CAVE RESCUE ORGANISATION RESCUE 2017 Incidents attended during 2016





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Volunteers, saving lives above and below ground in the Yorkshire Dales, North Lancashire and SE Cumbria

A busy year...

Like 2015, 2016 has also proved to be a memorable year for the Cave Rescue Organisation, but for different reasons. Despite the lack of diversity in the type of calls received compared to the previous year, 2016 did however set yet another record for the number of calls received, and also for our 4000th 'customer', (Incident 62).

With 99 team callouts plus 4 for our dog handlers in other team areas, we have for the first time stepped into the 'uncharted territory' of callout numbers in three figures. This volume of calls now has the potential to cause us issues (if the trend continues) - we are all volunteers, with family and work commitments, and whilst we coped with all that 2016 threw at us, it has to be said that in terms of available personnel, sometimes it was only just coped!

It has been suggested that it could be worthwhile providing help and advice at the main access points to our hills and countryside, to educate and prevent incidents happening in the first place. And indeed, it sounds like an idea worth exploring, but who exactly should provide this service? We already take the opportunity to encourage good practice in both caving and surface activities whenever we meet the public, be it at displays, open days or group visits to view our Depot. But given the time we already expend in training, fundraising, maintaining our equipment, and of course— attending the incidents, you won't be surprised to hear that there is little appetite amongst our members for giving up more of their time.

Perhaps signage and advice boards could be erected? Well—no, that isn't something that most outdoor enthusiasts would welcome or encourage. For most people, the draw of areas like ours is to escape the regulation and direction so common to our urban environments. Although, of necessity, this has happened to a limited degree due to the popularity of events (like the Three Yorkshire Peaks Challenge offered by so many charities as a fundraising activity) which encourage large numbers of people from urban areas with little experience of the wilder parts of our country to visit areas such as ours. Perhaps organisers of such events (Incident 28?) have a responsibility to ensure those that they lure into wild places are properly equipped and prepared? Or should it be a matter for individuals themselves?

We can offer no definitive answer, except perhaps point to one area of activity where better training, better preparedness and improvements in technique have led to a significant year on year reduction in incidents—and that area is, of course, caving. Despite these improvements, CRO still train and prepare for our core role, as well as providing cover in the event of incidents on the surface. Fewer incidents won't mean we can relax our vigilance...

ABOUT THE INCIDENTS ATTENDED DURING 2016

Incident Categories

We categorise incidents as: 'Cave' or 'Mine'

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'Mountain':-Walker/Other person Fell Runner Cyclist Climber **'Animal'**

'Local Incident'. For clarity, local incidents are divided into:-Assist Police or
Assist Ambulance
'Alerts':-

Incidents without a number prefix are 'alerts', where 'action' went little or no further than the CRO Duty Controller, with no 'boots on the ground'. A call is recorded as an 'incident' only when team members are called out and are at least *en route*.

TOTAL INCIDENTS ATTENDED IN 2016 = 99

78 'mountain rescue' incidents

6 'cave/mine rescue' incidents

7 'animal rescue' incidents (3 underground, 4 surface)

8 'local' incidents (team's specialist skills utilised on-road/urban locations)

Plus 10 alerts for overdue cavers and walkers or specialist advice given to Police which did not require a call out.

Total volunteer hours attending incidents: 2850 + 12 hours for alerts.

All incidents are in North Yorkshire unless otherwise stated.

Incidents During 2016

JANUARY

01. Jan. 3rd Sun 13.02 Scar End, Ingleton – Mountain Rescue

A walker (m, 47) slipped on the track between Kingsdale and Twisleton Hall, sustaining a painful knee/upper leg injury. He was very cold. After the leg was splinted and he was given pain relief, he was taken by CRO Land Rover to a Yorkshire Ambulance Service road ambulance for transport to hospital.

02. Jan.16th Sat 17.08 Clapham – Settle area – Local Incident

A walker (m, 40) was reported overdue, five hours after setting off to walk the 7 miles along roads from Clapham Station to Settle, in light snow conditions. His family had done one sweep of the roads and CRO members had begun a second, when he turned up at his week-end accommodation, not far from Clapham Station.

03. Jan. 30th Sat 13.39 Airton – Mountain Rescue

A walker (f, 69), sustained a suspected fractured ankle whilst walking with a group in fields near the River Aire. CRO responded to the casualty's location, carried out first aid and splinting, and then stretchered the casualty to an ambulance at Town End, Airton for transport to hospital. Because a second call to another casualty was received as the team arrived at the scene, 4 members of Prawle Coastguard Cliff Rescue Team (South Devon), who had attended just to observe, were utilised to assist with the stretcher carry.

04. Jan. 30th Sat. 14.09 Attermire Scar, Settle – Mountain Rescue

Just as the team arrived on scene at the previous incident, another call was received to a casualty (f, 19) with a lower leg injury. One of the responding vehicles was diverted to this second casualty and further personnel

Enjoy the magazine.

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were mobilised from the team's base at Clapham. The team administered first aid and then stretchered her to a team vehicle for transport to a road ambulance at Stockdale Lane.

FEBRUARY

Aug. 6th Sat. 23.30 Pippikin Pot/ Mistral Hole, Easegill, Cumbria -Alert only.

A group of cavers was reported overdue on a Pippikin - Mistral through trip. Other cavers wished to go look for them before there was a full call-out. Almost three hours later, they reported that contact had been made, that the party had been delayed when one of their number had difficulty in this notoriously tight pot, but that all were now safely on the way to the surface.

05. Feb. 7th Sun. 16.24 Ingleborough 🏾 🏹 - Mountain Rescue

A walker (f, 65) was reported to have slipped and broken an ankle 'three-quarters of the way up Ingleborough, from Chapel le dale' (She had actually just descended the steep path, down to Humphrey Bottom.) She was soon located, given pain-relief, splintage and a heated waistcoat, before being evacuated by stretcher in what was developing into a blizzard. She was then taken by CRO Land Rover to the road-head, for transfer to a road ambulance.

06. Feb. 7th Sun. 18.43 Ingleborough 🏌 - Mountain Rescue

Two Three Peaks walkers (m. 26.25), having walked up past CRO members as they were treating the patient in the previous incident, continued to the summit, where they were overwhelmed by a blizzard. After their 999

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call had been received, it was not possible to contact them to clarify their position. Once the previous patient was safely in the Land Rover, four CRO members returned up the hill and searched the summit plateau, in 'white-out' conditions. The 'mispers' had been unable to reach the summit shelter, but were soon found. They were wet and very cold. Each was given extra clothing, energy bars and a decent head-light, before being guided down to Crina Bottom, to meet the CRO Land Rover.

07. Feb. 19th Fri. 15.47. – Whernside 🛚 🏹 - Mountain Rescue

Two Three Peaks walkers reported themselves in difficulty and frightened near the summit of Whernside (the second peak). Conditions on the day included some snow showers and heavy rain. Following a discussion with them on their mobile phone and the use of SARLOC to obtain a GPS location for them, a Land Rover and team members were dispatched to collect the pair.

08. Feb. 20th Sat. 14.42. -Ingleborough – Mountain Rescue

A walker (f, 57) lost her map and called for help, between Ingleborough and Park Fell, in low cloud and strong winds. She was able to give a grid reference, from her mobile phone, but was otherwise 'lost'. A small group of CRO members walked up to her and guided her to safety.

09. Feb. 20th Sat. 18.27 -'It's a cracker!', Leck Fell, Lancs. - Cave Rescue

Three cavers (m, 19,21; f,21) were left underground on a Boxhead Pot to It's a cracker! exchange trip when they missed their way and were inadvertently overtaken by the de-rigging party. Those returning to the surface were adamant that everyone was out, so a fell search was begun. A CRO party also went underground and found the missing people, cold but otherwise unharmed. A Coastquard helicopter set out from Caernarfon to assist in the surface search, but was stood down en route.

