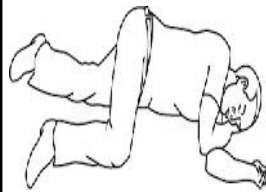


| DIRECTION * DISTANCE * DURATION * DESCRIPTION | | | | | | | | | |
|---|-------|------|------|------|---------------------|------|------|---------------------------------------|-----------------------------------|
| Distance in Metres | | 6kph | 5kph | 4kph | 3kph | 2kph | 1kph | DOWNHILL + 0.5 minute per 10m contour | UPHILL + 1 minute per 10m contour |
| | 1000m | 10 | 12 | 15 | 20 | 30 | 60 | | |
| | 900m | 9 | 10.8 | 13.5 | 18 | 27 | 54 | | |
| | 800m | 8 | 9.6 | 12 | 16 | 24 | 48 | | |
| | 700m | 7 | 8.4 | 10.5 | 14 | 21 | 42 | | |
| | 600m | 6 | 7.2 | 9 | 12 | 18 | 36 | | |
| | 500m | 5 | 6 | 7.5 | 10 | 15 | 30 | | |
| | 400m | 4 | 4.8 | 6 | 8 | 12 | 24 | | |
| | 300m | 3 | 3.6 | 4.5 | 6 | 9 | 18 | | |
| | 200m | 2 | 2.4 | 3 | 4 | 6 | 12 | | |
| | 100m | 1 | 1.2 | 1.5 | 2 | 3 | 6 | | |
| Time taken in Minutes | | | | | | | | | |
| 1:25000 - 1mm = 25m | | | | | 1:50000 - 1mm = 50m | | | | |
| double paces to 100m REMEMBER TO ADD FOR CONDITIONS | | | | | | | | | |

| First Aid Emergency Procedures | | |
|--|-------------------------|---|
| D | Danger | Keep yourself safe, look, if poss approach from below |
| R | Response | Call out to the casualty, ask questions, pinch shoulder |
| A | Airway | If no response is the airway clear, roll to side to clear if poss |
| B | Breathing | listen & look for breathing, 10 seconds - 2-3 breaths |
| C | CPR compressions | 30 compressions to 2 breaths. 4 fingers above breastbone |
| Scene Management | | Keep rest of group safe ** Get HELP if poss.** Location**Casualty Card |
| Bleeding | | Clean- pressure with sterile pad, raise above heart, bandage to stop bleeding |
| Broken Bones | | Examine, clean & stop bleeding, support & immobilise |
| Hypothermia | | Warm - clothes & drink & circulation - Shock - lie down, raise legs |
| Secondary Survey | | Symptoms - Allergies - Medication - Past History - Last Food - Events |
| Notes | |  |
| Children - 2 fingers for compressions | | |
| Asthma - All blue inhalers are same, crouch leant forward position | | |
| Always 999/hospital if any unconscious episode | | |
| Don't under estimate value of empathetic response | | |