

# Cross Country

*In the core, since 1988*

## PRINT YOUR OWN CHALET CARD

Print out this sheet on your printer

Cut around the solid black line, then fold in half along the dotted line

If possible laminate it, then keep it in your wallet or paraglider bag as a useful reminder

Alternatively, download our smartphone friendly pdf to your smartphone

Thanks to Dr Matt Wilkes from AdventureMedic.com for preparing this card, September 2016



In case of incident requiring assistance:

Dial 112 - Ask for police / mountain rescue - State 'Fall from height, serious injury, remote location' - Give CHALET report

**CASUALTIES:** Number, names, ages, injuries

**HAZARDS:** To your group and to the rescuers

**ACCESS:** Terrain, weather, access routes

**LOCATION:** Map number, grid ref, description

**EQUIPMENT:** What do you have with you?

**TYPE:** Description of the incident

Keep this card in your wallet as a useful reminder



### BASIC INCIDENT CHECKLIST

- Lead and delegate
- Make the group and gliders safe
- Call for help
- Stop obvious bleeding
- Open the airway
- Only move if necessary
- Keep your group and casualty warm, dry, hydrated, and reassured
- Note time and treatments given



### BASIC LIFE SUPPORT

1. Not responding? Not breathing normally?
2. 30 compressions to two rescue breaths
3. Only stop compressions if casualty moves or you are exhausted