



Keswick Mountain Rescue Team

**1973 Report
27th Year**

Keswick Mountain Rescue Team (formed 1947)

Affiliated to the Mountain Rescue Committee

Officials and other Team Members

President:

Lt. Col. H. Westmorland, O.B.E., Retired Army Officer.

**Team Leader:*

G. Fisher, Mountain Equipment Specialist.

**Hon. Secretary:*

J. A. Wood, Chartered Accountant.

**Hon. Treasurer:*

K. Brannan, Company Director.

**Quartermaster:*

M. Nixon, Shop Assistant.

**Assistant Quartermaster:*

D. A. Weeks, Shop Assistant.

**Radio Officer:*

G. E. Gate, Schoolmaster.

**Hon. Medical Officers:*

Dr. J. D. Mitchell; Dr. M. R. Turnbull.

*A. Alcock, Boatman

*D. V. Angus, National Park Warden

C. E. Arnison, Solicitor

*C. Bacon, Mining Engineer

F. Barnes, Gardener

*Miss A. Batty, School Meals
Supervisor

*A. Bennett, Jeweller

*P. Denny, Schoolmaster

S. Edmondson, Farmer

*R. V. Fisher, Fine Arts Dealer

*D. Ferguson, Printer

*A. Ferguson, Company Director

*Miss T. J. Gradwell,
Schoolmistress

*G. Graham, Butcher

*W. Hall, Police Sergeant

D. Harper, GPO Technician

*M. Hendry, Waiter

*M. Hodgson, Student

*D. Hume, Schoolmaster

*R. Humphreys,

Sales Representative

*P. Jarvis, Veterinary Surgeon

*D. Langford, Hotel Proprietor

*M. Miller, Schoolmaster

*F. Mills, Decorator

†*W. R. Neate, Chartered Accountant
Mrs. V. Nixon

*J. D. Oliver, National Park Warden

*M. Phillips, Local Government Officer

*N. Pritt, Shop Assistant

*D. Reay, Police Constable

*G. E. Reid, Police Constable

*R. Rutland, Student

*R. Scott, Schoolmaster

*I. Smeaton, Mountain School
Instructor

*B. Spencer, Schoolmaster

*J. G. Stoddart, Engineer

*P. Thorburn, Civil Engineer

*I. Wallace, Dentist

Mrs. J. Weeks

**Denotes member on call-out list*

†Editor, Annual Report

Hon. Auditors

Messrs. Ward & Pridmore
Keswick

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Apart from basic medical supplies the Team is dependent on voluntary support to finance its purchase and maintenance of the wide and sophisticated range of equipment used in modern rescue techniques. A call-out service is provided 24 hours per day throughout the year and all members give their services free. Proficiency in mountaineering and first aid are conditions of membership.

Cover Photograph: Lowering practice, Woden's Face. Photo: M. Miller

Shepherds Crag-Black Spot 1973

Accident locations in any year are generally fairly widespread and do not follow any particular pattern, although a spell of severe weather will often account for several on the high ground in the Scafell area. However, the weather in 1973 cannot be blamed for the considerable increase in climbing accidents at Shepherds Crag. No less than five incidents in the year occurred here, including three in one week in October. The worst case suffered chest and spinal injuries; some of the others were lucky to escape as

lightly as they did.

It should be borne in mind that there is very rough ground in places at the foot of the crag, particularly in the 'Chamonix' area, where three of the accidents happened. Although Shepherds is a low crag close to the road, with fairly short climbs, it should not be treated as a practice ground. Because it is close and quick, it is not difficult to imagine accidents happening through rushing an extra climb before going home. If this is so, it's just not worth the risk.

Hon. Secretary's Report

John A. Wood

The Team flourishes: I think that may well be said in view of the 40 call-outs we attended during 1973. The number of call-outs continues to be high; far higher than we would wish. The Incident Report is set out on pages 8 and 9 of the Annual Report and it will be seen that far too many of these incidents could have been avoided.

It is the old, old story! Incidents created by people ignorant of or failing to observe the basic rules of mountaineering. Obviously there will be cases which are genuine accidents and which possibly can never be avoided, but far too many fall outside this, e.g.

- (a) benighted (8 cases in 1973).
- (b) children separated from adults.
- (c) failure to keep to stated route or to leave proper record of movements.

There are other incidents too, which are created through foolishness or thoughtlessness, such as solo scrambling on quarry faces and failure to report safe arrival when overdue. We estimate that nearly half of the calls we dealt with last year need not have happened.

Detailed statistics of the call-out strength of the Team over its many years of existence are not readily available but I feel that the present strength must be

as high as it has ever been. At 31 December 1973 we have a total of 48 members, of whom 41 are on the Call-out List. Several members left us during the year due to the calls of business and other interests. We thank them all for the services they have given. The departures have fortunately been more than made up by the new members joining the Team and there is a gratifying enthusiasm shown by all.

The issue of specialised equipment to Team members is referred to in the Team Leader's review of the year. I think this free issue is an excellent idea. Practices and lectures have been well attended and these are also referred to in the Annual Report.

By way of social activities we had our Annual Dinner-Dance in February, and last November we organised a Social Evening with a tatie-pot supper and dance. This was attended by many team members and by members of the Cocker mouth and Langdale/Ambleside rescue teams. This function enabled us to meet members of other teams off-duty and could well become a regular event.

Finally, we thank everyone who has so generously supported us during the past year and wish you safe and happy climbing in 1974.

Hon. Treasurer's Report

K. Brannan

I am again happy to report a year of sound financial progress for the Team. All our regular sources of income continue to flourish and have shown increases over the previous year, as can be seen from the accompanying accounts (page 12). Particularly notable are the collection boxes, which have done well and while thanking all those who help by accepting these boxes on their premises we must be especially grateful to those who carry the six or eight 'top boxes', which provide the bulk of this income. Included under the heading of collection boxes, as previously, is the money collected in the lucky dip in George Fisher's Mountain Equipment Shop, prizes by courtesy of Mr. Holden, Buchanan Booths Agency.

