropriate for them. Members will be cooperative and supportive of others especially if there is an unforeseen incident.

In line with insurance regulations for u3a active activities, all members must provide the name of an emergency contact. These are collected and checked annually and carried by the Group Leader in a wallet inside the rucksack. In the absence of the Group Leader, the Walk Leader for that day is given the emergency contacts list.

All members are encouraged to have emergency contact details in their rucksack – preferably on a card in a wallet. The master list will still be maintained as a back up and held securely by the Group Leader (or the Walk Leader in Group Leader's absence only for that walk) **Emergency contacts will only be phoned if the member is taken to hospital and with the member's permission.**

The Group Leader has installed the 'what 3 words' app on her phone. The whole country has been divided into 3 metre squares, identified by a unique 3 word reference, so emergency services can locate remote accidents. Other members may install this app which would give added location certainty in the event of an accident. *However members are advised to open the app from time to time so the likelihood of a request to update the app won't happen when it is needed on a walk.*



**Mobile phones are a great asset but connection cannot be 100% reliable**

### **ACTION IF THERE IS AN INCIDENT WHICH PREVENTS A MEMBER COMPLETING THE WALK**

- 1. MINOR INCIDENTS :** Most incidents can be managed within the group even if this means a member withdrawing from the walk and going to a safe place while the rest of the group continue on their walk. The member will be accompanied by an experienced map reader. The member may want to contact someone for support or to be collected.
- 2. SERIOUS INCIDENT :** if a member suffers an injury making them immobile, or suffers a life threatening condition.
  - Identify your grid reference position on the OS map and/or use **what 3 words** app. Identify nearby roads/ farms etc. to aid location (May be needed if phone connectivity is poor.)
  - Call emergency services at once giving location. Post a lookout for arrival of services when informed about the emergency response.
  - **Group Leader (or Walk Leader if GL is not on the walk)** will need to decide:-
    - if the person can be moved to somewhere more comfortable/sheltered.
    - who will stay until emergency services arrive. There should be at least 2 people one of whom should be able to navigate back to the group or carpark.
    - if the walk can be completed - leaving the 'minders' with the injured person.
- 3 INCIDENT REPORT:** Information will need to be gathered to complete the report.
- 4 INFORM THE COMMITTEE:** The Leader on the day will inform the Committee and complete the written report.
- 5 In the absence of the Group Leader, the Walk Leader should report the incident to the Group Leader as soon as possible and pass on the Incident Report**

#### **Contact details for u3a following an incident.**

Chair Person	George Cantrill	01329 238429
Welfare Officer	Sheena Bone	02392 602427
Extra Mile Group Leader	Kathy Parker	07533 272089