MARCH

10. Mar. 11th Fri. 14.53 Long Kin East, Ingleborough -Cave Rescue

The team was called to a caver (m. 55) who had become suspended and stuck fast whilst descending Long Kin East. As the team's cavers were arriving at the pot entrance, the caver emerged at the surface, having managed to free himself.

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11. Mar. 12th Sat. 12.15 Crina Bottom, Ingleborough -**Mountain Rescue**

A walker (f, 20) was reported to be collapsed and becoming hypothermic, approaching Ingleborough summit. On reaching the casualty, two of the team's casualty carers administered first aid and began warming her, while other team members prepared for a stretcher carry. She was then stretchered down towards Crina Bottom to drop below the cloud base, so that she could be taken to hospital by Yorkshire Air Ambulance.

12. Mar. 15th Tue. 10.42 Meal Bank Quarry, Ingleton -Animal Rescue

A farmer was concerned for a ewe, in lamb, which had become stranded on a ledge on the quarry face. A small party abseiled down to the ledge from above and were able to encourage the sheep to 'self rescue' up the craggy gully down which she had approached the ledge.

13. Mar. 19th Sat. 13.11 -Malham Cove – Mountain Rescue

A climber (m, 19) fell 3 metres onto rocks, sustaining a fractured ankle. The casualty was accessed from the lower tier, where his injury was splinted and he was put into a titan stretcher. This was then carried along the ledge and down the slope, secured by a belay, before being placed in a CRO vehicle for transport to Town Head Farm, where he was transferred to a road ambulance.









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14. Mar. 20th Sun. 17.23 Pen-y-ghent/

A walker (f, 39) descending from Pen-y-ghent, missed the footpath to Brackenbottom, and continued south towards Stainforth. Having called for help, she was telephoned by the Duty Controller, who was able to talk her down to the B6479 at Stainforth. From there, a local team member conveyed her back to Horton in Ribblesdale.

15. Mar. 23rd Wed. 13.38 – Meal Bank, Ingleton – Animal Rescue

A sheep was reported to be stuck on a ledge, above the quarry. A team of four members attended; as they began to descend, the sheep (the same one as last week?) performed the same self-rescue act, returning to the field. Until next time?

APRIL

Apr. 1st Fri. 22.46 Horton in Ribblesdale – Alert only



Concern was expressed for two walkers (m, 20) who were over two hours overdue from completing the Three Peaks Walk. As the Police were contacted, the walkers turned up safe and well.

16. Apr. 3rd Sun. 15:07 Malham Cove – Mountain Rescue

A visitor (m, 66) was reported to be suffering chest pains at the base of the Cove. When CRO arrived, air and road ambulance crews were already in attendance. Team members carried the casualty on a stretcher to the air ambulance, which took him to the village car park, where team members again transferred him to the road ambulance.

17. Apr. 10th Sun. 13.46 Runscar Cave, Ribblehead – Cave Rescue

A young caver, (f, 12) became physically stuck as she exited Runscar. Despite numerous attempts, her own party failed to extricate her. Team members responded and were able to manoeuvre her and effect her release, uninjured.

18. Apr. 10th Sun. 15.20 A65, Newby – Local Incident

Returning from the incident at Ribblehead, a CRO vehicle came across a road traffic collision involving a motorcyclist. Team members provided initial first aid and called both Police and Ambulance services. When the Ambulance crew arrived, team members handed over to them and returned to base.

19. Apr. 11th Mon. 19.03 Ingleborough – Mountain Rescue

Two walkers (f, 30,32) reported themselves lost coming off Ingleborough towards Horton in Ribblesdale. Contact with them by mobile phone established that they were descending into Chapel le Dale from Park Fell. They were eventually met at the Hill Inn. Shortly after picking up the two walkers, and as the team vehicle was making its way towards Horton, a Police officer flagged the vehicle down and asked CRO to transport a further two walkers (m,33, f30) who had also gone astray, back to Horton.

20. Apr. 12th Tue. 15.05 Whernside – Mountain Rescue

A member of a D of E expedition group (f, 17) sank into a bog and became trapped, on 'Whernside, east of Deepdale', CRO teams searched the area around their last known location, but had difficulty locating them due to poor visibility. Regular contact with the party by phone and assistance from Great North Air Ambulance, which attempted to spot the party, eventually led to the group being discovered east of Whernside Tarns. The girl was dug out of the bog and was warmed prior to being airlifted to hospital by a Coastguard helicopter (GNAA being short of fuel). The rest of the party was escorted off the fell to Ribblehead and handed over to the expedition supervisors.

21. Apr. 13th Wed. 13.17 Janet's Foss, Malham – Mountain Rescue

A walker (m, 69) was reported to have fallen and suffered an ankle injury on a wooded



22. Apr. 15th Fri. 14.07 Malham Cove – Mountain Rescue

A walker (f, 70) damaged her left knee after slipping on the wet limestone pavement on top of Malham Cove. Team members made her comfortable and the Yorkshire Air Ambulance crew tended to her injury. She was then carried by stretcher to the air ambulance, for an airlift to hospital.

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23. Apr. 20th Wed. 13.10 Thorney Rigg, Kingsdale – Animal Rescue.

A caver was unable to free a sheep stuck in a 4' deep rift near Turbary Road. Team members were able to release the sheep using small hand tools and bring it to the surface.



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CAVE RESCUE ORGANISATION

24. Apr. 27th Wed. 11.30 Malham Cove – Mountain Rescue

A walker (f, 15) was reported to be unconscious '1 mile north of Malham Cove'. The map reference given placed the casualty in the Irish Sea! Attempts to verify the location by other means were unsuccessful, so members were asked to meet at the information centre at Malham. As the first team vehicle arrived, the ambulance crew reported that they had located and were treating the casualty, whose own party had walked her down to Cove Road from the steps to the west of Malham Cove. The team was stood down.

25. Apr. 30th Sat. 13.15 Whernside – 🧳

Two competitors in the annual Three Peaks Race were in difficulty in bitterly cold conditions, at the summit of Whernside, one with apparent hypothermia, the other with a loss of sensation in the left leg. The marshall called for CRO assistance and a team met the cold runner, who was already descending. The other runner made his own way down to Chapel-le-dale and both then retired from the race.

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MAY

26. May 2nd Mon. 14.30 Malham Cove – Mountain Rescue

A walker with medical problems (f, 73) was reported to be feeling faint, on the steps to the top of Malham Cove. An Ambulance crew walked her down to their vehicle before CRO members arrived on scene. Team stood down.

27. May 6th Fri. 09.11 Ribblehead – Mountain Rescue

Police searched for a person missing from home (f, 27) and known to be at serious risk. She was found unharmed on the viaduct embankment by a Police dog handler as CRO members and a SARDA dog searched adjacent areas.





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28. May 7th Sat. 17.43 Whernside – Mountain Rescue

Two Three Peaks walkers (both f, 16) were reported missing, having turned round near the summit of Whernside, five hours earlier, intending to return to Ribblehead. Their organiser had issued them with a 1:70,500 'overview' map, downloaded from the internet (because "They cannot read a map."). One with a medical problem had left medication in the organiser's car. As CRO members were deploying, the missing girls turned up in Horton in Ribblesdale, safe and well. Unknown to their organiser, they had joined an unrelated group to walk over Ingleborough and complete the walk.

29. May 7th Sat. 20.11 Ingleborough – Mountain Rescue

Two Three Peaks walkers (both m, 20) called for an ambulance, saying that one was unable to continue ('legs seized'), that they were 'at the base of Ingleborough' and 'can see the B6479'. Their phone was then unavailable to calls and texts from the CRO duty controller. As a local CRO member was covering the road between Selside and Horton, the licensee of The Old Hill Inn, Chapel le dale, rang to say that they were there, but that they were adamant that it was The Crown, at Horton in Ribblesdale. CRO and YAS stood down.

While scanning the hillside above Horton for these two walkers, a local CRO member saw lights near Beecroft Hall. Investigation revealed a group of six, so determined to complete the Three Peaks unaided that they were carrying one of their party to the finish. That's what friends are for!

