



## Trail 100 Challenge 2009

# **Team Leaders' guidelines, participants' information and safety guidelines**

### **The Challenge**

The Challenge is to place a team of between four and seven people on each of the Trail 100 peaks on Saturday 6 June 2009, between 12 noon and 2 pm.

The WaterAid Trail 100 Challenge is being undertaken to raise at least £200,000 towards safe water, sanitation and hygiene promotion projects for some of the world's poorest people in Asia and Africa. Everyone is encouraged to raise as much money as possible for WaterAid.

Every participant must be over 18 years of age<sup>1</sup> and must be part of a team. All teams must have a designated Team Leader who will provide a first point of contact for team members, who all must abide by our screening procedures. To manage the environmental impact, there should be no more than ten teams on each summit. Each team member is being asked to raise a minimum of £50 to support WaterAid.

### **Team Leader's responsibilities**

As Team Leader you must be an experienced hill walker who is willing to be responsible for the team. You must ensure that your team members have the appropriate skills and training for the event. You will lead and facilitate the reaching of team decisions on all matters concerning safety in the mountain environment. You will lead the team to the summit of your mountain and return in accordance with safe mountaineering practice and within the agreed procedures of the Trail 100 Challenge Safety Strategy and Guidelines.

You must register your team through the online system at [www.wateraidtrail100.org](http://www.wateraidtrail100.org). As part of the process you will be asked to confirm that you will take responsibility of your team on the day. The final decision on whether the team participates in the Challenge will rest with the appropriate Mountain Owner.

---

<sup>1</sup> It is possible to involve groups of under 18s if they are supervised by appropriately trained mountain leaders from an organisation licensed under the Adventure Licensing Act. Please contact [trail100@wateraid.org](mailto:trail100@wateraid.org) for further information.

You must brief fully all your team members. These guidelines will be available online in addition to other Trail 100 Challenge information. All team members must read these instructions carefully.

You must ensure, as far as practical, that the level of fitness of each team member is adequate. Everyone must be made aware that hill walking can be dangerous. It is imperative that the team remains together (unless in the case of mishap). Whilst it is understood that the Team Leader will give leadership and guidance, *each member of the team must realise that they are ultimately responsible for their own safety and well-being during the entire challenge*. As a guideline, the team members are probably fit enough for this Challenge if they have recently climbed a mountain with similar physical and technical difficulties as the one proposed, comfortably within the times calculated from Naismith's formula (4.5 kilometres per hour for distance walked, plus 10 metres per minute for climbing).

A check must be made that the equipment and clothing of the team is satisfactory bearing in mind the dramatic climatic changes that can be experienced on the mountain. Even in summer, and having consumed sufficient food and drink, dehydration can be a major problem both en-route and whilst walking the mountain.

You should identify a competent assistant who is adept at navigation and who is capable of assuming responsibility should the need arise.

A comprehensive knowledge of the mountains can be gained from accredited reference texts, some of which are given as follows,

- **Langmuir, Eric** *Mountaincraft and Leadership*, Third Edition. The Scottish Sports Council and the MLTB, 1995. Reprinted 1997. ISBN 1 85060 295 6
- **Bennet, Donald** *The Munros*, The Scottish Mountaineering Club Hillwalkers' Guide. The Scottish Mountaineering Trust, Edinburgh, 1999. ISBN 0 907521 57 6.
- **Butterfield, Irvine** *The High Mountains of Britain and Ireland, A Guide for Mountain Walkers*. Diadem Books Limited, London, 1986. ISBN 0 906371 6
- **Bearhop, D.A.** *Munro's Tables*, Scottish Mountaineering Club, 1997. ISBN 0 907521 525
- *Heading for the Scottish Hills*. The Mountaineering Council of Scotland and the Scottish Landowners' Federation. The Scottish Mountaineering Trust, Edinburgh, 1996. ISBN 0 907521 24 X.

During the challenge each team should possess the at least two 1:25,000 scale maps for the areas to be traversed. These maps should be studied meticulously beforehand and the salient features of the route to and from the summit, including escape and emergency routes, clearly understood.

A compass should also be carried and its use as a navigational tool in conjunction with map reading skills clearly practised. Global Positioning Systems (GPS) are now frequently seen in the wild places, but correct use and knowledge of a map and compass will be the prime means of navigation on the Trail100 Challenge.

Attainment of the summit is only the mid-point of the day's task. The team has to get back, a team which has already expended considerable energy in reaching the summit. Teams should not linger at any summit for more than a few minutes. The weather can change quite dramatically and once a summit has been reached, thought must immediately be given to putting in place the plans already laid for a safe descent.

In order to comply with the Institute of Fundraising (IOF) Code of Fundraising Practice on Outdoor Fundraising Events in the UK, teams are not allowed to arrive at the start location for any of the mountains or commence walking between midnight and 5 am.

