



# Active

outdoors in the Dales  
or just out for a casual stroll?

**In an emergency, would**

**YOU**

**know how to get help?**

Whatever your activity, if you're away from a road

dial 999

ask for 'Police'

ask the Police for 'Cave or Fell Rescue'

*then:*

describe your position (with grid reference, if you can)

stay by the phone (or where your mobile works)

keep the line clear so the rescue team can call back

*- they will call other services as needed*

For further advice on outdoor training and safety, go to a team website



[www.cro.org.uk](http://www.cro.org.uk)



SWALEDALE

[www.swaledalemrt.org.uk](http://www.swaledalemrt.org.uk)



[www.uwfra.org.uk](http://www.uwfra.org.uk)



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