



Volunteering to save lives





WHAT WE DO

Scottish Mountain Rescue (SMR) represents 25 Mountain Rescue Teams (MRTs) made up of highly trained volunteers. Scottish Mountain Rescue and our Member Teams are all charities in their own right. We also represent three Police Scotland MRTs and one RAF MRT.

Our **850** volunteers respond in a moment's notice, 24 hours a day, 365 days a year to assist people in the outdoors. They give up their time, their beds, abandon their work and are often called away from their families to assist total strangers.

Together we are here to save lives in the outdoors in Scotland.

www.scottishmountainrescue.org

Scottish Mountain Rescue is a registered charity No. SC045003.

"Over the years the work of Mountain Rescue has adapted as things move on. It is great to see teams assisting their local communities as well as mountaineers.

From searching for vulnerable people to helping in weather related emergencies they are now a vital resource for Government Resilience planning.

Whenever the teams are asked to assist, they will always respond.

Thank you all and your families for your efforts over the year's."

David "heavy" Whalley M.B.E B.E.M

HIGHLIGHTS OF STATISTICS

Incidents

636 Total number of incidents in 2022.

An incident is defined as a single event that requires the services of an MRT. The resolution of this incident might need several call-outs of a team (or teams) for example during a prolonged search.

2021: 660 2020: 497

330* were mountaineering* related, 306 were non-mountaineering incidents.

*Mountaineering includes hill-walking, scrambling, rock climbing, winter climbing, and MRT activity.

Call outs

The total number of separate team call-outs was 843, or 906 including 'continuations' (linked call-outs on different days).

2021: 893 2020: 671

This is an average 2.5 per day. At least one team was called out on 281 days this year, and on the busiest day (26/06/2022) there were 15 activations of teams.

Hours

In 2022 Mountain Rescue volunteers gave up 29,804 hours of their time during call-outs.

2021: 31.799 2020: 24.401

That's the equivalent of one person working consecutive 40 hour weeks for seven years and four months... voluntarily!

People helped

During 2022 740 people were rescued.

2021: 715 2020: 627

2 incidents involved rescue of sheep, and 3 incidents the rescue of dogs.

Total number of independent incidents.

Incidents related to mountaineering.

Incidents not related to mountaineering.

Total number of team callouts.

People were rescued.

Animals rescued.





WORDS FROM THE CHAIR

Bill Glennie, Scottish Mountain Rescue Chair

2022 was another incredibly busy year for teams with 906 call-outs and 29,804 hours spent on rescues. What many people may not realise however, is the breadth of work that the volunteer Mountain Rescue teams do.

As this year's Annual Statistics Report shows the teams respond to a really wide range of call-outs. These can range from mountain biking accidents, to fallen horse riders and missing fishermen, basically any rescue scenario in which the training, skills and equipment of the teams make them best placed to help. With the Scottish Cave Rescue Organisation as one of our member teams, we respond to rescues underground too.

The teams also support their local communities with resilience including responding to call-outs for vulnerable missing people in mountain and rural terrain. Mountain Rescue teams have also provided invaluable support during times of extreme snowfall, rescuing stranded motorists, delivering life saving medication and transporting people to hospital when heavy snow makes reaching people in rural communities challenging. Many of our teams are also trained in water awareness and water rescue which means that they can also respond to incidences of flooding.

"The rescues that teams respond to are really just the tip of the iceberg in terms of what they do. We estimate that the teams spend at least double the amount of time that they spend attending rescues, on other activities including training, fundraising and getting involved with their local communities."

The teams are all deeply embedded within their local communities, getting involved on so many levels. Many teams support local events, from providing marshalling and first aid cover at sporting events to attending local shows and providing demos and chatting to the public about mountain safety and raising awareness of the work of the teams. In many cases these sporting events could not go ahead without the support of the teams.

The teams also like to inspire the next generation of mountain rescuers and enjoy visits from local schools and youth groups. Many teams and indeed Scottish Mountain Rescue also get involved along with Mountaineering Scotland, the Mountain Weather Information Service and the Avalanche Information Service in promoting safety messages and encouraging the public to enjoy our beautiful wild spaces safely and responsibly.