We also extend thanks to our regular patrons and supporting organisations. We are naturally keen to encourage new patrons and to this end Deed of Covenant and Banker's Order forms are provided with this Report. Remember, a seven year (or longer) covenant enables the Team to recover Income Tax (currently 3/7ths of the amount received) on the annual donation.

Major items of expenditure for the year included repairs to motor vehicles, printing the Annual Report

and insurance of the lives of Team members while engaged on practices (when not covered by the group policy of the Cumbria Constabulary) and animal rescues. The principal expense of the year has been the provision of special items of mountain and survival equipment for Team members, a practice long established for Scottish rescue teams but there paid for through the Scottish Office.

For the forthcoming year we expect some further expense on personal equipment and we hope to extend the Team's headquarters at the ambulance station adjacent to the central car park, providing storage accommodation and an operations room with our static radio equipment, telephone etc. At the time of going to press we have received approval of our application to the Keswick U.D.C. for these new premises. Lastly, funds permitting, there is a need for some sort of minibus-type personnel carrier, as the landrover ambulances are more or less committed to carrying patients and an ever increasing quantity and complexity of equipment.

Thanks finally to our Honorary Auditors for their continued assistance and advice.

The Police and Mountain Rescue

Bill Hall

The protection of life is one of the basic principles of police work and therefore the police have a fundamental interest in all aspects of mountain rescue. The majority of police forces however are neither sufficiently trained nor equipped to carry out certain life saving functions, e.g. rescue at sea, underwater rescue in lakes, rivers etc. and such life-saving is often performed more efficiently by a voluntary body. Such is the case with mountain rescue in the Lake District. The rescue of injured persons on the Lake District fells is generally carried out by one or more of the eleven volunteer rescue teams. There are however a number of police officers who are members of these teams and who take part in rescue activities in their spare time.

The Police Authority provide insurance cover for mountain rescue team members whilst engaged on rescues and also during a limited number of practice sessions. The Home Office is now prepared to give assistance with the maintenance of radio equipment used by rescue teams. In addition police assistance is often given in calling-out team members.

It will be seen therefore that there is close co-operation between the police and mountain rescue teams and this is exemplified in the searches which are mounted for persons reported missing from home and believed to be on the fells. Here the search is co-ordinated by a search panel made up of representatives of the Lake District teams, Search and Rescue Dog Association and the Police. Whilst the mountain rescue teams muster large numbers of people competent to carry out a widespread search of the fells, the police are able to provide a mobile search headquarters and additional radio communication facilities. In addition the police are able to make enquiries over a wide area in connection with the background and relatives of the missing person, making full use of all present day methods of communication. It is normal for a senior police officer to be at the search headquarters to act as Press liaison officer, dealing with all Press enquiries in connection with the missing person and the progress of the search.

I have tried to illustrate in this article the co-operation between mountain rescue teams and the police, each striving for the same objective — the preservation of life.

Youth Groups

Some members of the Team have occasionally helped visiting Scout Troops with rock-climbing and guided walks over the higher fells. This is not an established practice but we suggest to leaders of youth groups and similar organisations that, when existing weather conditions (and particularly the forecasts) are unfavourable for walking or climbing, we can offer an interesting and worthwhile alternative.

This would be a visit (approximately 1 hour) to

the Team's headquarters, where our sophisticated equipment would be displayed, along with a talk on rescue procedures, and discussion on route planning etc. We hope that this offer will help to prevent complete disappointment if the day's mountaineering activities have to be cancelled, and that it will be in the interests of all concerned. Contact F. Mills. Telephone Keswick 73187.

Team Leader's Review

George Fisher

Although the weather this last year has been very favourable, in that there has been very little cloud or bad weather, our call-outs have kept their average. In the 40 call-outs, we had 13 searches and 7 rock-climbing accidents.

This year we decided to issue certain items of equipment to team members. It is absolutely essential, especially in winter and extremely bad weather conditions, that we make quite certain that all our members have the best type of exposure clothing. It was decided that there would be three items that a team member could be issued with – a Polar Suit, a Duvet and a pair of boots. The majority of members took up the offer of a Polar Suit and a Duvet. After nearly thirty years this is the first time that the Team has helped its members and I personally think it is long overdue, as most members' privately-owned equipment does get quite a hammering on rescue work. I think one of the most important things is that the Team is equipped properly, as one of the risks for a member is night searching in very extreme winter conditions.

Another risk we have to tackle more and more is rescues from mine shafts in the Lake District. There are too many of these air shafts unguarded and near tourist routes. It was suggested at one of our meetings in 1972 that we should have a special type of framework designed, to be used for lifting out of mine shafts. This I think is essential but we are still without this equipment. However, I gather that a body of young engineers are hoping to come up with some-

thing. In the past we have had about half a dozen calls when the Team has had to go down one of the air shafts. All these have been rather precarious and dangerous, in that the sides of these shafts and the woodwork, etc. are absolutely rotten. The only way to go down them is to have a large plank and to lower the rescuer from the centre of it. What we are looking for is some type of framework in very light but strong metal, maybe three pieces which could be joined together in a tunnel, so that the injured person could be pulled up above the actual mine floor.

There is a good possibility that we shall have our Operations Room functioning in a few months' time. This will be a tremendous help in co-ordinating our call-outs. We visualise a room which would be fitted out with high-powered wireless, maps and all required information, manned by experienced controllers. It is now essential that we do get our Operations Room, as it is very difficult with the Police Station being locked overnight. Should we get a call-out which doesn't come through the Police we would first of all have to try and contact the Patrol Man to open up, to let us use our base set, and this would be very inconvenient.

The Team's strength at the moment is very good. A lot of this is due to Mike Nixon, who has given a lot of time to practices throughout the year. Several new items of first aid equipment and rescue equipment have been added to the Team's list and have been used this year, proving successful.

Animal Rescues

During 1973 we carried out five animal rescues, including cragfast sheep and the recovery of a dog which had fallen 60' down a disintegrating mineshaft. This shaft, which is situated on a walkers' path on the west flank of Catbells, above Little Town, is currently adequately fenced off as regards human beings.