30. May 7th Sat. 21.06 Ingleborough – Mountain Rescue

A Three Peaks walker (m, 24) pulled a hamstring, descending from Ingleborough to Simon Fell Breast. His four companions helped him as best they could, but realised

they would not make it to Horton in Ribblesdale. With CRO on the way, they reached Sulber Nick, where they were met by CRO and transported off the hill.

31. May 10th Tue. 15.21 Ingleborough 👮 - Mountain Rescue

While descending the bridleway from Ingleborough to Ingleton, a walker (f, 68) tripped, a few hundred metres above Crina Bottom. She sustained facial, wrist and suspected rib injuries and was treated by paramedics from the air and land ambulances. She was then carried by stretcher to a CRO vehicle, which transported her down to an ambulance waiting on Storrs Common.



Incident 31 - Team members stand by whilst the casualty is assessed by paramedics

32. May 14th Sat. 13.00 Malham – Local Incident

A fell-runner (f, 15) became ill, after completing a fell-race. She was treated by a CRO member and recovered in about half an hour.

33. May 14th Sat. 15.18 Pikedaw Hill, Malham – Mountain Rescue

A runner (f, 41) competing in a fell-race, tripped and fell, descending from Pikedaw Hill, sustaining shoulder and knee injuries. After 'packaging' by CRO members, she was lifted by air ambulance, then transferred to a road ambulance for transport to hospital.

Training, Training.

An essential part of the commitment for team members is to be thoroughly trained for the circumstances we may meet, and for the equipment that we use.



34. May 14th Sat. 17.57 Swinetail, J Ingleborough – Mountain Rescue

A Three Peaks walker (f, 18) stumbled / slipped while ascending the hill, sustaining a suspected ankle fracture. When she had been given pain relief and the leg had been splinted, she was carried down the steep path, then to a CRO vehicle for transport to a road ambulance, waiting in Chapel le dale.

35. May 21st Sat. 17.57 Nature Trail, Clapham – Local Incident

A local man was taken ill on the Nature Trail. CRO members used a team vehicle to return him to Clapham and hand him over to the ambulance service personnel.

36. May 22nd Sun. 14.37 Malham Cove – Mountain Rescue

A visitor (f, 42) having left her mobility scooter in order to get nearer to the foot of the Cove, became incapacitated. After giving her pain relief, CRO members and ambulance personnel helped her return safely to Malham.



In June we trialled new vacuum mattresses, designed to protect casualties with suspected spinal injuries, in any position. We have since purchased these to replace our ageing originals. With built in head and cervical support, they do away with the need for separate head blocks.

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37. May 24th Tue. 12.03 Janet's Foss. Malham – Mountain Rescue

A walker (m, 88) slipped or stumbled on the path through the wood, 100m below Janet's Foss. In doing so, he grabbed his daughter (59) for support and they both fell. He sustained a hip injury and she a knee injury. Both had their injuries immobilised before being carried by stretcher to road ambulances near Gordale Bridge. An air ambulance also attended.

Thanks to the lads of the Army Foundation College, Harrogate, for their help with both carries.

38. May 25th Wed. 14.48 Swinetail, Ingleborough – Mountain Rescue

A walker (m, 50) dislocated his left kneecap, high up on Ingleborough. CRO members immobilised the leg, gave him pain relief and put him onto a stretcher. He was carried and 'sledged' down to a CRO Land Rover, driven to the road-head and transferred to a Yorkshire Ambulance Service road ambulance, waiting in Chapel-le-dale.

May 28th 16:46 Tosside N.Yorks./ Lancs. border – Alert only

Yorkshire Ambulance Service asked for assistance when someone fell from a bridge into the beck. Very quickly, however, they were advised that there was road access, so a rescue team was not needed.

39. May 30th Mon. 16.26 – Malham Cove – Mountain Rescue

A walker (f, 37) went over on an ankle, coming off the bottom of the Cove steps. After pain relief and splinting, she was taken by CRO vehicle down to Malham village for transfer to a road ambulance.

Incident 40 - one mucky lamb, safely above ground...

JUNE

40. Jun. 7th Tue. 17.55 Dike Green, (**Ribblesdale – Animal Rescue**

A farmer who had a lamb trapped in a small culvert, was unable to extricate it. A small party of team members was dispatched to attempt the recovery. The lamb was stuck in a 15" diameter disused culvert, where it had gone to seek some shade and then got stuck, moving deeper underground, as it was unable to turn around. Attempts to hook the lamb with a crook attached to drain rods, plus a telescopic water rescue pole, were unsuccessful and the pipe proved too narrow for even our slimmest member to access! As light faded, the decision was made to suspend the rescue until next day. when a different approach would be tried. The following morning, with the assistance of a mechanical digger and local diggerdriver, the buried, even narrower end of the disused culvert (at the other side of the road!) was exposed. A rope was then passed all the way through the pipe and a cunningly modified barrel was attached mid-length, to act as a scoop-cum-plug, with which the lamb could be moved towards daylight. After several attempts, this method resulted in the lamb being brought to the surface, dirty and weak, but otherwise unharmed by its experience.



41. Jun. 9th Thu. 17.21 Three Peaks Walk – Mountain Rescue

The organisers of a charity walk expressed concern for two inexperienced walkers attempting the Three Peaks Walk, as part of an organised fundraising event, last seen on Pen y ghent at 10.30.

The duty controller quickly established that the walkers (m, 19,25) had no waterproofs, food, drink, map or compass with them just the clothes they started the day in. With the team on stand-by and a bit of detective work, they were found to have been seen at Ribblehead and in Chapel le Dale walking down the road to Ingleton. Eventually it was discovered they had re-traced their steps and had found the path up onto Ingleborough, where they made a navigational error and ended up in Ingleton rather than Horton in Ribblesdale at around 19.45. The walkers were checked over and given some advice. Although extremely sunburnt and tired, they were otherwise none the worse for their adventure.

42. Jun. 12th Sun. 19.03 Storrs Common, Ingleton – Mountain Rescue

A visitor (f, 79) slipped and fell on Storrs Common, having just completed the Waterfalls Walk. A local man called for an ambulance and alerted the team, knowing that access would be difficult for an ambulance. Team members carried out initial treatment of the patient and splinted her suspected arm and shoulder injuries, before stretchering her to an ambulance waiting in Ingleton.

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43. Jun. 13th Mon. 14.21 Masongill area – Mountain Rescue

A walker (f) slipped whilst climbing a stile, fracturing her neck of femur. CRO members assisted the ambulance crew by carrying her to a CRO vehicle, for transfer to a road ambulance.



A fell-runner reported seeing a lamb, about 10m down into Fern Pot, but couldn't recover it safely, on his own. A small team was able to do this and, with no ewe taking an interest, returned the lamb to its owner.

Jun. 18th 20.03 Three Peaks Walk

A Three Peaks walker was reported missing, several hours after saving he could not go on from Whernside, but would return to Horton because of a knee problem. He was alone, with no map etc.. The rest of the party continued. He rang his wife to say he was at 'Scale Farm, at the bottom of the mountain'. Chapel le dale was added to the information - incorrectly, as it turned out - somewhere along the line. Having completed the walk, two of his companions drove to High Scales and Low Scales, but found no-one. He had back-tracked about seven miles before stopping at Scale Farm, Horton in Ribblesdale. He waited there, on the doorstep, for over five hours, until the people who live there returned home and gave him a lift the two miles back to Horton.

45. Jun. 23rd Thu. 14.05 Malham Cove – Mountain Rescue

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A school student (f, 13) went over on an ankle, on the limestone pavement at the top of the Cove, aggravating an earlier injury. She was unable to walk, so was stretchered down to a CRO vehicle, taken to Malham car park and transferred to the school's minibus for transport to hospital.

46. Jun. 27th Mon. 13.48 Malham Moor – Mountain Rescue

A walker (m, 59) slipped from a stile while crossing a field boundary, injuring an ankle. He was taken in a CRO vehicle to the nearest public road for transfer to a road ambulance.

