

PTARMIGAN HILLWALKING & MOUNTAINEERING CLUB ("the Club")
CODE OF GOOD PRACTICE

1. INTRODUCTION

The Club is committed to the safe enjoyment of the hills by its members and this code sets out the practices which members should follow.

2. EQUIPMENT

Mountaineering Scotland suggests that summer hill walkers should have:

- Rucksack
- Boots giving ankle support and soles which grip
- Waterproof jacket (with hood)
- Waterproof over trousers
- General trekking trousers (not jeans of cotton material)
- Thermal top
- Fleece
- Gaiters (not always essential)
- Warm hat
- Gloves or mitts
- Spare layer e.g. fleece top
- Compass
- Map (waterproof or in waterproof case)
- Watch
- Torch (preferably a head torch)
- Food and drink
- Emergency survival bag (polythene is OK) and Group Shelter
- Whistle
- Small first aid kit
- Mobile phone (which should be registered with emergency SMS)
- In sunny weather, a sunhat, sun cream and sunglasses
- In the midge season, midge repellent and/or a midge net

In the winter months, and depending on route, there may also be a requirement for:

- Warm/windproof trousers or thermal long johns
- Rigid boots
- Ice Axe
- Crampons
- Hot drink in a flask
- Spare high energy foods
- Goggles

GPS equipment is very useful but should never be relied on in place of map and compass. There may be circumstances in which a rope and helmet should be carried.

3. PARTIES

Parties should normally comprise at least two and preferably three people. Walks on Club meets are not led; we walk as equals. The bus convener will advise on routes, facilitate the formation of suitable parties and assist anyone unattached in finding a suitable party to join. In deciding to join any particular party, members should be aware of their own fitness and limitations. Except in an emergency situation parties should remain together and decisions should be taken jointly, always adopting the option best suited to the confidence and competence of the least experienced member. Members choosing to walk alone should be aware of the additional risks involved and of the greater need for self-sufficiency.

4. ROUTES

For any meet the bus convener will suggest suitable routes and publish them in the preceding month's newsletter. Members should check weather forecasts (MWIS is recommended) and, if appropriate, with the Scottish Avalanche Information Service before the meet. On the day the bus convener must be given details of each party's proposed route. The bus convener will confirm the time the bus will be leaving its destination and the approximate times of any pickups on the homeward journey.

5. ACCIDENTS AND ILLNESS

In the event of injury or illness parties should discuss how best to act and should agree on the best course of action in the particular situation, including the provision of First Aid and whether to call out Mountain Rescue. Unless unavoidable a casualty should never be left alone on the hill. If help is awaited, the priorities are to keep the casualty and the rest of the party safe and warm. Make use, as appropriate, of spare clothing, survival bag and group shelter. If practicable a message should be got to the bus, via the bus convener or another member. The bus convener will have the mobile phone, the number of which is published in the monthly newsletter and must be taken on the hill with each party. Bus drivers' maximum hours are regulated and the bus will normally only wait for a maximum of one hour after the agreed time at any pick up point. If the bus requires to depart without waiting for a casualty and anyone with him/her the bus convener should inform the casualty and/or Mountain Rescue. The Club will reimburse the cost of returning to Edinburgh by public transport and, if necessary, the cost of any accommodation incurred by the casualty and anyone else left behind. The Club maintains a list of members' emergency contact numbers but it is good practice for walkers to carry an "In Case of Emergency" form with such numbers and/or to have them on the lock screen of their mobile phones.

6. OVERDUE PARTIES

If, for any reason, a party is going to be late for its pick up a message should be got to the bus, via the bus convener or another member. The bus convener for the day has responsibility for deciding on the action to be taken, unless he/she is with the overdue party when another member of the committee should take charge of the situation. The bus will normally only wait for a maximum of one hour after the agreed time at any pick up point. Periodic attempts should be made to contact any overdue party and also any parties waiting at later pick up points. It may be appropriate to move the bus temporarily to a location with a better mobile signal in which case a contact should be left at the location. If the overdue party has been contacted and is known to be safe it may be necessary for the bus to depart leaving them to find their own way back by public transport. If the overdue party cannot be contacted, and it is necessary for the bus to depart, the bus convener and/or another member should remain at the pickup point or other suitable location to handle the situation and to liaise with Police/Mountain Rescue. The Club will normally expect a party overdue without good reason to meet the cost of returning to Edinburgh by public transport and the cost of any accommodation including such costs incurred by the bus convener or other person left behind.

7. BUS BOOKINGS

Bus bookings and cancellations should be made by text or phone to the number given in the relevant the Club newsletter or by email to bookings@ptarmiganmc.org.uk as soon as possible. If a booking has not been cancelled by 0800 on the Friday prior to the meet or if a person with a booking fails to appear on the bus, it is expected that he/she will pay the fare in full but the committee may waive such payment where non-cancellation or non-appearance were caused by circumstances beyond a person's control.

8. NON-MEMBERS

Non-members are welcome to attend up to two meets after which they are expected to join before attending further meets. They should complete a Guest Form which is available from the bus convener.

9. DOGS

The Club does not allow dogs on its walks except for assistance dogs.

10. INSURANCE

The Club maintains liability insurance cover through Mountaineering Scotland a summary of which may be found at:

http://www.mountaineering-scot-insurance.co.uk/uploads/documents/mcofs-insurance-centre/Mountaineering_Scotland_Clubs_Policy_Summary_2017.pdf

11. CHILDREN

The Club does not allow junior members or persons under 18 to attend meets unless accompanied by a parent or other responsible adult. It is nevertheless a requirement of the Club's liability insurance cover that the Club should abide by the terms of Mountaineering Scotland's Child Protection Policy and Procedures which may be found at:

<https://www.mountaineering.scot/about-us/business-matters/child-protection-policy>

12. NON-COMPLIANCE

Failure to comply with the provisions of this Code of Good Practice may result in termination of membership.