



Emergency Responses

Accidents and emergencies can always happen, but this one of a kind course will make every trip into the hills one of confidence, knowing that you have taken the time and effort to identify the potential risks and have learned and practiced appropriate responses.

The Emergency Responses course takes place entirely 'on the hill' because you will learn so much quicker when you can immediately put your learning into practice in a realistic environment. The scenario for this training is of a normal hill walking or mountaineering gone wrong, and we will teach you how to respond appropriately to given situations.

Your instructors have real life experience of emergency procedures and survival techniques so you can be sure that what you will learn is based on good solid experience. It will also be reassuring to know that your welfare is of first importance during this course, so your instructor may modify the training to look after the welfare of the party in inclement weather

What you will be learning could save the lives of your family, your friends and yourself, and minimise the risk to emergency services and helpers.

Course structure

Meeting at 0900

Courses normally take place in the Peak District, Snowdonia or the Brecon Beacons and are of approximately 6 hours duration although this can be longer. Experience has shown that this is the optimum time for concentration and still being able to cover all of the subjects required.

You will learn:

- The effects of exercise and weather on the body
 - How different body types and ages react, differences between men/ women/ children
 - Appropriate clothing systems
 - Food and water intake
 - Hypothermia and hyperthermia and how to recognise them
- Emergency equipment, and what you should carry in the hills
- Protection for a static party
 - Getting out of the weather
 - Use of group shelters
 - Use of survival sacs
 - Improvised equipment
- Getting help
 - The importance of good map contact
 - International distress calls
 - Communications
 - How to give clear instructions and locations
 - When to split the party and when to stay together
 - Making yourself visible to searchers
- Looking after morale

If you require any further information please get in touch, however the best way to find out yourself is to join one of our courses, and know that you are doing everything possible to be safe.