47. Jun 28th Tue. 17.47 Malham Cove – Mountain Rescue

A climber (m, 36) was unable to clip into the first bolt at the start of a route, before falling ca 4 metres on to a ledge and suffering a head injury. He was treated by Yorkshire Ambulance Service and air ambulance paramedics at the scene, before being carried from the crag on a stretcher by CRO members, then taken to hospital by air ambulance.

JULY

48. Jul 3rd Sun. 18.42 Oxenber Scar, – Mountain Rescue.

A climber (m, 31) sustained a badly dislocated/query broken ankle when the handhold he was using gave way, sending the piece of rock down onto his lower leg. He was able to do a controlled descent before calling for help. The climber was given first aid treatment and pain relief by team members, before being splinted and then carried by stretcher to the Yorkshire Air Ambulance which had landed at the top of the crag.

49. Jul 10th Sun. 18.50 Sulber Nick, Ingleborough – Mountain Rescue.

A Three Peaks walker (f, 50) slipped on wet limestone, injuring a knee, so that she could not continue. CRO responded, but thanks to the lack of mobile signal, her exact position could not be confirmed. However, a passing walker was able to assist with that and the 'casualty' was stretchered to a CRO vehicle and taken to meet a YAS road ambulance, near Selside.

50. Jul 12th Tue. 13.20 Giggleswick Scar – Mountain Rescue.

A climber (m, 61) was being lowered from the top of a climb by his second when a very large piece of rock became detached from the crag above him. The rock hit his head, caused a suspected fracture of his shoulder and abrasions to his back. He was treated at the foot of the crag by CRO members before being secured in a stretcher and winched up into a Coastguard helicopter for evacuation from the crag. He was then transferred to an air ambulance for his journey to hospital.

51. Jul 14th Thu. 14.51 Near Runscar Cave, Ribblehead – Mountain Rescue.

A caver (f, 19) fell after exiting the cave, landing on a rock and injuring her coccyx. She was given pain relief, packaged and stretchered to a CRO vehicle, then taken to a road ambulance for transport to hospital.

52. Jul 16th Sat. 16.17 Raven Ray, Ingleton Waterfalls Walk – Mountain Rescue.

A walker (f, 50) stepped down about 30 cm and her knee gave way under her, so that she could not continue the walk. CRO members immobilised the leg before carrying the patient to an air ambulance, for transfer to hospital.

53. Jul. 16th Sat. 21.38 Near Snow Falls, Ingleton Waterfalls Walk – Mountain Rescue.

A walker (f, 25) slipped on a rock or step, at about 8.30p.m. sustaining a suspected fracture of the right ankle, which she had injured once before. Her companion had no phone and tried running both down and back up the path looking for assistance for an hour, before finding a house with a phone. After giving pain relief and splinting the leg, CRO members carried the patient (by now it was dark.) to a waiting CRO vehicle, for transport to a road ambulance, which then took her to hospital.

54. Jul. 17th Sun. 17.51 Hull Pot, Horton in Ribblesdale – Animal Rescue.



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55. Jul. 17th Sun. 18.02 A65, Cleatop, Settle – Local Incident.

Yorkshire Ambulance Service requested assistance following a road traffic collision, saying that the patient was over a wall and that access was poor. On arrival, it was found that a car and occupants had cleared the wall into the edge of Cleatop Wood. While Police officers kept the traffic moving, CRO members assisted the paramedics in lifting the two patients – immobilised in case of back injuries – from the car, onto a stretcher. Each was then carried over the wall to a separate road ambulance for transport to hospital.

Meanwhile, back at Hull Pot

The following morning, a small group of CRO members descended into the open area of Hull Pot and engaged in a one-hour 'rodeo' with a large and very agile lamb. Having almost been fooled by a newly discovered CRO talent – Sean's mother sheep impressions – it then resorted to ledge-jumping, rock-climbing, 'turning on a sixpence' and retreating into cave entrances, before being wrestled into a postal sorting bag. It was hauled to the surface and released onto the open fell.

56. Jul. 23rd Sat. 20.26 Sulber Nick, Ingleborough – Mountain Rescue.

A walker (f, 40) was reported by a fellow walker to be unable to walk further, having nearly completed the Three Peaks Walk. A CRO vehicle with two team members went to 'Sulber crossroads' and found the walker to be tired and with extremely painful knees. As the casualty was being put in the vehicle, a second, similarly incapacitated walker (m, 48) was found nearby.

As a result, both walkers (and the two individuals who had stayed to help them) were taken in a CRO Land Rover down to Horton in Ribblesdale, where they were handed over to waiting friends/relatives.



Incident 54 - Well away from the pot! One agile lamb is released from the carry bag to continue enjoying the beatiful surface scenery of Pen-y-ghent...

57. Jul. 26th Tue. 14.41 Whernside _ Mountain Rescue.

A walker (m, 79) slipped and fell over while descending the summit ridge of Whernside. He sustained minor cuts to his head, a rib injury and grazing to his knee. He was cared for by CRO members and

carried by stretcher down to Bruntscar for transfer in a CRO Land Rover to a Yorkshire Ambulance Service team at the road head.

58. Jul. 26th Tue. 19.53 Ingleborough 🗾 – Mountain Rescue.

Two walkers (f, 30; m, 32) reported themselves lost on Ingleborough while trying to get back to Clapham. Contact was eventually established with them, and using SARLOC, their location was eventually confirmed as being Stone House, Selside. They were picked up and transported back to their car in Clapham.

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- Jul. 27th Wed. 22.42 Whernside - Alert only.

Three inexperienced walkers (25-30 years) were reported overdue from a walk on Whernside, without maps or torches. A SARLOC message (internet location, using their phone's GPS system) was sent, but five minutes after the initial call Police advised that they had returned, safely, to their campsite in Ingleton.

59. Jul. 30th Sat. 11.21 Malham Cove

A climber (m) fell approximately ten metres

from the East Wing of Cove, sustaining the suspected back and neck injuries. After assessment by Yorkshire Ambulance Service paramedics, he was placed in a vacuum mattress (whole-body splint) and on to a Bell mountain rescue stretcher. Because of the steepness of the ground and proximity to the Cove face, a Coastguard helicopter was called in from Humberside. This winched the stretcher from the ground and flew it to the top of the Cove, where the patient was transferred to an air ambulance for the flight to hospital.

Thanks to members of RAF Leeming Mountain Rescue Team for their help, while in the area for a training weekend, as well as to HM Coastguard and the Yorkshire Air Ambulance for their help.

Incident 59 - The HM Coastguard helicopter manoeuvers into position.

Settle Beavers **Sponsored Walk**

On the 11th July, voungsters from Settle Beaver Troop undertook a 'aruelling' walk around Clapdale, starting and finishing at our Depot, accompanied by team members, who fortunately didn't have to use any of their rescue skills!





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above. Go to the CRO homepage

www.cro.org.uk; on the top line,

hover over 'How you can help us',

then click on 'Fundraising' in the

menu that appears. After that, it's

JUST TEXT GIVING

Just Giving (www.justgiving.com), the on-line charitable giving service has proved a good source of income for CRO.

In 2011, Vodafone launched Just Text Giving, so anyone with a mobile phone can donate between £1 and £10 to CRO by text. So to give £5, you simply text CAVE11 £5 to 70070. Your donation will be acknowledged by text, which will also give you the opportunity to Gift Aid the donation, adding

24% from the tax-people to what you are giving. Re-claiming the tax is rather easier on a smart phone. The whole donation comes to CRO, as the service is sponsored by Vodafone. Anyone can use the on-line Just Giving system to create their own fund-raising page for CRO, whether for a specific fund-raising event or in memory of a loved one. It's easy: just





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60. Jul. 31st Sun. 14.40 Fluted Hole, Ingleborough – Animal Rescue.

A caver reported a lamb at the bottom of the 15m open shaft of Fluted Hole, A small CRO team confirmed this and rescued the animal, then, because it did not appear to be in tiptop condition, took it back to Bleak Bank Farm for attention.

AUGUST

Aug. 1st Mon. 15.27 Ribblehead -Alert only.