OUR VISION

- To maintain the ability of Scottish Mountain Rescue affiliated teams to locate, assist and save the lives of people who are lost, injured, missing or otherwise in need of help in Scotland's mountains and remote places.
- To offer a world class, front line, voluntary search and rescue service capable of responding, individually or collectively, any hour, any day and in any weather condition.
- To work with other emergency responder organisations to assist our local communities in times of emergency



mage © SCRO

OUR VALUES

- Excellence We strive to assist all of our members to achieve excellence in their search and rescue activities.
- Community We strive to maintain a strong community of independent teams working collaboratively for the benefit of all.
- Engagement We strive to engage positively with any person or organisation towards improving Search and Rescue capabilities in Scotland.
- Inclusivity We endeavour to promote respect for all people equally, without bias, around differences of any kind.





January

This month marked very exciting times for Border Search and Rescue as work began on their new base in Kelso. Hebrides Mountain Rescue Team also made great progress on building their team base in 2022 and are aiming to complete the build by February 2023.

February

Braemar Mountain Rescue Team were called to the assistance of two people who had been stranded in the hills following storm Eunice. The challenging conditions meant the rescue took longer than expected but everyone got home safely.



March

Mountain Rescue Teams are called in to help with searches for a missing person in the Northern Highlands. Between them the teams spend over 1000 hours supporting the search efforts.

April

During 2022 a number of team members were presented with Distinguished Service Awards including Brian Tyson and Seymour Haugh of Border SAR.

May

Dundonnell Mountain Rescue Team had a busy period of rescues: callouts for 3 fishermen stranded by rising flood water at Loch Squod; a multi agency call-out at Flowerdale for a gentleman who had fallen off the path; followed by the rescue of Cooper, the England pointer dog, and her two companions after she had cut her paw very badly on rocks. Luckily she was able to hobble out under her own steam.

June

Launch of our inaugural virtual Aberdeen Mountain Rescue Team held their 50th Sponsored Walk. The sponsored walk is the team's biggest annual fundraiser. In the same month Torridon Mountain Rescue Team supported the mountain section of the extreme triathlon event 'The Celtman'.

Image @ Moffat MRT







This month we had 25 team members from 15 Mountain Rescue Teams attend our Casualty Care Training weekend at Glenmore Lodge. Team Members who pass the Casualty Care Assessment gain the highest recognised first aid qualification for volunteers in the country.

August

July

At the annual Killin Show the Killin Mountain Rescue Team were out speaking to members of the public about the work they do and how to stay safe in the hill. They were also on hand to provide first aid cover.

September

Skye Mountain Rescue Team are called out for an epic 16 hour rescue on the Dubh ridge. Altogether 15 team members were deployed by Coastquard R948 to rescue a climber who had been injured abseiling from Squrr Dubh Beag. After reaching and treating the casualty, the team had a 7.5 hour descent to Coruisk, involving plenty of technical work, difficult route finding and back-breaking stretcher hauling down a notoriously difficult hillside.

We held our first Scottish Mountain Rescue Training Conference since before the pandemic at Glenmore Lodge. Over 100 Mountain Rescue Team members came along to the event, and enjoyed a wide variety of training workshops from Rigging to Water Awareness.

November

Strathclyde Police Mountain Rescue Team and Moffat Mountain Rescue Team raced to the scene of a paraglider who was injured during take-off on Tinto Hill. The casualty was given pain relief and then stretchered off the hill.

December

Galloway Mountain Rescue Team were called to assist in a Major Flooding Incident. The team attended 7 separate water incidents from checking abandoned cars to evacuating residents on a sled. In the same month five members of the. Galloway Mountain Rescue Water Team were deployed to assist with a stranded Dolphin in Luce Bay. Just as the team arrived on scene they learned that the dolphin had been re-floated by members of the British Divers Marine Life Rescue medics.





| Scottish Mountain

RESCUE STORY MARTIN FAIR

On Friday 29th April 2022, Martin Fair, from Arbroath, a Church of Scotland Minister set off for a weekend in the hills. He was aiming to climb three munros with two friends. Martin is a keen and experienced hill walker, who has been hillwalking for more than 40 years. He was in the process of completing all 282 munros, having completed 240 already by that point.



The weather was amazing on the Friday, and Martin and his friends climbed a munro that day and stayed in a bothy overnight. They were well equipped for a weekend in the hills. On the Saturday they set off to climb two further munros. The group reached the summit of Beinn Liath Mhor, their first munro of the day and stopped for a bite to eat.

The slopes of Beinn Liath Mhor are quite steep and rocky. Martin does not know what happened next, as he was knocked unconscious from the fall, but he must have slipped or lost his balance as they descended from the summit.