The dog, however, managed to leap the barrier and slipped on the loose edge of the shaft. He emerged with no more than ruffled dignity after being bundled into a net and pulled up like a sack of coals.

See also page 11.

Mountain Rescue Dogs

Geoff. Reid

The thought of mountain rescue dogs usually conjures up a picture in the mind's eye of a great big lumbering St. Bernard trudging through the snow somewhere in the Alps complete with brandy cask around its neck. These dogs originate from the famous St. Bernard Hospice situated on the Great St. Bernard pass 8,200 feet above sea level on the frontier between Switzerland and Italy. It is thought that the dogs were brought to the Hospice somewhere around 1665 and they were used not as avalanche dogs, but were sent out from the Hospice to meet travellers and by breaking a trail through the snow they led the travellers to safety.

The use of Red Cross dogs in the First World War for finding wounded soldiers in 'no man's land' at night during the lull in fighting and the use of dogs in the London Blitz in the Second World War, together with an incident in Switzerland in the winter of 1937/38 lead to the modern-day rescue dog.

A group of people was buried alive in an avalanche and after an extensive search all but one of the victims had been found. A terrier dog called 'Moritzli', who belonged to one of the rescuers went to an area already searched and started to bark and whine. That area was searched again and the last victim was found still alive. As the result of this incident four German Shepherd Dogs were trained in the techniques of avalanche rescue for the Swiss army by a dog trainer from Berne. After the war the Swiss Alpine Club took on the responsibility of training and organising the dogs for their rescue network.

In 1963 Hamish MacInness B.E.M., Leader of the Glencoe Mountain Rescue Team attended a course in Switzerland for rescue dogs and their handlers. On his return he trained two German Shepherd Dogs, 'Rangi' and 'Tiki', and in 1965 the Search and Rescue

Dog Association was formed. It became so widespread, with dogs based in most mountain and moorland areas of Britain, that in January 1972 it was divided into three branches — England, Scotland and Wales. The three branches work very closely together but each is now responsible for running its own training programme and raising its own funds.

Rescue dogs are now based in most countries throughout Scandinavia, Western and Eastern Europe, America and Russia and they are controlled by the International Federation of Rescue Dog Associations, which has its headquarters in Vienna.

For search and rescue work in Britain, as in other countries, the dogs are classified into three groups, 'A', 'B' and 'C', the highest grade being 'C'. Some dogs have the letter 'M' after their classification and this denotes that the handler is a mountaineer and that both he and his dog are competent on rock and ice and well able to look after themselves in the worst of weathers. The best type of dog for this work must be large enough to negotiate deep snow and must have a good nose. The German Shepherd Dog is the dog most widely used but other breeds such as the Border Collie and Labrador have been used with success. The handlers include rescue team members, farmers, shepherds and police officers. At present there are over 50 dogs based throughout the British Isles.

The Rescue Dog depends on Air Scent to locate the missing person. If the person is buried in snow or missing at the height of summer when many tourists have been walking on the hills it is impossible to work on ground scent as does a police dog. The novice dog attends a training course either in Glencoe, Snowdonia or the Lake District. These courses are held in winter

and the dogs are taught avalanche rescue as well as open country search work. On completion of their training they are attached to local rescue teams for use in search operations. Every two years the dog attends a further training course to be either re-tested or up-graded, as well as attending local training throughout the year.

The speed at which a dog can locate a victim is still the fastest of all the methods in use today. At a recent demonstration a person was buried in snow in a 25-yard square. The traditional method of searching by probes was employed first. This involves a line of searchers inserting probing rods six feet into the snow at intervals of one foot — the person was found in 28 minutes.

The second method demonstrated was the use of a metal detector which acts on impulses from metal objects carried by the person; in this case he was located in nine minutes. A rescue dog was then given a chance and within 30 seconds had located the person and was digging down to him! In general it is estimated that a dog is equal to 20 trained searchers

and in conditions where the victim is likely to be covered by snow its potential is much greater.

Rescue dogs are purchased by their handlers, who pay for their upkeep. The Association is a registered charity and depends on public donations to exist. The rescue dog service is given free of charge (in fact some handlers lose wages when attending searches). The cost of running the Association is considerable and the money raised from the public only just pays for the running of the annual training courses. It is estimated that it costs about £300 to train a rescue dog to a decent standard. Despite this members are very keen and the dogs can be summoned simply by contacting the local police — a call which every handler is bound by unwritten law to answer.

Keswick Team has two fully trained dogs attached to it and one novice. The trained dogs are 'Varney', a German Shepherd Dog, and 'Tam', a Border Collie. 'Varney' is graded 'B'M and 'Tam' 'A9'M and they are owned and handled by Geoff Reid and Mike Turnbull, who are both team members. The dog at present undergoing training is 'Sally', a Labrador owned by Ian Wallace, another team member.

Photo: M. Miller



New Medical Equipment

M. R. Turnbull

During last winter a series of meetings was held, incorporating lecture-demonstration in first aid, as applicable to mountain rescue, and demonstration of rescue equipment. Several up to date practical medical aids were assessed, of which the following were considered desirable and were subsequently acquired.

HARE full leg splint. This is very much akin to the Thomas leg splint used in the management of fractures of the femur. It is however more compact (and therefore more portable), adjustable to the size of the casualty and very rapidly assembled.

Spinal splint. Two splints as carried by most civil ambulances were constructed in light-weight wood by a local firm and generously given to the team. Such a splint is invaluable in the management of spinal injuries, splinting the spine so as to minimise any aggravation of the injury sustained. Lifting the casualty on to the stretcher thus becomes a relatively simple and less dangerous procedure. It is used in conjunction with a cervical collar splint.

Exposure sack. Consideration was given to the management of exposure cases, especially those suffering from severe exposure and hypothermia, and in a critical condition. It is now recognised procedure

amongst Scottish teams to 'go to ground' with exposure patients, as being the safest form of treatment. Consequently, an 'exposure sack' was devised to enable a few rescuers to bivouac with the patient until improvement in his medical condition would permit a safe carry and transfer to hospital.