Yorkshire Ambulance Service requested assistance, following a report of a man 'passed out under Ribblehead Viaduct'. No sooner had the CRO duty controller advised YAS control that actually a road ambulance could drive to the viaduct, than CRO was stood down. The local post van had collected the patient and delivered him to The Station Inn - a First Class service from Royal Mail!

61. Aug. 2nd Tue. 11.31 Malham Cove - Mountain Rescue.

A walker (m, 69) was reported to have collapsed at Malham Cove, 'on the pavements'. The Yorkshire Ambulance Service paramedics assessed him, then waved off the air ambulance and stood CRO down, as the patient was at the gate on to the Malham Rakes road. Only one CRO member reached the patient before the 'stand-down', although eight others were en route.

62. Aug. 7th Sun. 23.27 Ingleborough – Mountain Rescue.

Three walkers (f, 37, 33; m, 33), having completed Ingleborough as part of a "Three Peaks" walk, reported themselves lost in darkness, rain and low cloud during their descent of the hill. They had straved a little way off the path near to Sulber, but were found by a CRO team at 1.00am and escorted to their own vehicle parked at Horton in Ribblesdale.

One of this group has the distinction of being CRO's 4,000th human 'customer'!

- Aug. 16th Tue. 13.52 Waterfalls Trail, Ingleton – Alert only.



Yorkshire Ambulance Service requested assistance, following a report that a boy (10) had collapsed with a medical condition. Location was very vague and, by the time it was confirmed, the patient had been moved to the main Falls car park, to meet the road ambulance.

63. Aug. 17th Wed. 16.12 Ingleborough - Mountain Rescue.

A walker (f, 59) was reported to be 'collapsed and dizzy, with vertigo' on Ingleborough and both road and air ambulances were en route. CRO's SARLOC was used to confirm the location (below the Swine Tail) and the patient's companion was asked about level ground where the air ambulance might land. CRO members waited at the road-head and then stood down when the air ambulance was seen to be able to effect the rescue. The air ambulance flew the patient down to Chapel le dale for transfer to the road ambulance.

64. Aug. 18th Thu. 10.02 Clapdale, Clapham – Mountain Rescue.

A caver (f, 54), walking up to Gaping Gill, sustained an ankle injury on the path just beyond Clapdale. Her leg was splinted and she was carried to a CRO Land Rover, then driven down to Clapham for transfer to a road ambulance and the trip to Roval Lancaster Infirmary.

65. Aug. 18th Thu. 15.06 Bank Bottom, Ingleton - Local Incident



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Smarter use of your smartphone

SARLOC

In several of our incident descriptions, you will see reference to 'SARLOC'. This is an application developed by a member of Ogwen Valley MRT, in North Wales. It is used by any search and rescue team, either to find someone who is lost (and wants to be found) or to confirm the location of someone who has reported an injury. The search and rescue team send a text, inviting the 'missing' person to respond via a web-site, so a data signal is essential. When instructions are followed, the phones location pops up on the team's on-screen mapping system.

OSLOCATE

338°

OS Locate

There are thousands of apps for mobile phones, many of which seem pretty trivial. However, one that could be very useful is 'OS Locate'; (other, similar apps are available).

As long as you have a map and know how to use a grid reference, you need never be lost in Britain. This free app, offered by Ordnance Survey, provides a six-figure national grid reference (i.e. accurate to 100 metres) for your position. It doesn't need a phone signal and includes a compass. It works from the phone's inbuilt GPS. It has the facility to send your position, with a text message, if you have a signal. You will find installation instructions at https://www.ordnancesurvey.co.uk/ shop/os-locate. OS Locate is a complementary tool for Ordnance Survey paper maps. You should always have an Ordnance Survey paper map and compass when exploring the great outdoors.

Batteries

Mobile phone batteries often expire just when they're needed most, so it goes without saying that you should always start a day on the hill with a fully charged battery. There are several ways of conserving battery energy:-

Several of you in a group? Turn off at least one phone, and save it for emergency use.

Set your phone to '2G only'. Mobile phone coverage in CRO's area is very variable, so if you're used to enjoying good 4G coverage, your phone may waste the battery by searching all day for such a signal.

Switch to 'Flight Mode' - you can still use installed navigational aids. Just switch to normal mode if you need to make a call.

Buy a reserve battery pack. Make sure it's charged, and don't forget the charging lead.

REMEMBER – phone navigational aids need power, so ALWAYS have an alternative to fall back on – an Ordnance Survey map and compass (and know how to use them).

That elusive signal

Finally, if all of your excellent planning goes wrong and you need help? No signal-no problem-possibly...

Texts will sometimes get through where a speech signal can't. **Register for 999 texting**see http://www.emergencysms.org.uk/registering_your_mobile_phone.php. You must preregister to use this service. Don't assume that your message has been received unless you get a message back from the Police (an SMS 'Delivery Report' does not mean your message has been received). It can take around 2 minutes for you to get a reply to your emergency message. If you have not received a reply within 3 minutes find another way to get help.

That elusive signal contined...

If your phone indicates **'emergency calls only'**, you can still make a 999 or 112 call for help on another network. You can get through to the emergency services, but they cannot call back to check the details they've been given or to give advice. In this situation, it's a good idea to call the Police again, five or ten minutes later, in case more information has been requested by the rescue team.

In poor weather, it makes sense to take shelter in, say, a shake-hole. Unfortunately, sheltering from the wind is also hiding from the mobile phone network, so the person with the phone should aim to gain height, for a better signal, rather than losing it.

And remember, whatever the emergency in wild/remote places:-

ALWAYS - 999 or 112 - ask for POLICE

They will coordinate the best response to assist you. Tell them:-

- What the problem is
- Where help is needed (map reference & landmark if possible).

CRO Ingleborough Challenge

A BIG thank you to everyone who took part in the CRO Challenge 2016, it was a huge success for the team with over \pounds 6,250 being raised.

This year the event is being held on the 20th May 2017 and we have rebranded it as the "CRO Ingleborough Challenge". Again there are two different challenges you can enter, either the Ingleborough Marathon, or the 12 mile Clapham Circuit.

Just to have it ear marked for the future, the 2018 Challenge will be on the **19th May 2018**.

A big thank you goes to our sponsors for the 2017 event who are:

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When you complete a Gift Aid Declaration form, please send it to **The Treasurer, Cave Rescue Organisation, Clapham, via Lancaster LA2 8HH.**

The Cave Rescue Organisation is a Registered Charity, number 241091

66. Aug. 20th Sat. 15.06 Whernside – Mountain Rescue.

A walker (m, 35) took a fall on Whernside, 'about a mile and a half from the Hill Inn'. Unable to re-contact the caller to clarify the exact location and nature of the injuries, the team responded to Bruntscar, then made their way up the east flank of the hill. Weather conditions were very poor, with high winds, heavy rain and a cloud base at approximately 250m, so the air ambulance was unable to assist. The casualty was located on the steep section just below the ridge; he was assessed and treated for a shoulder injury by team casualty carers. As the casualty was very cold and unable to walk, he was stretchered down to Bruntscar to a waiting CRO Land Rover, then transported to the Hill Inn for transfer to a road ambulance and transport to hospital.

Aug. 20th Sat. 18.01 Ingleborough

While Incident 66 was still in progress, another call was received from Police, reporting a walker overdue on the Three Peaks Walk. The reporting person was concerned that the lone walker (f, 33) was an hour and a half overdue at Horton in Ribblesdale. As initial enquiries were being made, the walker turned up at Horton in Ribblesdale safe and well.

67. Aug. 26th Fri. 22.54 Ingleborough – Mountain Rescue.

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Four adult walkers (m) reported themselves lost on the descent from Ingleborough attempting to reach Horton in Ribblesdale. Their mobile phone ran out of battery, just before an exact location could be ascertained. As a search of the eastern flank of Ingleborough was being organised, a further call was received from the Gaping Gill Winch-meet to say that the four walkers had arrived there. Most of the team stood down, but a small group drove up to Trow Gill, then walked to Gaping Gill to collect the four.