His friends watched in horror as he went tumbling 10 metres down a steep rocky hillside and landed in some rocks at the bottom. When he came round he had blood pouring down his face and his friends were administering first aid.

His friends called 999, and asked for Police then Mountain Rescue and were able to give accurate coordinates for their location, which made it easier for



them to be found quickly. Members of Torridon Mountain Rescue and the Coastguard Helicopter were mobilised to attend. However unfortunately because of the difficult terrain and wind they could not land close to Martin. Therefore, the helicopter dropped four members of Torridon Mountain Rescue Team as close as they could get to the casualty and they assisted Martin to a safe spot for the Helicopter to land. He was flown onwards to Raigmore Hospital in Inverness.



Martin needed 10 stitches for his head and had some concussion, but was lucky to escape with no other serious injuries.

The accident has not put Martin off spending time in the hills, but he has gone on to support the team with fundraising, which has been hugely appreciated.

The rescue came as part of a busy weekend for Torridon Mountain Rescue Team with a rescue on Friday and Saturday and team training on the Sunday.

Martin Fair said "I've done lots of solo walking but am so glad I had friends with me that day - and that they kept their cool and called for help such that the MRT was with me incredibly quickly. I'm so grateful for everyone who got me off the hill and remain inspired by the willingness of the volunteers of the Torridon team to go to help wherever and whenever they're needed."

Richard Cockburn, chair of Torridon Mountain Rescue Team and one of the rescuers who attended the call-out, said "We are delighted that Martin made a good recovery and that he is keen on being back out in the hills again. Martin has done a great job in raising funds for Torridon Mountain Rescue Team and we are all very grateful to him".

TEAM MEMBER PROFILES



Simon WillattsScottish Cave Rescue Organisation (SCRO)

I started caving with Sheffield University Speleological Society in the early 2000s and joined SCRO in 2014. I had just moved back to the UK after a couple of years living in Belgium, and wanted to get caving in the UK again. One of my old caving friends from university was then the training officer for SCRO. She invited me along to a training weekend, I met the team, got invited to more sessions, until after a Committee meeting held at the end of a training weekend I was told the Committee had approved and I was in. This was a great feeling at the end of a great weekend. I thought joining SCRO would both make me a better caver and give something back to the caving community.

It's been great to learn more about the intricacies of rescue from being on the team, as well as meet more Scottish cavers and go to new caves and places I probably would not have been to or known about otherwise. Scotland has been home since the mid 2000s, but I've moved around a lot due to postings elsewhere with the

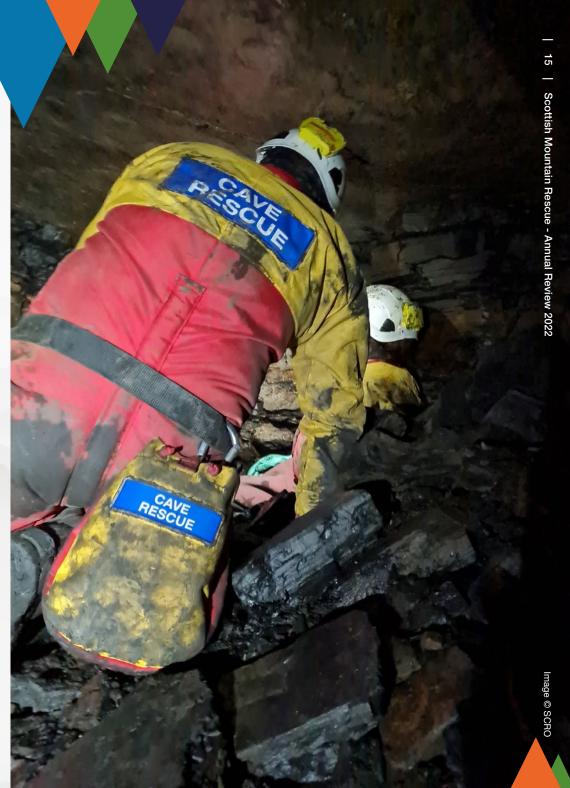
RAF. When I first moved to Scotland from down south, I spent most of my free time in the mountains and cycling, with caving getting less of a look in. This seemed sensible at the time as relatively speaking there are a lot more hills in Scotland and fewer big caves vs England and Wales: involvement through SCRO has helped redress the balance towards caving.

There are many transferable skills from cave rescue to work, including team work, management of resources under pressure from other constraints, plus first response skills which are really universal and apply as much to my other outdoor interests as everyday life and work.

