GLOSSOP MOUNTAIN RESCUE TEAM



Information for Prospective Members

Introduction

Welcome to Glossop Mountain Rescue Team (GMRT). This booklet is aimed as a reference for you to be able to gain some knowledge of the team, what we do, where we do it and what we would expect of a new member. While this information is not all set in stone, it is a good guideline to start from.

Origins of Glossop Mountain Rescue Team

On Monday 20th April 1957 the Glossop Rover Scouts decided to investigate the possibility of forming a mountain rescue team, to assist the police as and when required. In June of that year, whilst on an exercise weekend at Edale, the crew assisted the evacuation of a girl with a sprained ankle off Kinder Scout.

The first rescue recorded in the team logbook was of a Miss Elaine Grey who had fallen in a gully on Lawrence Edge above Woodhead reservoir, she had a broken leg and was carried by stretcher to Crowden Station.

In the spring of 1964 during the "Four Inns Challenge" the weather deteriorated, and heavy snowfall led to the deaths of three scouts, despite the evacuation of a number of scouts by Glossop team, and a search by other teams in the Peak District. As a direct result, a number of new teams sprang up of willing volunteers, and this led to the formation of the **Peak District Mountain Rescue Organisation, (PDMRO)**, and the amalgamation of the Rover Crew with the Glossop Moorland Rescue Team. The combined team was named '**Glossop Mountain Rescue Team'.**

Glossop Mountain Rescue Team Today

The present team is still run on the same enthusiasm for saving life that followed the Four Inns tragedy. There are presently about 50 active members of the team, including support and non-operational staff. We are available 24 hours a day 365 days a year. In recent years, the team has attended between 40 – 50 annually.

The role of the team has developed over the years and tasking not only includes aiding those who are lost or injured, but also crag rescue, water rescue, aiding the community during inclement weather, assisting local ambulance services in extracting patients from remote locations, to name just a few further examples. The team regularly work alongside the police, ambulance service, coastguard, and other MR teams.

We can be activated very quickly and aim to get at least one party of rescuers on the hill within a short period of the initial phone call. We are all volunteers yet are all very professional at what we do. The standard of patient care is second to none and the abilities of all the team give a first-class search and rescue service.

To Apply or Not to Apply

Applying to become a member of the Glossop Mountain Rescue Team is not something you should consider lightly. It is recommended that you discuss applying with your nearest and dearest as your membership will also impact them. We can only maintain this high standard of service with **full** commitment of **all** team members and the ongoing support of their immediate families.

Team membership will cost you time and money and **will** cause inconvenience.

- You will not be paid for your time spent on rescues or training.
- You will not be paid for any expenses incurred other than that agreed by the team.
- You will have to undergo a DBS check.
- As a trainee you will be required to provide the majority of your own equipment (PPE will be provided)
- You will suffer the inconvenience of call outs at any time of the day or night.
- You will, at times, find yourself cold, wet and tired.
- You will be expected to attend the majority of the training offered by the team and your competence and commitment will be continuously monitored.

That said, it will not be long before you will be rewarded with the tremendous personal satisfaction that comes along with being involved in helping save a life and meeting many likeminded individuals.

You are strongly encouraged to review the team's social media presence or webpage (http://gmrt.org.uk/) to get a flavour of recent callouts before submitting your application.

GMRT Membership

There are three levels of membership for hill going members:

- **Applicant**:
  - Anyone who has completed an application form and is deemed suitable will be invited to attend an initial assessment.
- **Trainee member**:
  - An applicant becomes a trainee member after passing the initial assessment.
- **Full team member**:
  - A trainee member becomes a full team member after:
    - A continuous 12-month period as a Trainee member (or less with the team leader's recommendation)
    - Continuing to demonstrate the appropriate levels of commitment, motivation, fitness, teamwork and ability.
    - Pass the GMRT "Eight Hour Night" assessment.

Additionally, there are non-hill going team support roles which include operational and non-operational support officers and members who are essential to the smooth running of the team.

Applications

Individuals who feel they meet the requirements of the team and possess the desirable qualities should complete and return the application form, available on the GMRT website in the Join Us section, to secretary@gmrt.org.uk

Initial Assessment

Shortlisted applicants will be invited to attend a basic practical hill competency assessment at a convenient time. This will be about 2-3 hrs long and will give you the opportunity to talk with the team leaders about mountain rescue and the impact it may have on your personal life as well as answering any other questions you may have.