Entonox. The use of morphine or fortal as an analgesic can in many instances be detrimental to a casualty's general condition, especially if given by intramuscular injection to a patient in a state of shock. Entonox is a gaseous mixture of Nitrous Oxide and Oxygen in equal parts, contained in a cylinder. It is administered to, or by, the casualty, on demand via a demand valve and a mask. This mixture is extremely safe, being that administered to women in labour and also carried by most, if not all, civil ambulances in Scotland. The safety factor is perhaps the most important advantage of Entonox over morphine or fortal. The equipment is however relatively bulky and heavy (approx. 14 lbs.).

During May-July, weekly outdoor meetings enabled the team to practice not only rescue techniques, but also to familiarise themselves with the newly acquired medical aids. Some of these have already been used on rescues and have fully come up to expectations.



*HARE full leg
splint.
Photo: M. Miller*

Training and Methods

Mike Nixon

With an influx of new members we decided to hold weekly practices for a month; keenness carried us on for three months. First and foremost we practised Stretcher Management; this is of paramount importance. Setting-up, handling a casualty, lowering, carrying – all these actions must be efficient and automatic. We practised with the Tragsitz harness, whereby a rescuer carries the casualty pick-a-back and is lowered by rope or steel cable. All this was combined with general work on a rock-face, such as abseiling* and 'jumaring'* (blood, sweat and tears of laughter). We rounded off with a map and compass session and a trip through the Seathwaite mines, where numerous people have fallen in. All told we learnt a lot, particularly how to work together, which is the meaning of a team, and we had many a good laugh.

Rescue techniques can vary in detail according to circumstances and preferences. Here are some of ours:

We avoid horizontal stretcher lowers. Although we practised them in the past, we see no value in them on our short lowers. They are time-consuming and technically more complicated to set up than a vertical lower.

We tie the 'barrow boy'* to the stretcher, instead of belaying him on a separate rope. He must not leave the patient, under any circumstances, and an extra rope only complicates matters on the lowering ledge. Where practicable a third rope can be tied to the stretcher.

We use the Tragsitz whenever possible and leave the stretcher at the foot of the crag. This is quicker and simpler.

We slide the stretcher as much as possible on the way down. This can be done even on scree but requires alert and well-trained personnel. Combined with short lifts over obstacles and good route-finding (worked out over the years) there is considerably less work for us and more comfort for the patient. The old-fashioned Thomas stretcher is still the best for this and, in two halves, still one of the easiest to carry to the site of an accident.

A team member has to be very fit, as large loads are carried up and down. He must have a good local knowledge of the fells. He has to be prepared and willing to go out in any weather and at any time, day or night. Ideally every member has to be competent to take charge on crag rescues; hence our practices.



Tragsitz practice, Woden's Face

Photo: M. Miller

**Abseiling – sliding down a fixed rope. 'Jumaring' climbing a fixed rope with Jumar (or other) clamps. 'Barrow boy' – person who guides the foot of the stretcher during a vertical lower, one rope being attached to each corner of its head.*

Incident Report 1973

Date and Time	Persons Involved	Cause of Accident/Incident	Location of Search or Rescue	Action Taken	Nature of Injuries
1/2 Jan. 10 p.m.	Man and woman	Benighted, and woman injured leg on boulder	Esk Hause	Overnight search, intensified at first light. Discovered in Langstrath at 8 a.m. Taken to Keswick Hospital	Woman had severe leg lacerations
2/3 Jan. 10 p.m.	Two men and one woman	Benighted	Scafell Pike	Overnight and first light search. Found returning safely, Taylor Gill, 9 a.m.	None
10 p.m.	Solo walker	Benighted	Grains Gill	Overnight and first light search. Found returning safely, Esk Hause, 10-15 a.m.	None
17 Jan. 3 p.m.	Man	Leading climb, fell 60'	"Wodens Face" Bowderstone Crag	Taken to Keswick Hospital and transferred Cumberland Infirmary	Fractured elbow and ankle
18 Feb. 9 a.m.	Man	Benighted. Reported missing overnight	Cat Bells	Found returning safely Goldscope Mine, Newlands, 12 noon	None
24 Feb. 9 a.m.	Four men	Failed to rendezvous with colleagues in Keswick	Borrowdale	Search made for car. Turned up safely in Newcastle	None
10 Mar. 2 p.m.	Boy in school party	Found separated from party and injured, having fallen on rough ground	Base Brown	Taken to Keswick Hospital and transferred Cumberland Infirmary	Head lacerations and fractured lower arm
18 Mar. 2.45 p.m.	Woman	Leading climb, fell 30ft.	"Shepherds Chimney", Shepherds Crag	Lowered from ledge, taken to Keswick Hospital and transferred Cumberland Infirmary	Fractured ankle and suspected spinal injury
3 Apr. 4 p.m.	Woman	Slipped on wet snow	Walla Crag	Taken to Keswick Hospital	Fractured ankle
8 Apr. 3-30 p.m.	Man	Slipped on ice on summit crag and fell 50ft.	Glaragara	Evacuated in blizzard. Taken to Keswick Hospital and transferred Cumberland Infirmary	Head and facial lacerations, suspected shoulder injury
4 p.m.	Two boys from school party	Became separated from party	Stonethwaite Fell	Returned safely within the hour	None
13 Apr. 2-30 p.m.	Youth in school party	Became cragfast while scrambling	Quayfoot Quarry	Lowered from crag	None
14 Apr. 4 p.m.	Woman	Slipped on snow into gill	Brunt Gully, Great End	Was extricated by companions shortly afterwards	None
15 Apr. 3 p.m.	Girl	Twisted knee on rough ground	Lining Crag, Greenup	Taken to Keswick Hospital	Sprained knee
17/18 Apr.	Man	Solo walker reported missing from guest house	Seatoller, Langstrath	Following a Panel meeting an intensive search including local and RAF Teams was instituted. Found near Red Tarn, Helvellyn, having fallen	Fatal
23 Apr. 7 p.m.	Man	Struck by falling rock on scree	Ullock Pike	Taken to Keswick Hospital and transferred Carlisle	Scalp lacerations
12 May 3 p.m.	Man	Collapsed on fell-walk	Blease Fell, Blencathra	Taken to Keswick Hospital and transferred Cumberland Infirmary	Stroke, proved fatal
12 May 7 p.m.	Two women and one man	Woman slipped on wet ground and was immobilised. While awaiting rescue in poor weather, her companions suffered exposure	Allen Crag	Taken to Keswick Hospital detained overnight	Fractured ankle, exposure
20 May 4-30 p.m.	Man	Leading climb and fell 100ft. Second attempted to hold him	"Ardus", Shepherds Crag	Taken to Keswick Hospital and transferred Cumberland Infirmary	Chest, spinal and head injuries. Second suffered rope burns