68. Aug. 27th Sat. 15.18 Storrs Common, Ingleton – Mountain Rescue.

A walker (f, 54) on the Ingleton Waterfalls Trail tripped and fell, injuring an ankle. As it would not bear any weight, she was carried by stretcher to the road-head and, in the absence of an ambulance, assisted into the family car to be taken to hospital.

69. Aug. 27th Sat. 15.55 Malham Moor – Mountain Rescue.

While the Ingleton incident was on-going, a walker (f, 59), on the Pennine Way south of Water Sinks, was reported to be collapsed, unconscious and having CPR administered. A small group of CRO members, who were with the team's display trailer at the Malhamdale Show, arrived on scene very soon after the air ambulance and road ambulance. Sadly, resuscitation was unsuccessful. Once Police approval had been received, the deceased was carried by stretcher to the road ambulance, with the assistance of her family. **FATAL**



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70. Aug. 28th Sun. 01.18 Lancaster Hole, Easegill, Cumbria – Cave Rescue.

Three cavers (m, 24; f, 24; m, 24) were reported overdue on a through trip from Top Sink to Lancaster Hole. They had made only slow progress and became lost, eventually deciding to await rescue near Stop Pot. Mixed teams of CRO and Red Rose Cave & Pot-hole Club members began searching the system and located the missing party at about 04.20. All were guided safely to Lancaster Hole, to exit the pot (with or without assistance) and return to Bull Pot Farm. Thanks to RRC&PC for their significant help and to Upper Wharfedale Fell Rescue Association for putting their cavers on standby, in case the initial search was unsuccessful or a protracted rescue became necessary.

SEPTEMBER

Sep. 3rd Sat. 19.21 Ingleborough Alert only.

A Three Peaks walker was reported to be struggling and in pain, descending from Sulber Nick. While a companion called for help, a CRO controller, who was supporting another walking group in his professional capacity, walked up to meet him. CRO members were held back, awaiting further information. The 'casualty' struggled on and was met by one of his companions with a car, near Beecroft Hall, CRO stood down.



Another Three Peaks walker was reported to have set off to climb Ingleborough at 16.20 and was described as 'inexperienced, boots and gloves soaked through' when he set off and had no torch. He was found by his own companions, just before another call

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71. Sep. 3rd Sat. 21.07 Ingleborough - Mountain Rescue.

Concern was expressed for two Three Peaks walkers (f, f, 'mid twenties') descending to Sulber Nick, one in trainers and with a twisted knee. Their car was found still to be in Horton car park, so a call-out was initiated. As a CRO vehicle was on its way from Clapham to Sulber Cross-roads with two small search groups a third group, preparing to walk up from Horton, found that the car had gone. The rest of Horton was checked for the car, before everyone was stood down.

72. Sep. 7th Wed. 20.09 Malham Cove – Mountain Rescue.

The team was called by Police to assist officers with a vulnerable person. A CRO vehicle attended, with team members on board, and provided assistance to the officers on scene.

73. Sep. 8th Thu. 12.35 High Birkwith – Mountain Rescue.

The team was called by Yorkshire Ambulance Service to a walker (m, 62) with an ankle



injury. When the first team member arrived on scene, it was discovered that the walker had been found by a local farmer and given a lift back to his own car in Horton, from where he was going to make his own way to hospital for treatment. Team members were stood down while en route.

74. Sep. 10th Sat. 08.05 Pen-y-ghent – Mountain Rescue.

A Three Peaks walker (m) was reported to have suffered a seizure and lost consciousness on the ascent of Pen-yghent. Team members assisted paramedics with lifting the casualty into the Yorkshire Air Ambulance. He was transferred to a YAS road ambulance at Dale Head. As team members were preparing to leave, a further call was received

75. Sep. 10th Sat. 09.28 High Birkwith – Mountain Rescue.

As incident 74 concluded, a call was received to go to High Birkwith, where another Three Peaks walker (f, 41) had suffered a confirmed lower leg fracture. On arrival, team casualty carers took over from event first aid staff and, because of the severity of the injury, asked the air ambulance to return. The casualty was treated and packaged for transport, then carried by stretcher to the aircraft for immediate transfer to hospital.

76. Sep. 11th Sun. 20.41 Ingleborough – Mountain Rescue.

A group of four Three Peaks walkers (3f,1m) reported themselves lost on the descent from Ingleborough to Horton in Ribblesdale, with no map or compass and only one head-torch between them. As the duty controller tried to establish their location, a small party of team members set off from Horton to check the area leading back to Sulber Nick. Eventually contact with the group was established, and a GPS location on The

Allotment was confirmed using SARLOC. Team members from Clapham collected the group and escorted them down and other team members stood down.

77. Sep. 15th Thur. 15.45 Trow Gill, Ingleborough – Mountain Rescue.

A walker (m, 71) tripped and fell on a rocky path near the top of Trow Gill, on Ingleborough. He injured his right leg and was unable to bear weight on it. He was assessed by a CRO team doctor and treated by CRO members for a possible fracture / muscle injury to his leg. The casualty was carried in a stretcher to a CRO Land Rover for the cross country drive to Clapham, where he was transferred to a Yorkshire Ambulance Service vehicle for his onward journey to hospital.

78. Sep. 16th Fri. 15.45 Hard Rigg, Scales Moor, Ingleton, – Mountain Rescue.

A walker (f) slipped and fell while walking along the bridleway over Scales Moor, to the south of Whernside. She had tried to brace against her fall by stretching out her arm, causing a suspected fracture and dislocation. CRO members assisted Yorkshire Ambulance Service paramedics with transport to the scene, with treatment of the casualty and then her transfer to an air ambulance.

79. Sep. 17th Sat. 19.58 Ingleborough – Mountain Rescue.

A party of four walkers (2 m, 30; 2 m, 31) reported themselves as lost, and one of their number injured, on their descent from Ingleborough summit to Horton in Ribblesdale. From talking to the party by mobile phone and using their phone to send location information to a CRO computer their position was pinpointed at the upper edge of South House Moor. A small team of CRO members assisted the party down to Chapel-le-Dale.

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80. Sep. 17th Sat. 22.46 Whernside, Cumbria – Mountain Rescue.

A party of five young people (m x 3, f x 2), on expedition, advised their supervisor that they were lost, descending from the summit of Whernside to Deepdale, near Dent. This was just as CRO members were returning from incident number 79. CRO worked in partnership with Kendal Mountain Rescue Team to plan and commence a search. As this was getting under way, the 'lost' party was found by another member of their staff, not far from Ribblehead.

81. Sep. 25th Sun. 15.24 Peterson **Version** Pot, Leck Fell, Lancs. – Cave Rescue.

A caver (m, 21) was exhausted at the far side of Roly-poly Passage and was unable to exit the pot. CRO teams entered the top of the system from Peterson Pot and the bottom through Mistral Hole. The caver was found at Skydive Drop and was assisted / escorted to the surface via Mistral Hole at 20.30 hrs. Thanks to the six 'co-opted cavers' who assisted the 18 CRO members.

82. Sep. 26th Mon. 22.18 Helbeck, Brough, Cumbria – Mountain Rescue.

Kirkby Stephen MRT called in extra help from search and rescue teams from the North Pennines (including CRO) and Lake District as well as RAF Leeming MRT and local Army personnel, in a protracted search for a missing beater. In wet and windy weather, the search continued through the night and the following morning. The missing person was located fit and well, just after 2pm the next day.

OCTOBER

83. Oct. 2nd Sun. 14.17 Near Upper Long Churn Cave, Ribblesdale – Mountain Rescue.

Team members were clearing up after the annual training morning with a Coastguard helicopter and crew, when a would-be caver (f, 21) was reported to have dislocated a knee – the result of a pre-existing condition – in a slip, just beyond the stile leading to the upper entrance to the Long Churn Caves. Her companion had re-located the joint, but she was unable to weight-bear and was in extreme pain. CRO members immobilised the leg and carried her by stretcher, then Land Rover, to a road ambulance waiting in Alum Pot Lane.