## **Safety Guidelines**

During the Challenge each team will operate as an independent unit and practice the principle of self-help at all times. Although we have notified Mountain Rescue of the Trail 100 Challenge, they will not be on site. They will treat the day as just another working Saturday.

You should aim to reach the summit at 12 noon and depart soon thereafter. You do not need to remain on the summit from 12 noon until two o'clock! Your stay on the summit should be as short as possible as you need to manage your descent, which can be more challenging than the ascent.

Always keep the Challenge Call Centre informed of your actions. However, should you need to call the emergency services you should do that directly following the instructions on the emergency cards, which will be distributed to each participant before the event. The centre will not organise the emergency services, breakdown or recovery assistance. This responsibility lies with the team.

## **Clothing**

Footwear is most important. Properly designed hill walking boots are essential. They provide good ankle support, are reasonably waterproof, comfortable and have a firm sole with a secure grip.

Proper clothing is essential, most important being a good wind and waterproof outer layer of jacket and trousers. A layering system for warmth is more easily regulated and therefore far more comfortable. Gloves and a hat should be included in the rucksack, as well as spare clothing eg a warm sweater. In one day weather conditions from all seasons can be experienced. It gets colder and windier as height is gained. An emergency bivvy bag should be carried.

## **Maps, compass, torch and whistle**

A map, compass, torch and whistle should always be carried and participants must be able to use them. The maps recommended are the Ordnance Survey 1:25,000 scale. Every participant should have a good compass and should know how to use it competently. Basic instruction should be obtained from an experienced hill walker on the method of setting the compass, taking a bearing and fixing the accurate position

of the team on the map by grid reference. A spare battery and bulb should be carried for the torch.

A whistle should be carried by each member of the team to maintain contact if separated, or to contact another group should an emergency arise.

### **First aid kit**

A minor incident can become a major problem when many kilometres or hours from assistance. A small first aid kit can enable a team to deal effectively with an injury and complete the walk. Bandages, adhesives, plasters, safety pins, antiseptic cream and cotton wool are sufficient in most cases.

Other useful items are a knife, string and insect repellent.

### **Weather**

The team must obtain a local weather forecast before they set off.

Changeable is the best way to describe the weather and it can change at an alarming speed. Bad weather in the mountains is NORMAL. Thorough planning, navigation skills and good equipment are essential. Cold and exposure lead to hypothermia. The weather does not have to be freezing – wind and driving rain are amongst the main causes. Be able to recognise the symptoms and treat them – better still, know how to avoid them.

The sun can be very strong so you may wish to carry a sun block. However, even on a sunny day, bad weather might be on the way.

If the wind strengthens, cloud thickens, visibility decreases or temperature decreases, the plan for the day must be revised. In poor visibility, the map and compass must be used at all times.

### **Safety Checklist**

It is imperative that you are safe and well equipped during the Challenge. You will be asked to complete a route card online in advance outlining your exact route, with a bad weather alternative if appropriate. Mountain owners will check and approve the route card to ensure that appropriate information has been given.

The following checklist details the items that each participant should take on to the mountain for the day,

- ✓ **Sturdy hill-walking boots AND spare laces and gaiters**
- ✓ **Waterproof jacket and trousers**
- ✓ **Gloves, hat, spare warm clothes and bivvy bag. Layers = warmth**
- ✓ **Rucksack**
- ✓ **Compass (and knowledge of how to use it)**
- ✓ **Maps of the mountain and glen**
- ✓ **Emergency whistle**

- ✓ **Head torch, spare bulb and batteries**
- ✓ **Food and drink (and emergency reserves) – a flask for hot drinks is optional. Water and chocolate**
- ✓ **A set of walking poles (optional)**
- ✓ **Mobile phone (at least two per team)**
- ✓ **Personal first aid kit**

Necessity for equipment will be dictated by the weather on the day and by the timing of the walk. You should be aware that mobile phone signal coverage is patchy in the mountains.

At the start and the end of the day on the hill the team must call the Challenge Call Centre, notifying safe return of all team members, summit achieved or otherwise, etc.

The Call Centre will be manned until all the teams in the glen have returned safely, or approximately 8 pm, whichever is earlier. The check-in procedure must be adhered to and the team must ensure the Call Centre is aware of the anticipated time of return. Although it is appreciated that fit parties may wish to take in another mountain following the successful completion of the challenge, the check-in procedure must be adhered to. Please do not overextend your day.

You must ensure that your team are fully briefed on the route for the ascent and descent and made aware of the need to remain together at all times. You must ensure that frequent stops are made on the ascent and descent for the team members to rest, recover, eat and drink. You should encourage the team to tell you how they feel so that no-one “suddenly” becomes incapacitated.