prepared by Jennifer Gradwell

Date and Time	Persons Involved	Cause of Accident/Incident	Location of Search/Rescue	Action Taken	Nature of Injuries
26 May 8-30 p.m.	Man	Leading climb, fell 150ft.	"Lodore Groove", Gowder Crag	Lowered from crag in tragsitz-harness. Taken to Keswick Hospital and transferred Cumberland Infirmary	Fractured metacarpel, lacerations of scalp and leg
30 May 12-30 p.m.	Youth from school C.C.F. party	Collapsed on expedition	Lonscale Fell, Skiddaw	Taken to Keswick Hospital, but not detained	Exhaustion
29 Jun. 2.55 p.m.	Woman	Slipped on wet grass	Walla Crag	Taken to Keswick Hospital	Fractured tibia/fibula
10 Jul. 6-30 p.m.	Army Cadet	Collapsed on expedition	Sticks Pass, Raise	Taken to Keswick Hospital but not detained	Exhaustion
13 Jul. 6-15 p.m.	Man	Collapsed and died while fell-walking	Esk Hause	Recovered body	Heart attack, fatal
17 Jul. 9 a.m.	School group	Eleven children and one teacher missing overnight in bad weather	High Street	Following Panel meeting, called in to assist with search but group turned up safely at 9-30 a.m.	None
26 Jul. 8 p.m.	Man	Fell 15' down slimy slab in gully	"Jinny Bank", Seathwaite	Taken to Keswick Hospital and transferred Cumberland Infirmary	Head and spinal injuries
11 Aug.	Woman	Tripped and fell	Blea Tarn	Taken to Keswick Hospital	Dislocated shoulder
12 Aug. 3 p.m.	Man	Drowned while swimming	Blackmoss Pot, Langstrath	Recovered body	Fatal
30 Aug. 5-30 p.m.	Woman	Slipped on wet ground	Sourmilk Ghyll	Taken to Keswick Hospital and transferred Cumberland Infirmary	Fractured tibia/fibula
5 Sept. 5 p.m.	Man	Became cragfast, while attempting to rock-climb	Quayfoot Quarry	Lowered to ground	None
9 Sept. 4-30 p.m.	Child	Believed missing on fells	Seathwaite	Found safely	None
7 Oct. 3-30 p.m.	Woman	Hold gave way and struck woman while climbing	"Bluebell Wall" Shepherds Crag	Taken to Keswick Hospital transferred Cumberland Infirmary but not detained	Shock
8 Oct. Midday	Man	Man missing overnight	Langdale	Following Panel meeting, team called in to assist with search, but man turned up safely	None
13 Oct. 3-30 p.m.	Man	Reversing rock-climb, lost footing and fell 15' on to ledge	"Shepherds Chimney", Shepherds Crag	Lowered to ground, taken to Keswick Hospital and transferred Cumberland Infirmary	Fractured tibia/fibula and shock
14 Oct. 3-15 p.m.	Youth	Second fell 60'	"Shepherds Chimney" Shepherds Crag	Taken to Keswick Hospital, but not detained	Shock
10 Nov. 11-30 a.m.	Woman	Slipped on wet grass	Wythburn Ghyll	Taken to Keswick Hospital,	Sprained ankle
17/18 Nov. 3.40 p.m.	Five Youths	Duke of Edinburgh award expedition failed to rendezvous with supervisor at checkpoint	Watendlath	Search intensified next day, but boys turned up safely at next check point	None
24 Nov. 7-30 a.m.	Man	Missing overnight in bad weather	Langstrath/ Greenup	Called in to assist Eskdale O.B. School, but turned up safely in Wasdale, at 8.30 a.m. having been benighted	None
29 Dec. 9 a.m.	Man and Woman	Missing overnight on fells between Elterwater and Buttermere, in very bad weather	Langstrath/Esk Hause/Sty Head	Team searched all day. Turned up safely in Wasdale having been benighted	None
31 Dec. Midday	Woman	Slipped on icy grass	High Rigg, St. John's in the Vale	Taken to Keswick Hospital. Transferred to Cumberland Infirmary	Fractured ankle

Total - 40 incidents (1972-29), including 4 fatalities (1972-1)

Appreciations

'I would like to donate £10 towards the Keswick Mountain Rescue Team to aid them in the services they provide for climbers and walkers. I have been saving this money out of my paper round wages for the past year and as a climber would like to show my appreciation to the Team for the good work that they continue to do ...'

'I would like to take this opportunity to thank you [. . .] for getting me off Shepherds Chimney. I cannot tell you how relieved I was when your rescue team arrived ...'

'... This is just a small way of showing our heartfelt appreciation of the great work you are doing. The need for this work was brought home to us as ramblers when one of our party broke her leg [. . .] We have

heard of your work but we certainly know now how well you do it and we all feel we must try to help in some way.'

'... I am intensely grateful and thankful to you for your prompt and efficient help and realise that although it was impossible to save *his* life, your selfless and dedicated service must have been instrumental in saving lives before and will save lives again. ...'

