

## In case of emergency card

PLEASE CARRY ON ALL WALKS

### Personal Details

Name:

Address:

DOB:

### Emergency Contact

Name:

Relationship:

Telephone:

### Medical Information

Conditions & Allergies:

Medication:

## Contacting the Emergency services

#### In an area with road access

- Call 999 and ask for an ambulance.

#### In a remote area

- Call 999 and ask for the Police – ask them to call Air Ambulance or Mountain Rescue.
- No phone signal, try Emergency SMS text to 999.

#### In a remote area with no phone signal

- Ask members of the group to seek help.
  - Only split the group if absolutely necessary
  - Try to keep a minimum of 3 people in any group.
- Shout/signal for help
  - International Distress Signal - 6 whistle blasts/torch flashes, repeated every minute.
- Wait until your emergency contact raises the alarm

#### In an emergency give:

- Your location
- Details about the incident and casualty
- The number of people in your group
- Your mobile number
- Anything that will help identify your group

[suffolkramblingclub.org.uk](http://suffolkramblingclub.org.uk)