

MANAGING AN INCIDENT OR EMERGENCY ON AN EXTRA MILE WALK



Members of the Extra Mile Group are responsible for their own wellbeing.

Members are given a description of each walk so they can decide if it is appropriate for them. Members are asked to be cooperative and supportive of others especially if there is an unforeseen incident.

In line with insurance regulations for u3a activities, all members must provide the name of an emergency contact when they become a member. This information is added to the u3a Beacon Database. A list of these contacts will be carried securely in a wallet inside the Group Co-ordinator's rucksack. In the absence of the Group Co-ordinator, the Walk Leader for the day will carry the wallet. **Emergency contacts will only be phoned if the member requests this or if they are taken to hospital. Both with the member's permission.**

The Walk Leader will know where on the OS map the group is, if an accident has taken place. This would enable precise instruction re locality to the emergency services. In addition, the Group Co-ordinator has installed the 'what 3 words' app on her phone. The whole world 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. This may involve going to the nearest road.
 - **Group Co-ordinator (or Walk Leader if GC 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 Group Co-ordinator will inform the Committee and complete the written report.
- 5 In the absence of the Group Co-ordinator, the Walk Leader should report the incident to the Group Co-ordinator as soon as possible and pass on the Incident Report**

Contact details for u3a following an incident.

Chairperson	George Cantrill	01329 238429
Extra Mile Group Co-ordinator	Kathy Parker	07533 272089
Deputy Group Co-ordinator	Anna Wood	07970 110851