'The enclosed £5 is a donation to the funds of Keswick Mountain Rescue Team. I had to call on the services of the police when my husband failed to return from a walk in the mountains round Honister. They were most helpful and kind - but fortunately my husband found his own way home. This is because your services were *not* required - thank goodness.'

'Rescue 2000 A.D.'

D. Oliver

In this article I have attempted to assess the mountain accident increase rate from now until the turn of the century. Whilst I am aware that the figures I am quoting will vary, on past evidence it must be accepted that there is going to be a rise in numbers. The list I have used as a guideline is the Lake District Mountain Accident Annual Report.

The number of incidents reported in 1962 was 69. By 1972 the total had risen to 111 - an increase of 42. This is slightly more than 4 per year (incidents can of course involve more than one person). Multiplying this average annual increase by 27 [years], the total by 2000 A.D. could be as many as 220 call-outs per year. What is probably a vital point arises. Will teams be able to cope? What is the limit to which 'voluntary' labour can be taken? Obviously quite a lot of us will be elderly and will have retired to the 'sidelines'. Should we start training the younger members as leaders, or are the present administrators satisfied that team leadership will blend into their ability as time progresses.

Other points of interest - during 1972 Ambleside/Langdale were the busiest team with 27 call-outs.

Keswick came next with 25* - but they had the busiest month (April) with 6 call-outs. Outward Bound M.S., Ullswater was third with 18 call-outs. There was the occasional month when teams were inactive. Another very interesting point is that call-outs in March, April and May 1972 showed an increase (sometimes double) on the same period of 1971. In contrast, the months July - September (the 'peak' holiday period) of 1972 showed a decrease on the previous year†.

Regarding equipment, I am sure that most of today's gear will still be 'standard practice' in 30 years' time but some will have improved beyond all concept. At the time of writing [Autumn 1973] it is reported that the Royal Navy now have a helicopter capable of flying in bad weather. Who knows, by the 21st century such an aircraft may be able to fly in any weather to the scene of an accident and be on call for mountain rescues. Only time will tell.

*Keswick's final list for 1972 totalled 29 - Ed.

†In 1973 the March-May period was again busier than July-September. See Incident Report, pages 8 and 9. - Ed.

Improvised Rescue Techniques

Bill Neate

Little or no attention seems to be consciously paid by climbers in general to methods of extracting themselves from difficult situations, by utilising equipment available on the spot. This is possibly because until recently the information was not readily to hand. The appearance of a new book devoted solely to this subject is therefore doubly valuable. The author, who is Deputy Principal at Glenmore Lodge, is one of the very few people qualified to review existing practices.

The book provides complete coverage of the subject, in that it starts with the basic knots used in rope management (even this provides a useful memory-refresher) before proceeding to the more complicated matters of hoisting and lowering, such as prusiking devices, karabiner brakes and improvised tragsitz harnesses. There is also a chapter on pitons and other belays on rock, snow and ice. The chapter on improvised stretchers and carries completes the picture but it must be borne in mind that rope stretchers and the like are far from ideal for transporting a seriously injured person and could aggravate his condition considerably if used indiscriminately.

Any climber who has been to the Alps knows that although the principles of crevasse rescue are simple enough, it requires quite a lot of practice and forethought initially to act automatically and correctly in emergency. The same obviously applies to improvised rescue techniques, many of which are analogous to crevasse rescue. If mountain rescue teams need regular practice, even with their accumulated experience and ideal equipment, it must be that much more important for other climbers to practice with 'home-made' devices.

The title of this excellently illustrated 94 page book is *Improvised Techniques in Mountain Rescue*, written and published by Bill March, from whom copies can be obtained, c/o Jack Thompson, Cairngorm House, Aviemore, Invernesshire, price £1*. It deserves to be read by all climbers, including rescue team members, as there may be occasions when they too will have to fall back on their own devices.

**Price may be post-free but postage (approx. 11½p) would no doubt be appreciated.*

Sheep Rescue

Mike Nixon

Mike shouted down 'do you want me to come down and give you a hand?' 'O.K.,' I said, 'this blasted lamb is going to jump off. I'll have to stop and let it get used to me'.

Mike abseiled down and wedged himself just above me. We were in a bottomless groove looking down 100' to Des who had guided us down to the lamb and ewe by radio. The lamb was just to my left and I could see far below, when the mist cleared, Val and Chris looking for Alpines in Ruddy Gill.

Stan had rung up two days previously to ask if any of the Team could come up to Great End Crag to get the lamb and ewe off, as he was particularly worried about the lamb separated from the ewe on a very small ledge and he didn't think it would last much longer. So we set off at 7 p.m., six of us, laden down with ropes, slings, etc. and trudged up Grains Gill.

I don't know how the lamb had stayed on the ledge; it was only three square feet and sloping about

30 degrees. I made a grab and Mike and I roped it into the net. Then we lowered it down to Des. The ewe next — we didn't have much time as it was then 9.30 p.m. Neil and I managed to get it cornered, it charged between us and Neil did the most superb rugby tackle. Good job it was a broad ledge; we both slithered a good way before we had it on its back. It was too far to lower to the bottom from there, so the three of us pushed and heaved it to the top.

Val waved from the bottom; she and Chris were going down. Des met us with the lamb and it was good to see the lamb and ewe re-united. It was getting dark fast now so we belted down to the head of Grains Gill where we had left the torches and realised what Val had meant by waving. I thought it meant she was going down but it was a 'taking the torches' wave. It's a good job we can see in the dark.

Thanks, Nancy, for that great whisky at the Farm!