Due to the nature of the team's role, this assessment will take place irrespective of the weather conditions. Applicants should ensure they are suitably equipped for the conditions and terrain.

During this initial assessment you are expected to demonstrate that you have a suitable base level of:

- Hill fitness and competency.
- Skill with map and compass.
- Local knowledge.

The outcome of the initial assessment may be:

- Fail.
- Deferral for 12 months with recommendations to work on specific areas identified during the assessment as not being up to a minimum standard.
- An invitation to join the team as a Trainee member.

Expectations of a Trainee member

Trainee members will be expected to:

- Attend all GMRT training
- Attend relevant PDMRO training
- Attend all equipment checking sessions
- Attend all GMRT meetings
- After a period of time, attend base to assist during callouts
- Attend the initial equipment training sessions
- Personally develop their navigation skills
- Personally develop their local knowledge
- Contribute to fundraising activities
- Demonstrate to the Leadership of the team the appropriate level of commitment, motivation, fitness, teamwork and ability. This will be monitored closely during this period.

Training, kit checks, and meetings.

Team training sessions, kit check sessions, or meetings take place every Wednesday. The last Wednesday of the month is set aside for the team meeting and/or AGM.

One training session per month will be used for medical training, the remainder will be general training eg. communications, manual handling, searches, etc. or kit checks.

The Wednesday session starts at 8pm, unless otherwise specified, and lasts between 60-90 minutes. These are usually at base, but details and any kit requirements will be advised prior to the event.

In addition, the team hold a series of exercises during the Winter months (Sep, Oct, Nov, Jan, Feb, Mar). These alternate between day exercises starting at 8am on a Sunday and night exercises beginning at 6pm on a Saturday. Exercises can last up to 8hrs, and are usually held on the weekend prior to the last Wednesday of the month. Trainees are expected to attend all exercises during their trainee period and will not be invited to attempt the 8-hour night assessment unless they have attended a minimum of 4.

Near the end of the traineeship or shortly after becoming a full team member you will be expected to attend the 3-day PDMRO Mountain Rescue Fundamentals course ("Crowden Weekend") at Crowden Outdoor Education Centre.

Whilst guidance can be provided by existing team members, trainees are expected to independently

evaluate and enhance their navigation skills and local knowledge in preparation for the 8hr assessment and operational tasking.

Trainees and full team members may also ask or be asked to attend additional training as deemed necessary by the team.

Callouts

Callouts can occur at any time of the day or night, any day of the year, therefore the team must be prepared to deploy at a moment's notice. The duration of the callouts can vary dramatically and can be as short as 2 hours and stretch to multi-day searches. Your availability will depend on several factors. It is generally accepted if you are working, that you may not be available. While some employers are sympathetic towards mountain rescue, others are not. Ask your boss and see.

Initially, trainees do not attend callouts, but will be added to the callout list at an appropriate time during their traineeship. On being added to the list, trainees will attend base during callouts to observe and assist in the running of the tasking. An individual is deemed a hill going member as per the full team member requirements detailed previously.

Personal Clothing and Equipment

As a trainee, you are issued necessary personal protective equipment only. This is limited to:

- Helmet
- Goggles
- Ear plugs
- Hi-viz vest
- Micro-spikes
- Gloves for ropework
- Hand torch

Therefore, during your traineeship you must have your own personal equipment for working effectively on high ground in the Peak District in all weather conditions during the day or at night. Choice of suitable hill going gear is very much a matter of personal preference, but you should bear in mind the following guidelines:

Personal Clothing

Your hill going clothing must always include:

- Suitable and sufficient clothing to keep you warm in all weathers, in all seasons, day or night
- Waterproof jacket and over trousers
- Boots and gaiters or other suitable footwear (e.g. fell shoes)
- Hat and gloves or mittens

Personal Equipment

You must always carry the PPE issued to you and the following:

1. Rucksack	Should be made of sturdy fabric and large enough to enable you to carry personal gear as well as team rescue gear. Ideally the capacity should be not less than 50 litres.
2. Map and Compass	1:25,000 Dark Peak. This should be carried at all times. 1:25,000 White Peak. This should be available. 1:50,000 Peak District. This should be available. A good quality compass must also be carried. A GPS would be useful **It goes without saying that you must be proficient in their use.**
3. Notebook	A waterproof notebook and pencil are essential for briefing notes.
4. Food and Drink	Sufficient to keep you going for 24 hours in difficult, hard-working conditions.
5. Lighting	A head torch is recommended to keep your hands free. Carry sufficient spare batteries for all night use. The team provides head torches and a search torch.
7. Whistle	This can be vital when communications are poor.
8. Watch	An all-weather watch is advised.