- Oct. 4th Tue. 23.32 Crystal Cave,

Barbondale, Cumbria – Alert only.

Two cavers (m, 49; m, 29) were reported overdue from an evening excursion into Crystal Cave. As the call was received only a half hour after their intended exit time and parts of the cave are tight and tortuous, the CRO duty controller decided to wait a while.



Yet More Training...

As part of our operational preparedness, we ensure all our members are 'bank safe' for water incidents with an annual refresher - at the lake in Clapdale, during May.







Similarly, we have to ensure that all our members know how to stay safe when working with helicopters, whether they are air ambulances or the Coastguards Sikorksky S92's.

As part of this training, we held an exercise in October utilising the helicopter from HMCG Humberside, using it to transfer personnel to the scene of a major 'rescue' at Hull Pot, where members also exercised their rope-work skills. He also asked Cumbria Police to check for parked cars. Before this could be done, the original caller was in touch again to say that his friends had surfaced, fit and well, after getting lost underground.

84. Oct. 6th Thu. 16.04 Cawden Flats, Malham – Mountain Rescue.

A school student (f, 13), with a medical condition, fainted while walking between Malham Cove and Gordale Bridge. When CRO arrived, Yorkshire Ambulance Service personnel were walking her gently to the road ambulance, to be taken to hospital for a check-up. After taking some other students back to the village, CRO stood down. An air ambulance also attended, but was not used.

Oct. 11th Tue. 20.28 Ireby Fell Cavern, nr Cowan Bridge, Lancs. – Alert only.

Two cavers (m) were reported overdue from a trip into Ireby Fell Cavern, understood to have begun at 11.00. As initial inquiries were being made, the whole team was placed on stand-by, and a team member sent to check whether their car was at the expected parking point. As he arrived, he found the two cavers just changing out of caving gear. They had started their trip later than planned and were therefore later in finishing than originally expected. The team stood down.

85. Oct. 16th Sun. 11.50 Thwaite Lane, Austwick – Mountain Rescue.

A member of a practice expedition group (f, 15) with Type 1 diabetes, fainted while walking along the lane. CRO members collected her and brought her back to Clapham, tired and cold, with fluctuating blood-sugar levels. Once stable and after a medical consultation, she was taken home by one of the group's supervisors. Other members of the group, also cold, were offered hot drinks and chocolate to cheer them on their way.



Two walkers (m, f) reported themselves lost, between Ingleborough and Horton in Ribblesdale. Although describing themselves as appropriately equipped and well-provisioned, they had no torch and believed they would not reach Horton before it got dark. Unfortunately, although their phone was on a network claiming '99% UK coverage', it was not possible to call or text them nor could their location be ascertained by SARLOC. As they did not appear to be at risk and visibility was good, no action was taken, other than having CRO 4 x 4 drivers 'stand by'. A second 'emergency roaming' 999 call received by Police suggested that they had worked out where they were and a third, an hour and a guarter after the initial call, said they were a mile from Horton. The Force Control Room supervisor suggested that they keep walking, then agreed with the CRO duty controller that the team should stand down. A CRO member, resident in Horton, confirmed their safe return to the car park.

86. Oct. 22nd Sat. 19.24 Wretched Rabbit, Easegill, Cumbria – Cave Rescue.

A caver at Bull Pot Farm reported that another caver (m, 78) was apparently two hours over his due return time from a trip into Wretched Rabbit. The caller confirmed that the other's car was still at Bull Pot Farm. A vehicle and an initial party of six team members were mobilised and members of Red Rose Cave & Pothole Club went with the 'grab bag' (kept at Bull Pot Farm for such incidents) to try to locate the missing caver. CRO members were still en route, when a message was received from the Red Rose cavers to say they had met him, making his way back across the fell. Apparently, he had 'run out of puff' and had taken far longer than he intended. Team members were recalled.

87. Oct. 27th Thu. 13.07 Sheriff Hill, Malham – Mountain Rescue.

A walker (f, 41) suffered a suspected ankle fracture, on the path approaching Malham Cove top from Malham Rakes. The casualty was treated by team casualty carers and splinted, before being conveyed by team Land Rover to an ambulance at Malham car park.

88. Oct. 30th Sun. 15.06 Gorbeck – Kountain Rescue.

A mountain biker (f, 50) fell while riding a section of the Pennine Bridleway, fracturing her right collar bone. CRO team members were able to treat her at the scene and transport her in a team vehicle to Langcliffe, where she was checked over by a team doctor. The casualty was then released by CRO to be driven to hospital by her companion.

NOVEMBER

89. Nov. 3rd Thu. 17.52 Pen-y-ghent 1 Ribblehead area – Mountain Rescue.

A Three Peaks fell-runner (m. 63) was reported overdue, between Horton in Ribblesdale and Ribblehead, via Pen y ghent. Starting at Ribblehead, he had run over Whernside and Ingleborough, then left Horton at 12.38, for Pen v ghent, anticipating completing his run in about another two hours. Descending from Pen y ghent, he had sustained a slight knee injury and decided to drop down to Horton, rather than continuing to Ribblehead. Travelling light, he had no means of contacting the people waiting for him at Ribblehead. After five hours, they reported him missing. Roads and main tracks having been driven. CRO members and a SARDA dog were being deployed on foot, when he was found, unharmed, in Horton.

90. Nov. 7th Mon. 13.49 Deepdale, Dent, Cumbria – Mountain Rescue.

A walker (m, 65) slipped on a steep, wet, grassy slope, while descending towards

Deepdale Head, sustaining a suspected ankle fracture. In the first sleet of the Autumn, he was given pain relief and his injury was immobilised, before he was carried, by stretcher, to a NWAS ambulance, waiting on the Deepdale road.

91. Nov. 19th Sat. 08.34 Pen-y-ghent In Mountain Rescue.

A walker (f, 20) suffered a dislocated knee after slipping while climbing up the south face of Pen-y-ghent. In full winter conditions, the casualty was assessed, splinted and given pain relief before being carried by stretcher to a team vehicle. This then took her down to Stainforth village for transfer to a road ambulance and transport to hospital.



Incident 91 - In treacherous conditions the casualty is prepared for moving off Pen-y-ghent.

92. Nov. 19th Sat. 14.58 Long Preston – Local Incident.



The team was called by Yorkshire Ambulance Service to a casualty (m,17) with a lower leg



injury, 'about a mile from a road'. YAS had no resources to attend, due to high call demand. The team responded and provided pain relief to the casualty before moving him to a local farm where assessment and splinting were undertaken. He was then taken to hospital by a relative.

93. Nov. 22nd Tue. 16.02 Pen-y-ghent – Mountain Rescue.

A walker (f, 41) was reported to be suffering respiratory distress while climbing Pen-yghent. On arrival, team members found the casualty (with her walking partner) to be in a very distressed state, near the top of the crags at the south of the mountain.

The walker and her partner were made safe, and moved to gentler ground near the ridge; their dog was led down the crag to safety by a team member. Because of the treacherous, icy conditions, a Coastguard helicopter was requested to assist and winched both people off the mountain, before flying them to Preston A&E for a precautionary checkup. The dog was taken home by a team member and collected later by relatives.

94. Nov. 26th Sat. 23.11 Malham Cove – Mountain Rescue.

Police requested assistance in recovering a deceased casualty (m, 20) from the foot of Malham Cove. He was carried to a team Land Rover for transport down to the village. A small-scale search at the top of the Cove produced his possessions which were handed over to the Police. **FATAL**

Nov 27th Sun. 18.01 Lancaster Hole, Easegill, Cumbria – Alert only.

A caver (m) was reported overdue by his wife, having been expected home before nightfall. As enquiries were being made and Cumbria Police were talking again to the caller, the caver returned home. Other than conducting initial inquiries, no other action was taken by the duty controller.

95. Nov. 30th Wed. 13.39 Crummackdale, Austwick – Mountain Rescue.

The team was called to a walker (m, 17) with a knee injury in Crummackdale. The team mobilised, but was quickly stood down en route, as his companions informed police that they had assisted the injured male off the fell and would transport him to hospital themselves.