BALANCE SHEET as at 30 November 1973

LIABILITIES		ASSETS	
1972 £	£	1972 £	£
ACCUMULATED FUND:		STRETCHER EQUIPMENT	
As at 30th November 1972	5,011	As at 30th November 1972 ...	396
Deduct:		Less: Depreciation ...	40
Balance from Income and Expenditure Account	<u>302</u>		
5,011	4,709	396	356
		RADIO EQUIPMENT	
		As at 30th November 1972 ...	1,358
		Purchases this year ...	<u>77</u>
			1,435
		Less: Depreciation ...	<u>287</u>
		1,358	1,148
		GENERAL EQUIPMENT	
		As at 30th November 1972 ...	701
		Purchases this year ...	<u>172</u>
			873
		Less: Depreciation ...	<u>87</u>
		701	786
		LAND ROVER AMBULANCES	
		As at 30th November 1972 ...	800
		Less: Depreciation ...	<u>160</u>
		800	640
		CONSUMABLE STORES	
		As per Valuation ...	80
		80	80
		BALANCE AT BANKERS:	
		Current Account ...	725
		Deposit Account ...	<u>902</u>
			1,627
		PREPAYMENT ...	
		4	4
		34	68
<u>£5,011</u>	<u>£4,709</u>	<u>£5,011</u>	<u>£4,709</u>

We have compared the Balance Sheet and Income & Expenditure Account with the relative Books and Vouchers and find same to be in agreement.

WARD & PRIDMORE,
Chartered Accountants,
Hon. Auditors.

Keswick.
17 January 1974

INCOME AND EXPENDITURE ACCOUNT for year ended 30 November 1973

<u>Year to 30.11.72</u>						<u>Year to 30.11.72</u>					
<u>£</u>		<u>£</u>		<u>£</u>		<u>£</u>		<u>£</u>		<u>£</u>	
	MOTOR VEHICLE EXPENSES:-										
46	Insurance	46		228	Patrons' Subscriptions	231					
45	Petrol & Oil	52		460	Donations	493					
160	Repairs and Maintenance	133		110	Grants from Local Authorities	120					
19	Garage Rates, Rent & Electricity	<u>12</u>		591	Collecting Boxes	759					
270			243	23	Bank Deposit Interest	52					
141	Consumable Stores		75	34	Income Tax Recoverable on Covenanted Donations	34					
12	Maintenance of Radio Equipment		12								
9	Insurances: Equipment	-									
	Insurances: Personal		90								
15	Radio Licences		15								
70	Printing and Stationery		131								
9	Postages and Sundry Expenses ...		4								
	EXCESS OF INCOME OVER EXPENDITURE										
920	FOR YEAR CARRIED DOWN ...		1,119								
<u>£1,446</u>			<u>£1,689</u>		<u>£1,446</u>					<u>£1,689</u>	
473	Depreciation of Vehicles and Equipment		574	920	Balance Brought Down	1,119					
-	Personnel Equipment		847	-	Balance Carried to Accumulated Fund	302					
447	BALANCE CARRIED TO ACCUMULATED FUND		-								
<u>£920</u>			<u>£1,421</u>		<u>£920</u>					<u>£1,421</u>	

List of Patrons 1973

R. A. Andrews
Mrs. J. Lazarus Barlow
Monica Barry
K. & R. Bennett
N. Bland
Mrs. C. A. Boyd
C. Browne
F. R. Cashmore
F. R. Chaplin
Miss M. Chaplin
Miss N. Chew
Dr. E. Coupland
Mrs. S. A. Crofts
E. L. Cummings
Mr. & Mrs. J. Currie
A. Dixon
Miss J. Dixon
J. G. English
J. R. Files
Cmdr. & Mrs. F. M. Fox

G. B. Graham, Q.C.
Mr. & Mrs. Green
W. R. Hartland
Alan Hill
Miss B. L. B. Hill
Mr. & Mrs. P. E. Hinds
F. Hinkley
L. J. Huddart
Geo. Johnston
R. C. & Mrs. A. V. Jones
S. & G. Lamb
G. W. Lacey
Miss M. Leyland
Mrs. O. Lilley
S. Martin
T. Martin
D. C. Melvin
B. F. Miller
J. E. Miller
Mrs. A. Moore

Mr. & Mrs. C. D. Mudd
H. J. Mungall
Miss D. F. Neate
Mr. & Mrs. A. E. Newton
Mrs. M. Ogden
Capt. A. Apel Olsen
G. H. O'Brien
G. Parkinson
C. Riddough
Miss D. Ryall
Dr. E. L. Salingar
H. Smith
Mr. & Mrs. R. F. S. Smith
Mr. & Mrs. C. P. Sweeting
Mr. & Mrs. W. R. Taylor
G. R. Turner
G. Varey
The Bishop of Wakefield
Mr. & Mrs. W. Whelan
Mr. & Mrs. White
J. Banks Wivell

Rescue Box Sponsors 1973

Barclays Bank
Beckstone G. H.
Mr. Bickerstaffe (Briar Rigg)
Black Lion Hotel
Borrowdale Gates Hotel
Borrowdale Hotel
Brierholme G. H.
Burleigh Mead G. H.
Cartmells Shoeshop
Central Hotel
Chaucer House Hotel
Coledale Hotel
County Hotel
Crosthwaite Garage
Dalehead P.O.
Denton House
Derwent Bank C. H. A.
Derwent Head Cafe
Derwent Hill
Derwent Caravan Site
Derwentwater Hotel
G. Fisher, Mountain
Equipment
R. Fisher, Fine Designs
Farmers Arms
George Hotel
Glamara C.H.A.
Golden Lion Hotel
Grange Cafe

Grange Hotel (Grange)
Grange Hotel (Manor Brow)
Miss Hall (Lingholm)
Harney Peak Hotel
Hawse End
Hazeldene Hotel
Heights Hotel
Keswickian Restaurant
Keswick Travelodge
Keswick Hotel
Keswick Y.H.A.
Kings Arms Hotel
Kings Head Hotel
Lake Hotel
Lakeland Rock Shop
Lakeland Sheepskin Centre
Lakeside House
Ladstock G.H.
Langstrath Hotel
Laurel Bank G.H.
Legburthwaite Y.H.A.
Manesty Caravan Park
National Trust Inf. Centre
Orchard House G.H.
Pack Horse Inn
'Pantry' Restaurant
Pheasant Hotel (Bassenthwaite)
Portinscale P.O.
Redmaynes, Tailors