Just over a year ago I stepped up to be SCRO Secretary. This is a role I knew I could take on even if I was working away elsewhere – though a bit of a stretch, by use of virtual meetings, email and the wonders of online filing I could do it even while deployed abroad last year.

Before joining SCRO, I knew nothing of the links between cave rescue and mountain rescue, and the opportunities taken to learn from the experience of other teams. A cave rescue in Scotland is likely to include a mountain rescue surface element, so good links between teams are important. I've really enjoyed getting to know some excellent people through SCRO and hope to have many more good experiences yet.





TEAM MEMBER PROFILES

Donald Stewart Lomond MRT

My Name is Donald Stewart and I have been a member of the Lomond Mountain Rescue Team for 12 years. I became interested in hill walking 50 years ago through the Scout Association and I often describe being in a Mountain Rescue Team is a bit like being in the Scouts for adults.

I am one of the assistant training officers; one of the teams PPE inspection team; one of the rope rescue supervisors; and I recently requalified as a casualty carer.

Having had considerable enjoyment in the mountains I joined the team in order to 'put something back'. Prior to joining the team I bodied for them as a lost casualty in a search training scenario.

There is a phenomenal level of time dedicated to mountain rescue by team members, not just being prepared to get up and go to a call-out at a moments notice, with some search call-outs lasting multiple days. There is also the commitment to regular scheduled team training events and attending some specialist courses which can be two to three days long. Time has to be spent packing away equipment after call outs and training sessions. Twice a year we spend a full day on PPE kit inspections. In addition to this there is the time required to carry out team management tasks, in my case assisting with the scheduling, planning and fulfilment of training events.

The team regularly give talks to groups such as Scouts, Cubs, Beavers as well as hill walking and hill running groups. We regularly provide safety and first aid cover for events such as hill and road races, which provides funding for the team. There are also occasions when we are called out to search for missing vulnerable people.

In addition to learning a phenomenal amount of new skills I have also updated and enhanced other skills during my time within the team such as advanced medical skills achieved through Casualty Care training and assessments, PPE equipment checking, 4x 4 driving and advanced rope rescue rigging techniques.

As I approach the age of 65 I find that being in a Mountain Rescue Team has certainly kept me much fitter than I would otherwise be.

There are obviously sad moments with some call-outs that have not ended well, fortunately not too many, but the most memorable events have been the call-outs where we have really made a big difference and have actually saved a life through the use of the training we have received.

I am also delighted at the level of respect that we get from the full time professional emergency services that we work with even though we are, after all, only part time amateurs

After a number of years working with the British Antarctic Survey as a Field Guide I changed careers and have been working as a professional photographer for the past 30 years. The Lomond Team is fortunate enough to have numerous accomplished photographers which has been good for the teams PR in particular through social media.





OBAN MRT AND SUPPORTING LOCAL COMMUNITY EVENTS

Oban Mountain Rescue Team (OMRT) has a long history of providing bespoke catering at events in the Oban and Lorn area. These events have included the Argyllshire Gathering, Lorn Show, Oban Charities day and Taynuilt Highland games. Along with the traditional fare of quality local butchers burgers, we created a niche serving up fresh crepes, which went down a storm.

We have now moved away from the catering side towards providing assistance at events in the form of safety and first aid cover.

Throughout the year OMRT attend community events such as RNLI open day, charities day and the local motor show to demo and raise awareness of our service and how we support our community.

Craggy Island Triathlon is our main fundraising event and is run in partnership with Durty Events. The team provide the main marshalling and safety cover and ensure everything goes like clockwork.



"Oban MRT are really at the heart of Craggy Island Tri in so many ways it's fair to say it wouldn't be possible without them. The courses (and the island) are rugged and remote and not without risk. The team decisively help us mitigate that risk by providing our eyes and ears on the course, incident response, and solid event communications. They are highly skilled and just hit the ground running, even in the more difficult locations. From a race organisers perspective, I just get a whole load of reassurance that things will be OK, and even if they are not OK, that we have the right resources on hand to manage a response.

The team turns out in force, and provide most of the course marshalling in addition to specific 1st aid/event safety cover, plus the event HQ medical team. We are hugely grateful for all they do, and of course make a hefty donation in return for their generosity and support."

Paul McGreal, Durty Events

Other events that we support include the Isle of Jura Fell race and the Kintyre Ultra Marathon. For many years, we supported the UCI Mountain Bike World Cup event at Nevis Range in the form of First Aid support on the course. Recent upgrades to the safety provision at Nevis Range with their new tracks have resulted in this cover now being done in-house.

