



### Lakeland100 emergency action guide

In the event of finding a fellow competitor or a member of the public in a poor state of health you should follow this advice:

1. Use your phone to call 999, ask for mountain rescue and give them your grid reference, tell them you are part of the lakeland100 event. If you have no mobile you should make a note of the location and go to the nearest checkpoint.
2. If you see a fellow competitor, one person should stay with the casualty and the other competitor should go to the checkpoint.. tell any other competitors that you may see during this time (just in case the original messenger gets lost!). If you stay with a casualty, ensure that you stay warm also by using spare clothing and emergency blanket / bag.
3. If needed, use your whistle to attract attention and guide mountain rescue to you. Three short blasts followed by a pause and then 3 more short blasts is the recognised signal for distress.
4. Ensure that the casualty stays warm, keep them comfortable and provide fluids and food if required.
5. If the casualty drifts into unconsciousness, ensure that their airway stays open so they can breathe, this can be achieved by tilting the head back.
6. If YOU are the injured party or find yourself in distress, use your mobile (if you have reception) and call 999 to notify mountain rescue. Alternatively use your whistle to attract attention, take shelter and use spare clothing and emergency blanket / bag to stay warm and wait for help.
7. All competitors will be recorded as you pass through each checkpoint, **THIS IS YOUR RESPONSIBILITY TO ENSURE THAT YOU HAVE BEEN RECORDED**, please ensure that your number has been noted to prevent us starting any unnecessary search!