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A few team members had already arrived at the rendezvous point, including a team doctor, who decided after assessing the casualty that he required immediate splinting and pain relief for a severely dislocated knee. The casualty was taken to the CRO Depot for treatment, before being transferred by ambulance to hospital. The group was also given advice on the best course of action to take with a seriously injured casualty.

DECEMBER

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96. Dec. 10th Sat. 17.08 Cam Pasture, Ribblesdale – Mountain Rescue. A walker (m, 31), who had set off from Horton in Ribblesdale at 12.40, to walk the northern end of the Ribble Way, reported himself lost and benighted in low cloud near Cam Houses. A CRO Land Rover was able to drive to within easy walking distance of him, despite the complexity of recent timber extraction routes in Cam Woodlands. Cold, but otherwise unharmed, he was returned to Horton.

97. Dec. 26th Mon. 11.14 Barbondale, Cumbria - Mountain Rescue.

A walker (f, 62) was reported to have broken a leg, approximately 300m above the road in Barbondale. Team members arrived on scene just after the North West Air Ambulance which, due to high winds, was unable to land near the casualty, instead landing down near the road. The air ambulance paramedics and CRO members climbed to the casualty on the hillside, where she was given pain relief and had her suspected dislocated knee splinted, before being packaged in a team stretcher. She was then carried down to the air ambulance at Blind Beck Bridge, and flown to hospital.

98. Dec. 29th Thu. 13.50 Ingleborough – Mountain Rescue.

A walker (m, 38) slipped on ice, descending from Ingleborough on the steep section towards the Hill Inn, sustaining a suspected dislocated knee. Team members provided pain relief, before moving the casualty on a stretcher to flatter ground on Humphrey Bottom. A North West Air Ambulance was then able to land and take the casualty to hospital for treatment.

99. Dec. 30th Fri. 15.44 Ingleborough – Mountain Rescue.

Four walkers (3m, 25; 1f, 14) became disoriented in mist whilst walking on Ingleborough. Although able to contact the Police via mobile roaming, they unfortunately gave several mistaken locations. Eventually they found Gaping Gill and were able to speak to the duty controller directly. As visibility was poor and night had fallen, they were told to stay where they were until team members arrived to escort them from the hill. Upon being met by two team members, they were loaned head torches and walked down to the team Land Rover, for transport down to the road.



Pen-y-ghent Cafe Home of the Three Peaks of Yorkshire Club

"No other café along the whole of the Pennine Way can compare to this utilitarian place where verbose froth is diluted in pint mugs of tea" (Emmett & Hutton) Horton-in-Ribblesdale BD24 0HE 01729 860333 During 2016, CRO had two qualified mountain rescue search dogs, Glen and Belle. A third dog, Angus, has also now qualified with the Search & Rescue Dog Association (SaRDA).



SaRDA CALLOUTS 2016

Our dog handlers were called to four incidents outside our team area in 2016.

8th March Assist Scarborough MRT

Boroughbridge - Search for missing 76 yo (f) Eventually discovered cold but otherwise safe and well on 9th March.

20th April Assist Scarborough MRT Thornton Bridge, Boroughbridge -

Search for vulnerable male 64 yo missing from home. Casualty found in River Swale (FATAL)

7th May Assist Bowland Pennine MRT Chorley - Called to assit with search for vulnerable male 23 yo. He was quickly located by MR teams as the search started.

31st December Assist Buxton MRT Called to assist in the search for a 52 yo (f) missing from home. Turned up safe and well in Buxton.



For more information on mountain rescue searchdogs, visit www.sardaengland.org.uk

Ingleton Explorer Scouts Visit The Depot

As part of the District's Community Impact Project, Explorers from the North Ingleborough Scout Unit spent an evening at the Cave Rescue Organisation depot in Clapham in November.

After a brief initial talk by Rae Lonsdale, a CRO controller, the



The art of communication

Explorers were divided into teams so they could rotate round three practical activities: 'Mechanical Advantage', 'Engaging the Brain' and 'Casualty Care'. The first involved a scenario simulating lifting a heavy casualty up a cliff face using pulleys which gives mechanical advantage to achieve the task.

The second was a communication exercise where pairs of Explorers had to work together using radio communications. A harder task than it seems, one Explorer had to describe a landscape picture to their partner who had to draw the picture from the description. This produced much hilarity when the drawings were judged but some were remarkably accurate! The final task involved replicating what a rescue team would do if they found a walker suffering from a broken leg. With one Explorer acting as the casualty, the team donned gloves to physically examine the patient and assess his level of consciousness, before transferring him to an



insulated bag ready for a carry off the fell.

This splendid evening was informative, hands-on, and fun all at the same time! You never know, CRO might gain some new volunteers in a few years' time as a result of the visit!









This is a summary of CRO's income and expenditure for the year ending 31st October 2016. The Organisation's accounts and annual report may be read, in full, on the Charity Commission web-site at www.gov.uk/government/organisations/charity-commission. Click on 'Search for a charity', then type 'Cave Rescue Organisation' in the search box.

Exploring mechanical advantage



Cave and Mountain Rescue in the Yorkshire Dales, North Lancashire and SE Cumbria



73 (2)

5

8

4 (1)

There were no 'Cave, assisted by divers', or 'open water diving' incidents in this seven year period.

57 (2)

1

3

2

10

46

1

5

2

2

49 (1) 64 (2)

7 (4) 4 (2)

6

8

2

48 (6)

8

1

9 (3)

56 (6)

2

4

1

3(2)

North Yorkshire Police Annual 'Awards' Presentation 2016

Each year, North Yorkshire Police holds a presentation evening for the five Search and Rescue teams that cover the county. In 2016, the awards ceremony took place at Tennants in Leyburn on Friday 1 July 2016. This has usually involved a personal certificate of appreciation for an individual, a team certificate and a cheque for the team. CRO has usually taken this as an opportunity to recognise the efforts of (often older) members' service to the team. An exception was when our nominees were members of the casualty care training team.



This year was also an exception, because PC Jon Rushton, who instigated and organised the presentation evenings was retiring. Jon was senior PolSA (Police Search Advisor) and has been the Search and Rescue teams' principal point of contact in North Yorkshire Police for several years. His efforts on behalf of the Search and Rescue teams and in improving the working relationship between all the statutory services and the teams have been quite remarkable. All at CRO would like to thank Jon for his help and assistance during his time in post, and wish him well in retirement (even though he doesn't appear to be interested in becoming a volunteer for any of the five teams!)

For several years now, North Yorkshire Police have also made a cheque presentation to each of the teams. Whilst nominally from the Police and Crime Commissioner for North Yorkshire - Julia Mulligan - the award of \pounds 3,000 per team has usually been derived from the proceeds from the sale of unclaimed lost or stolen property. The cash award is made in recognition of the invaluable assistance that each of the teams provide to North Yorkshire Police, at a great saving to the public purse.

Certificates were also presented from North Yorkshire Police and York City Council in appreciation of CRO's assistance at the York flooding, in December 2015.

Our sincere thanks to all who have helped CRO, in any way, over the past year. Words and figures contributed by Alison Haigh, Brian Boardman, Phil James, Rae Lonsdale and Phil Nuttall. Cover photo: Incident 91, 19th November 2016, by Bill Batson, CRO

Other photographs by North Yorks Police and Bill Batson, Jim Davis, Roy Holmes, Phil James and Rae Lonsdale (all CRO members).

Please mention Rescue 2017 when you support our advertisers, as they have supported us. Advertising revenue has paid most of the cost of producing this publication.

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Mountain

Climbina

CRO dogs + handlers

assisting in other teams' areas

Animal Other incidents



THE CRO DISCONTINUES OF THE COLOR OF THE COL

Saturday 20th May 2017 Sat 19th May 2018



CR





A sponsorship event to raise money for Mountain & Cave Rescue

For more info and to enter www.cro.org.uk/challenge MOUNTAIN RESCUE

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