Team members get a lot back from being out in our community. Assisting at events helps us talk to members of the public and share our passion for helping people in need and getting out on our local hills.



Our medics get a lot of good casualty experience.

Some of our events are on the extreme edges of our area. Trips to the Kintyre Ultra and Jura fell race have become annual trips away with great team building opportunities.

These events are good opportunities for non-operational and former members to stay involved. We have a growing junior section of MRT babies and toddlers, it is good to see them come to events, help, and let the mums and dads stay connected as they take time out to nurture our future generation.

The local community do like to see our presence at events, as it gives reassurance that the team will be there if needed. Event attendees also know that some of the race entry fee will go towards supporting an important service in the hills beyond just that event. We like to think that being at events as volunteers adds to the community spirit too.

Team members attending events enjoy good camaraderie and a laugh, sometimes there might be cake or beer and even Whisky at times. It is always a pleasure to meet the public and share what we do.

It can sometimes be a strain on the team organiser to get enough volunteers on the ground for an event and sometimes it can be a strain on family if you are away all weekend, for the likes of the Jura Fell race and Fort William downhill mountain bikes.

It can also stretch resources if we have a callout running at the same time! Two years ago we had a callout early morning before the start of the Craggy Triathlon. several team members deployed on the second day of the triathlon to assist another team in a search and then a callout just as we were putting the vehicles away at the end of the triathlon....

The team have gained some memorable experiences including seeing some fantastic countryside, the thrill close up of the best Mountain bikers in the world hurtling by or like last year witnessing Finlay Wild make history to go under 3 hours in the Jura Fell race.

There is also the spectacle of getting land rovers bogged and rescued by tractors in the back of beyond, seeing mountain bikers crash in the most dramatic fashion and then jump back on their bike and whizz away again. In addition, meeting some of the most amazing people who organise these events year after year.

Famously a long time ago in a tent at a very wet Taynuilt Highland games while dishing out crepes and burgers we served Dame's Maggie Smith and Judy Dench who were regular visitors to the area.



BRAEMAR MRT, THE LOCAL COMMUNITY AND FUTURE 'MOUNTAIN RESCUERS'!

Braemar Mountain Rescue Team have always had a close working relationship with the local community since their inception in the 1960s.

The team is involved with groups right across the whole community from young to old, and from across the area that the team covers. This includes local cubs and Scout groups, visits from the local primary and nursery school and supporting community cardiac first responders by providing the base as a training venue.

Braemar Mountain Rescue Team also have a longstanding involvement in the Braemar Highland Gathering and Ballater Games, they also attend Run Balmoral and other events from time to time.

The team attend talks throughout their area, but prefer visits to the base for young people as that means that they can get to sit in the vehicles and use some of the equipment that the team have.

The team hosted a visit from the local Beavers and Cubs in September 2022, teaching the children about first aid and what the team do.



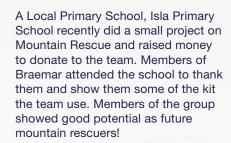
Nick Mardall, Braemar Scout Leader and Braemar MRT Member:

"Braemar Beavers, Cubs and Scouts have always been integral to the village with children coming through each of the scouting levels from ages 7-14yrs. It's very much a community orientated group working towards their Gold scout award with the cooperation of local organisations including businesses, the fire service and of course Braemar Mountain Rescue. The scout groups are frequent visitors to the Braemar Mountain Rescue centre."

"The rescue team lay on a visit each year so the scouts and cubs can get a real feel for the work that the rescue team undertake and (the highlight of the visit) to sit in the various vehiclesthe snow tracked vehicle always being the most popular. The rescue team also takes the children through a rescue scenario and demonstrate on a willing volunteer how to wrap up a patient before securing them into a stretcher."

"The rescue team also supports various scout activities including simple rope work, mountain hikes and crossing the Lairig Ghru with one or two team members accompanying the groups."

"The Braemar Scout group really appreciate the support from the Braemar Mountain rescue team and expect some scouts will become team members themselves in the future."



Braemar MRT also contribute their team vehicle and a driver to summer 'safaris', these are run by a community group, and the team transport the group up a landrover track to a vantage point and lodge for a BBQ.

Malcolm MacIntyre of Braemar MRT says:

"It's important for the team to have this community involvement because the team relies on community volunteers for its membership, but we also recognise the impact that training and call-outs have on families so it's good to try to balance this. We also have skills and resources that can help other community groups"

"The community gains a greater understanding of what we do and the role we can take in community resilience although we do not formally do so much of this as some other teams, but we are there if needed!"





