



www.cro.org.uk
and into Cumbria and Lancashire
for Malhamdale, the Three Peaks
Cave Rescue Organisation

SWALEDALE



www.swaledalemtr.org.uk
and into the Vale of York
for Wensleydale, Swaledale
Swaledale Mountain Rescue Team



www.uwfra.org.uk
and into West Yorkshire
for Wharfedale, Littondale, Nidderdale
Upper Wharfedale Fell Rescue Association

The search and rescue teams of the Yorkshire Dales Rescue Panel,
regardless of name, ALL save lives in wild and remote places,
above and below ground.

Calling for **HELP** in the Yorkshire Dales

Our voluntary rescue teams don't just go to the aid of climbers and cavers.

They go out more frequently to walkers and casual visitors, so be prepared -

YOU should know what to do, if help is needed.

Keep this and read on!



walkers – climbers – cavers – mountain bikers
parapentists – canoeists – farmers – divers
casual visitors – off-roaders – cave divers

To call a rescue team –

- call** 999
- ask** for 'Police' - Mobile calls may go to the wrong Police force; say which county you are in!
- ask** the Police for 'cave or fell rescue'
- say** where you are (give description & grid reference)
- describe** the problem (and answer any other questions)
- stay** by the phone or where your mobile works (keeping the line clear so you can be called back. The rescue team will call other services as needed)

Before you go:

- Learn** basic life support
- Know** how to navigate
- Prepare** for the worst (even on a nice day, take waterproofs, torch, spare clothing)
- Understand** the weather (+ recent weather, if caving)

For advice on outdoor training and safety visit any of our teams' websites (overleaf)

Enjoy your day or stay in the Dales!