



## RADIO TRAFFIC

### CHECKPOINT IDENTIFICATION

When calling in to hike control, it is helpful for you to include your checkpoint number when you identify yourself, for example

*This is <callsign> at checkpoint <n>*

### RADIO TRAFFIC

If an urgent request is made, all other stations should observe radio silence.

When passing back hiker arrival times to control, it is helpful to the control room to pass team number followed by arrival time (please use 24-hour localtime). For a complete team, just indicate the team number. For a loan hiker, indicate the hiker number, for example

*35, 36 and 37AB arrived at 15:33*

### URGENT NEED FOR MEDICAL ASSISTANCE

When a need arises to pass urgent details to control, use the ASHICE protocol to help focus and identify the information required by control and the St John Ambulance team.

- A** Age of patient – Approximate
- S** Sex of patient - male or female
- H** History - what's happened
- I** Injuries that you can see
- C** Conscious levels - Alert, Unconscious *If the patient is unconscious are they breathing?*
- E** Exact Location - where is the patient

If an urgent request is made, all other stations should observe radio silence.