Scottish Mountain Rescue

THANKS

On behalf of Scottish Mountain Rescue, our **25** member teams, their **850** volunteers, the people that we've rescued and their families we wanted to say a big thank you to everyone who has supported us this year.

We are really humbled and grateful that despite all the challenges of the past year so many people have continued to donate, fundraise and leave gifts in their will for Scottish Mountain Rescue and Teams. Your support keeps us going, and means so much to us all.

We hope that this Annual Review reminds you of the huge variety of different ways that your support makes a difference in remote and mountain communities across Scotland.

We simply couldn't do what we do, without you.











changing lives, saving lives

The JD Foundation is a registered charity founded by JD Sports Fashion PLC in December 2015. There are currently **21** charities supported by the JD Foundation, two of which are the environmental charities, Scottish Mountain Rescue and Mountain Rescue England and Wales.

As an international multichannel retailer of sports fashion and outdoors brands, the JD Group includes leading outdoor retailers Blacks, Millets, Tiso and Ultimate Outdoors. Therefore, the JD Foundation is delighted to support Scottish Mountain Rescue and Mountain Rescue England and Wales through money raised on the sale of carrier bags across its stores in Scotland, England and Wales.

Since its launch the JD Foundation has donated over £185,000 to Scottish Mountain Rescue to support the teams and their invaluable work saving lives in the outdoors.



St John Scotland (SJS) have been a long-standing supporter of MRTs in Scotland. They have generously given over £3.75 million in funding, mainly through the provision of bases and vehicles, but also made a significant contribution towards the purchase of new radios in 2019, helping MRTs to save lives. They continue to support the vehicle replacement scheme for MRTs. which in some cases has, by exception, seen money granted by St John Scotland used to assist with the costs of new bases rather than vehicles; they have been flexible with their support in order to address the needs of teams. We would like to say a big thank you for the continued support of St John Scotland. In return our teams are increasingly assisting St John Scotland with its work in taking public access defibrillators and CPR training to their communities, and we look forward to finding ways to continue to work together and support each other in future.



We want to express our gratitude to the Scottish Government for their continued support of Scottish Mountain Rescue.



Finally we would like to thank the UKSAR Training Fund administered by the Charities Aid Foundation for supporting the national training programme offered by SMR.

HOW TO SUPPORT SCOTTISH MOUNTAIN RESCUE

There are lots of different ways you can support SMR or your local MRT including:

- Make a one-off donation
- Set up a regular donation
- Volunteer your time
- Leave a gift in your will
- Fundraise

We're a vital free service for anyone who uses the outdoors in Scotland but we rely on donations to fund three out of every five rescues, so our work simply wouldn't be possible without you. Gifts in wills are an increasingly important way to support us, funding around **100** rescues every year!

www.scottishmountainrescue.org/support

fundraising@scottishmountainrescue.org







SMR represents these teams and their contact information can be found on scottishmountainrescue.org

Aberdeen MRT

Arran MRT

Arrochar MRT

Assynt MRT

Borders Search and Rescue Unit

Braemar MRT

Dundonnell MRT

Galloway MRT

Glenelg MRT

Glenmore Lodge MRT

Hebrides MRT

Killin MRT

Kintail MRT

Lomond MRT

Moffat MRT

Oban MRT

Ochils MRT

SARDA (Scotland)

SARDA (Southern Scotland)

Search & Rescue Aerial Association

Scotland

Scottish Cave Rescue Organisation

Skye MRT

Tayside MRT

Torridon MRT

Tweed Valley MRT

Police Scotland (Grampian) MRT

Police Scotland (Strathclyde) MRT

Police Scotland (Tayside) MRT

RAF Lossiemouth MRT

SMR works in partnership with -

The Scottish Government

Police Scotland

Scottish Ambulance Service

Scottish Fire and Rescue Service

Bristow Helicopters Limited

Maritime and Coastguard Agency

HM Coastquard

The Home Office

Scottish Charity Air Ambulance

Scottish Mountain Rescue

Glenmore Lodge

Glenmore

Aviemore

Inverness-shire

PH22 1QZ

info@scottishmountainrescue.org

01479 861 370

www.scottishmountainrescue.org

- f @scottishmountainrescue
- @ScottishMR
- @scottishmountainrescue

Volunteering to save lives