ENGLISH | SAESNEG

1. In an emergency in an inaccessible area (no accessible roads reachable), dial 999.

2. Ask for 'Police'

3. Then ask for 'Mountain Rescue'

4. Give all your prepared details of the incident - Your location, how many in group, injuries etc.

5. Do NOT change your position until contacted by the rescue team, unless in imminent danger.

6. If you have to make a further 999 call, repeat this procedure.

You can also use What3Words to find your location:

https://what3words.com/pretty.needed.chill

ADVICE ON CATTLE AND ANIMALS:

Have a look when you reach the edge of the field. Are there any cattle in the field, any cows with calves, horses, or sheep? Cows with calves are the most common cause of problems for walkers. Keep a good distance from the animals. If they are on the path, then you're allowed to go off path to walk around them. If you are on open access land, then you can walk across the field to give the animals space. Walk quickly and quietly. Animals in a field may approach you, especially groups of cows which can be quite intimidating. If you panic, or run from them, they may also start running.

Do not approach any animals, do not feed them, or touch them. Animals on a farm will have strict diets, especially horses, and feeding them can be bad for them. Leave any gates as you find them. Close any gates that you open, and if any gates are open, then leave them that way.

ADVICE FROM THE HIGHWAY CODE:

Pavements and footways (including any path along the side of a road) should be used if provided. Where possible, avoid being next to the kerb with your back to the traffic. If you must step into the road, look both ways first. Always remain aware of your environment and avoid unnecessary distractions. Always show due care and consideration for others. If there is no pavement, keep to the right-hand side of the road so that you can see oncoming traffic. You should take extra care and be prepared to walk in single file, especially on narrow roads or in poor light keep close to the side of the road.

It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Cross back after the bend. Help other road users to see you. Wear or carry something light-coloured, bright or fluorescent in poor daylight conditions. When it is dark, use reflective materials (e.g. armbands, sashes, waistcoats, jackets, footwear), which can be seen by drivers using headlights up to three times as far away as non-reflective materials.

Organised walks involving large groups of people walking along a road should use a pavement if available; if one is not, they should keep to the left. Lookouts should be positioned at the front and back of the group, and they should wear fluorescent clothes in daylight and reflective clothes in the dark. At night, the look-out in front should show a white light and the one at the

back a red light. People on the outside of large groups should also carry lights and wear reflective clothing.

Always take your litter/rubbish with you