



CORNWALL SRT

MOORLAND SAFETY

Cornwall Search and Rescue Team

Registered Charity No. 1100708 • www.cornwallsar.org.uk

The Cornwall Search and Rescue Team frequently respond to around fifty incidents each year making them the busiest team in Southern England. Many call outs can be avoided by following basic safety advice.

Before you go

Before going out on any walk, obtain a weather forecast from the internet, television, local radio or newspapers. You can get up-to-date weather forecasts from:

www.bbc.co.uk/weather

• www.metoffice.gov.uk

Watch for changes in the weather and be prepared to alter your route or turn back.

Planning

Choose a walk that is appropriate to you or your group's ability, navigational skills, experience and knowledge of the area - and take into account the weather conditions. Always tell someone where you are going and what time you are expecting to return.

Clothing: Warm, breathable clothing is essential. This should include a wind and waterproof jacket and trousers, hat and gloves. Spare clothing such as a fleece, walking trousers (not jeans), a wicking base layer and dry socks are also a good idea.

Footwear: The most common injury on the moors is to the ankle or lower leg, usually resulting from a simple slip or fall. This is less likely to happen if you wear walking boots with good ankle support, a firm sole and secure, grippy tread.

Equipment: Always carry a map and compass – and know how to use them. Also carry equipment for use in an emergency such as a torch, whistle, survival bag and a first aid kit. These items are inexpensive and available from all outdoor shops. Make sure you have any personal medication you may need and carrying a charged mobile phone can also save valuable time in an emergency.

Food and drink: Take plenty of simple high energy food with you such as dried fruit, chocolate and nuts, plus something more substantial on longer trips. Carry a hot drink in a flask in cold wet weather, ideally not something containing caffeine. Hot lemon or similar is surprisingly good and still tastes nice cold!



Countryside Code: Protect plants and animals and take your litter home... Leave gates and property as you find them... Be safe, plan ahead and follow signs... Keep dogs under close control... Consider other people...

Emergency Advice

**FOR SEARCH AND RESCUE:
DIAL 999 AND ASK FOR THE POLICE
OR ON THE COAST ASK FOR COASTGUARD**



In an emergency:

- Personal safety comes first!
- Treat any injuries as best you can.
- Keep warm – wear any spare clothing, insulate from the ground and find shelter.
- Clearly mark where the casualty is by using bright clothing or equipment that can be seen from the land or air.
- Keep your phone switched on and stay where you know you have signal – the Team may want to speak to you.

Getting help:

- If you need to get help, leave a member of the group to care for the casualty.
- Report the map grid reference and weather conditions where you left the casualty.
- Record details of the casualty's condition.
- Remember the international distress signal of six blasts on a whistle (or flashes of a torch) followed by a pause of one minute and then repeat.

CSRT provides inland search and rescue across all of Cornwall including towns, countryside and moorland – it survives entirely on voluntary donations. The team, and its dedicated members receive no payment or funding and are available any time, any weather, and anywhere.

If you are interested in joining the CSRT, making a donation or finding out more, visit our website www.cornwallsar.org.uk or write to us at the address below.

Leaflet produced through the kind support from Penrose Outdoors
Designed by Cornwall Search and Rescue Team - a member of Mountain Rescue (England & Wales)

Support Cornwall Search and Rescue Team – **make a donation..**

Using Gift Aid means that for every pound you give, we get an extra 28 pence from the Inland Revenue, helping your donation go further.

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Forename _____ Surname _____
Address _____
Postcode _____
Signed _____

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