Rickerby Grange G.H.
Rosthwaite P.O.
Royal Oak Motel (Braithwaite)
Salutation Hotel
Scafell Hotel
Seatoller Farm
Seatoller House
Shemara G.H.
Silverdale Hotel
Skiddaw Hotel
R. Stallwood, Hardware
Strathmore G.H.
Stubbs Outdoor Sports
Sun Inn
Swan Hotel
Swinside Inn
Tantivy Restaurant
Thornleigh G.H.
Thornthwaite Galleries
Towers Hotel
Townleys, Chemists
Treeby & Bolton
Troutbeck Hotel
Twa Dogs Inn
Underscar W.T.A.
Watendlath Cafe
Whitehorse Inn
Yew Tree Cafe

List of Donors and Supporting Organisations 1973

Ashton & Dist. CHA/HF Assn.
 G. A. Bennett
 British Deaf Assn.
 Carlisle & Dist. CHA/HF Assn.
 Miss M. E. Cleworth
 Cockermouth R.D.C.
 Cumberland County Council
 Joyce M. Davis
 Deaf Mountaineering Club
 R. Duffy
 Mr. & Mrs. H. Duffy
 C. R. Evans
 J. M. Evans
 Fell & Rock Climbing Club
 Forest Hill School
 Heinemann Educational Books
 J. R. Holligan
 Mr. & Mrs. Hubbard
 J. A. Jeffrey
 Miss E. Kerry
 Keswick Business & Professional
 Womens Assn.
 Keswick & District Licenced
 Victuallers Assn.
 Keswick Mountaineering Club
 Keswick Rambling Club
 Keswick School

Keswick Table Tennis Club
 Keswick U.D.C.
 Lake District Mountain Accidents Assn.
 Lake District Mountain Trials Assn.
 1st Lemington Scout Group
 London Mountaineering Club
 C. A. Locker
 Manchester Corporation
 G. A. Muir
 Norwest Rambling Club
 M. O'Hara
 Polaris Mountaineering Club
 Quicksilver & Quince
 Miss G. Redmayne
 Andrew Rigby
 H. Robinson (Threlkeld)
 St. John's Family Fellowship
 Scafell Hotel
 Spilsbury Youth Group
 Miss M. Staniforth
 Tricouni Club
 Mr. & Mrs. A. Watters
 Hedley Walter School
 Wayfarers Club
 Mrs. Weir
 Whitby & Dist. Ramblers Assn.
 T. Zwemmes

Subscriptions under Deed of Covenant

Benefit to the Team. The Team is able to recover tax deducted at source from annual payments under a seven-year deed of covenant. For example, with a standard rate of income tax at 30 per cent. a net subscription of £3 per annum under deed would be increased to £4.29 by the recovery of £1.29 tax.

Bankers' orders. The Team welcomes the payment by standing order of subscriptions under deed; a banker's order form is provided and it is recommended that this be completed and sent to the Hon. Treasurer with the duly executed deed, for registration and forwarding to the bank concerned.

Certificate of deduction of tax (R.185). In the absence of a record of payment by banker's order, an annual reminder is sent to the subscriber, accompanied by a form R. 185 for completion and return with the sub-

scription. Where the subscription is known to be paid by banker's order, the form R.185 is sent subsequent to the credit to the Team's bank account.

Payment in advance. Tax cannot be recovered in respect of a payment made prior to the date of execution of the deed. Therefore the date of the first payment on the banker's order must be after the date of the covenant.

Cessation of liability. The scheme applies to subscribers who pay income tax at the full standard rate on the gross amount of the subscription and the covenant automatically terminates on the death of the subscriber, leaving no liability on the executors.

Persons not subject to tax. Subscription under deed is inappropriate to a person who has no income subject to U.K. income tax.

I,
(in capitals)

of.....such sum to be paid

HEREBY COVENANT with the Trustees of the Keswick Mountain Rescue Team, at Corthill, Portinscale, Keswick in the County of Cumberland, that for a period of seven years from the date hereof or during my life whichever will be shorter I will pay each year to the aforesaid Trustees such sum as will after deduction of Income Tax at the standard rate for the time being in force leave in the hands of said Trustees a net sum of (in words).....
such sum to be paid from my general fund of taxed income so that I will receive no personal or private benefit in any of the aforesaid period from the paid sum or any part thereof and moreover I state that the first annual payment shall be made by me to the said Trustees not later than the

(a).....day of.....19.....

IN WITNESS whereof I have hereunto set my hand and seal this (b).....day of.....19.....

SIGNED, SEALED AND DELIVERED by the above-named.

(Signature).....
in the presence of



Signature.....
of Witness

Address.....

(a) This date must be later than the date of signing (b)

Occupation.....

To.....BANK LIMITED

.....Branch19.....

Please make payments at debit of.....account in accordance with the following details:-

TO: MIDLAND BANK, Keswick Branch Code No. 40 - 26 - 06

FOR ACCOUNT OF THE KESWICK MOUNTAIN RESCUE TEAM
ACCOUNT No. 60498173

AMOUNT £ : DATE PAYABLE.....

FIRST PAYMENT.....LAST PAYMENT.....

Signed.....

Help us to help YOU

Every year incidents occur through thoughtlessness or ignorance of basic safety precautions. We don't want this to happen to you. To help you enjoy the mountains in safety the Lake District Mountain Accidents Association is publishing a new leaflet entitled 'Fell-walkers read this . . .', Copies are available free from A. M. Dobson, Pout Howe, Kentmere, Kendal, Westmorland. Please get a copy and read it.

† † † †

If you are unlucky enough to be involved in an accident, you or another should go to the nearest telephone – dial 999 and ask for the Police. Tell them where you are telephoning from (and the number) and give them the details (place, position on crag, cause, nature of injuries, persons involved) as accurately as you can. It is important that someone who knows the details should stay by the telephone until help arrives. The Police may need to call back and it is essential that the rescue team should be able to speak to the informant before setting off to the scene of the accident.

Make sure YOU know what to do!

Outline Map of Lake District showing approximate
Area covered by Keswick Mountain Rescue Team