### **In the event of an incident**

On the mountain, each team will operate as an independent unit and must practice the principle of self-help at all times.

In the event of an incident requiring premature withdrawal from the Challenge, you should telephone for assistance and advise the Challenge Call Centre of the situation. In any emergency on the mountain, the whole team is involved but the decision of the Team Leader is final. The casualty is either:

- Taken off the mountain by the team and arrangements made for him/her to go home or to hospital, if necessary. The Challenge Call Centre is advised of the position and the team disperses.

Or: If no telephone contact can be made and it is not possible to get everyone safely off the mountain: -

- Made comfortable on the mountain and left with support member(s) of the team. The remaining members of the team shall proceed to the nearest telephone for assistance. The emergency services are called – 999 and ask for police. The off-mountain section of the team awaits a link-up with the search and rescue teams. If practicable, the Challenge Call Centre should also be informed. In the

event of a break-up of the party, you will lead one section and the designated assistant the other.

The party should not split up unless an emergency requires it to do so.

The international distress call can be used to attract attention; six blasts on a whistle, or six shouts or six flashes of a torch followed by a pause of one minute before repeating the signal. The answering call is three blasts, shouts or flashes.

Should there be any doubt, the safety and wellbeing of the team members are paramount and take precedence over the aim of the Challenge.

## **Drink**

Dehydration can be a particular and insidious problem on the hills. It is recommended that team members make sure that they not only drink enough liquids during the walks AND en-route but that they also ensure that they also take in enough salts. Isotonic drinks or fruit juices topped up with oral re-hydration salts can be bought from any chemist.

## **Food and nutrition**

It important that the walkers are all taking in enough energy to replace that used. Ample food should be taken for the day as well as reserve supplies in case of delay or emergency. Food should be sufficiently appetising to encourage meals to be eaten at regular intervals throughout the day on the mountain. Easily absorbed high energy foods such as glucose sweets, sandwiches, apples, bananas, chocolate, fruitcake, raisins, biscuits and Kendal mint cake are suitable.

## **Country Code**

- Guard against all risks of fire.
- Fasten all gates.
- Keep to the paths across farmland.
- Avoid damaging fences, wild plants and trees.
- Go carefully on country roads.

You can find full details of the Country Code at:

[http://www.countrysideaccess.gov.uk/things\\_to\\_know/countryside\\_code](http://www.countrysideaccess.gov.uk/things_to_know/countryside_code)

We need to respect the life of the countryside and the solitude of the wild mountains.

## **Route Cards**

You will be asked to complete a route card in advance of the event. **You will not be allowed to take part in the Challenge unless you have completed a route card in advance.**

You should complete the route card online by logging into the Challenge website at [www.wateraidtrail100.org](http://www.wateraidtrail100.org) and following the link. You will be asked to outline your

route on the day and also provide a bad weather route should that differ. For example you might plan a longer walk taking in other peaks but with a fallback position of a shorter up and down walk should the weather be bad on the day. We ask for this so that, should we need to find you, we have some knowledge to pass on to the emergency services. We will also ask you for details of car registrations for vehicles you will be using and contact mobile telephone numbers. Again these will be used in emergency to establish whether you are still on the mountain. Finally we ask for an emergency contact number – this is someone who you would like us to contact in the unlikely event of a problem, so they should be contactable on the day.

We appreciate that some of these details may change at the last minute. It would speed up the check-in process for both WaterAid and you if you could ensure that any changes are updated before the day. You will be able to make changes right up to the day of the Challenge.

### **Check-in Process on the day**

You are asked to call the Challenge call centre before you set out on your climb and then after you have returned safely. There will be no need to meet a marshall to physically check in. The call centre will be open from 7.00 a.m. to 8.00 p.m. on the day and we believe that these times should be suitable for the vast majority of teams taking part in the Challenge. There are a small number of teams who will be starting their walk on the Friday because of access difficulties. If you are in this situation please email [trail100@wateraid.org](mailto:trail100@wateraid.org) so that we can set up an alternative registration process.

The call centre will take you through a short series of questions, primarily to ensure that the details on your route card are completely up to date. It is therefore in your interests to make sure that the route card information is updated with any last minute changes before you leave home. On return from your walk the call centre conversation will just be to confirm your safe return and to report any particular issues or incidents.

You must bear in mind that mobile phone reception is often poor at best in the mountains. You might wish to make the call to the call centre on the way to your mountain rather than at the start of your walk or from a suitable land line.

The call centre is being manned by volunteers from Loop, a call centre operation owned by Yorkshire Water. They are all professional call centre operatives who will be helping us as well as undertaking their normal work on the day. Please bear this in mind should you experience any delay in getting through – you are likely not to be the only ones trying to get through at peak times in the morning.

**Above all, go safely and enjoy your day!**