Team Equipment

As a trainee and as a full team member you will be expected to carry team equipment on exercise and callouts. Equipment can range from something as small as a radio, to something as heavy and cumbersome as half a stretcher. This is in addition to your personal kit, therefore this should be factored in when deciding on a suitable rucksack.

Driving

As a trainee you will not be asked to drive a team vehicle, except when being supervised during exercise or training. It should be noted that safety is paramount, and if you feel uncomfortable driving in an area then you make people aware.

Ongoing Contributions

Glossop Mountain Rescue is not just about rescuing individuals from the hills. For the team to function effectively there are 20+ officer positions held by full team members in addition to their hill going contribution. These include such roles as Team Leader, Deputy Team Leaders, Training Officer, Water Officer, to name just a small selection. These roles are essential for the long term future of the team and members are encouraged to fulfill these positions.

Fundraising

As a charity GMRT is reliant on donations from the public and organisations, therefore there is a significant amount of fundraising undertaken. All team members are expected to assist in these activities where possible.

Why Join Us?

Joining GMRT offers a unique opportunity to make a tangible difference in your community. In volunteering with us, you play an essential role in ensuring the safety and well-being of those who enjoy our beautiful landscapes. In return for your commitment, we offer a deeply rewarding experience that goes far beyond the expectations of the role:

- **Professional development and skills enhancement:** Joining the team provides you with the opportunity to develop a diverse range of skills. From the beginning you will receive medical training, communications training, and instruction on search and rescue techniques. As a full team member you have the opportunity to develop further skills such as water rescue, crag rescue, helicopter handling, and undertake the Remote Rescue Medical Technician qualification, to name just a few.
- **Teamwork and Camaraderie:** Our team thrives on mutual support, respect, and collaboration. The strong bonds you form with your teammates fosters a sense of belonging and creates lasting friendships. Working together in challenging conditions builds trust and camaraderie, making every callout a collective achievement.
- **Personal Fulfillment:** Volunteering with Glossop Mountain Rescue is more than just a role; it's a vocation that brings immense personal satisfaction. The warmth and gratitude from the individuals and families you assist, the appreciation from your community, and the inner peace from doing something meaningful provide a 'fuzzy warm feeling' that is hard to find elsewhere. This sense of fulfillment is a unique and cherished aspect of our work.

By joining Glossop Mountain Rescue, you not only meet new challenges and grow as an individual but also become part of a legacy of service and dedication.

APPENDIX A:

Team Membership Application Requirements

To be suitable to apply for team membership you must:

1. Be at least 18 years old.
2. Have a good hill walking background, including experience in the Peak District.
3. Be able to navigate proficiently and be able to move safely and competently over mountain and high moorland terrain in all weather conditions during the day and at night in all seasons.
4. Possess suitable clothing and personal equipment to spend at least 24 hours working effectively on a rescue incident.
5. You must be capable of carrying all your personal equipment plus any team kit required for an effective rescue.
6. Be **physically and mentally fit and endeavour to remain so.**
7. Be willing to work as part of a team carrying out tasks as required by team and party leaders (see "Desirable Personal Qualities" in next section)
8. Have a reasonable degree of availability for callouts.
9. Be prepared to serve a probation period of up to 12 months. During this time applicants will be expected to attend the majority of training sessions offered by the team and will be continuously assessed on their existing hill craft skills, newly acquired mountain rescue skills, level of fitness, temperament and suitability for team membership.
10. Discuss any relevant personal circumstances such as medical conditions, criminal history etc that may affect your potential membership of the team, with the team's leadership.
11. Preferably holds a full UK driving licence.

Desirable Personal Qualities of a Mountain Rescue team member

An ideal member:

- Is always reliable and is able to respond quickly to demands
- Maintains professional conduct when cold, exhausted and stressed
- Has mental and physical stamina
- Is aware of own limits in terms of skills or fitness
- Works well and fits in with the team
- Participates willingly at all stages and understands that there is no glory.