



## PENINSULA RAMBLERS

### Guidelines for hike leaders

Thank you for leading for the Ramblers. The following are some guidelines on how to avoid and what to do in an emergency.

#### Know your route:

- Problem areas, e.g. rock scrambles, exposure to height, river crossings, scree, slippery ground and likelihood of rock falls in the area
- Tea / lunch stop points and escape routes
- Time needed to complete the hike / approximate distance and height gained
- Level of fitness required, i.e. easy, moderate, moderate to strenuous, strenuous
- Any unusual threats to safety, i.e. regular muggings in the area
- Parking safety
- Hazards in poor weather that may result in a change of route
- Obtain the necessary permits / permission, if required
- If there is likely to be cellphone reception where you're going

#### What to carry with you:

- Torch, whistle and cell phone. Programme the emergency numbers into your phone before you leave: national (all emergencies) - 10177; international (all emergencies) - 112; fire (Cape Town area) - 107.
- First aid kit (see list of what you may need, below)
- Map and/or guidelines for the route, if applicable
- Rope (for those experienced in roped climbing), if required

#### Your role as a leader:

- Try to screen visitors when they phone to enquire about the hike to ensure they are capable of doing it. Tell them what they need to wear / bring with them on the hike, i.e. sturdy walking shoes or boots, warm and weather-proof gear, sunhat, food and enough water.
- The leader has the right to turn anyone away at the start of the hike.
- Introduce yourself, give a brief description of the hike and ensure everybody signs the indemnity form.
- Nobody is allowed to leave the party during the course of the hike, except in extreme circumstances. If somebody is obviously battling, that person can be sent back to the start if accompanied by another hiker and if it is considered safe.
- Ensure they know the rules: no littering, picking of plants, making fires, taking short cuts.
- The party starts, stays and finishes with the leader. Hikers are not allowed to leave the party to walk on their own. The leader is in charge at all times.
- Appoint a back marker.
- Before leaving do a head count.
- At the end of the hike, make sure everybody's car starts (including your own) before you leave.

## What to do in an emergency:

### 1. Location

Decide exactly where you are and how best you can convey your whereabouts to the rescue services.

### 2. Scene

Assess the scene and make sure that you and the rest of your party are not in any immediate danger before you take any action.

### 3. Patient

Assess the patient. The rescue services use the following simple grading of a patient's condition:

**Alert** – the patient is aware of what's going on around them and is responsive

**Verbal** – the patient is quiet, but when questioned replies lucidly

**Pain** – the patient is in considerable pain and may groan or moan

**Unresponsive** – the patient is unresponsive or unconscious

Steps 2 and 3, above, should be repeated constantly as the situation can change at any time.

4. **Phone** the emergency number (10177 is the best) and patiently answer all their questions. This may take time, but the information they ask for will speed up the rescue in the long run.

The following information will be required:

- The number of the phone you are phoning from
- What happened? (Fall / snake-bite / heat-exhaustion / hyperthermia / beestings)
- The patient's details (name, gender, age)
- Where? (Area, nearest climb if known)
- Description of injuries (where on body, severity, obvious / suspected fractures)
- Condition of the patient (Alert, Verbal, Pain, Unresponsive)
- Access routes (how the rescue services can find you)

5. **Stay at the phone.** If the rescue services need to be met, send another member of the party.
6. Reassure the patient and keep him/her informed of what's happening. If a spinal injury is suspected (always assume this could be the case if a person has fallen), ensure that the patient is not moved. If need be assign another member of the party to kneel at the person's head in order to immobilise his/her neck.

## Basic First Aid Kit

The following serves as a guideline for a basic kit for shorter (day / weekend) hikes:

- Antiseptic lotion / cream, e.g. Savlon, Betadine
- Pain relief tablets, e.g. Panado, Disprin / Aspirin (one Disprin / Aspirin can be given in the case of heart attack)
- Anti-inflammatory tablets, e.g. Voltaren, Ibuprofen
- Oral antihistamine, e.g. Phenargan
- Sticky plaster, with and without gauze strip
- Sterile gauze wound dressings
- Crêpe bandages and safety pins
- Hydration tablets (excellent for heat-induced cramps)
- Small, sharp scissors, tweezers and needle
- Disposable plastic gloves

- Mouth shield (in case you or a member of your party can do CPR)
- Pencil and paper, for emergency messages and recording symptoms and treatment

Pack the kit in a compact, sturdy, lightweight, watertight container, e.g. sandwich box, and pack well inside backpack to protect from outside heat.