



Scottish Mountain Rescue Training

# HOW THE BANKING SCANDAL SAVES LIVES IN SCOTLAND

Paul Russell: SMR Training Officer: ICAR Congress, Thessaloniki



## Scottish Mountain Rescue Training

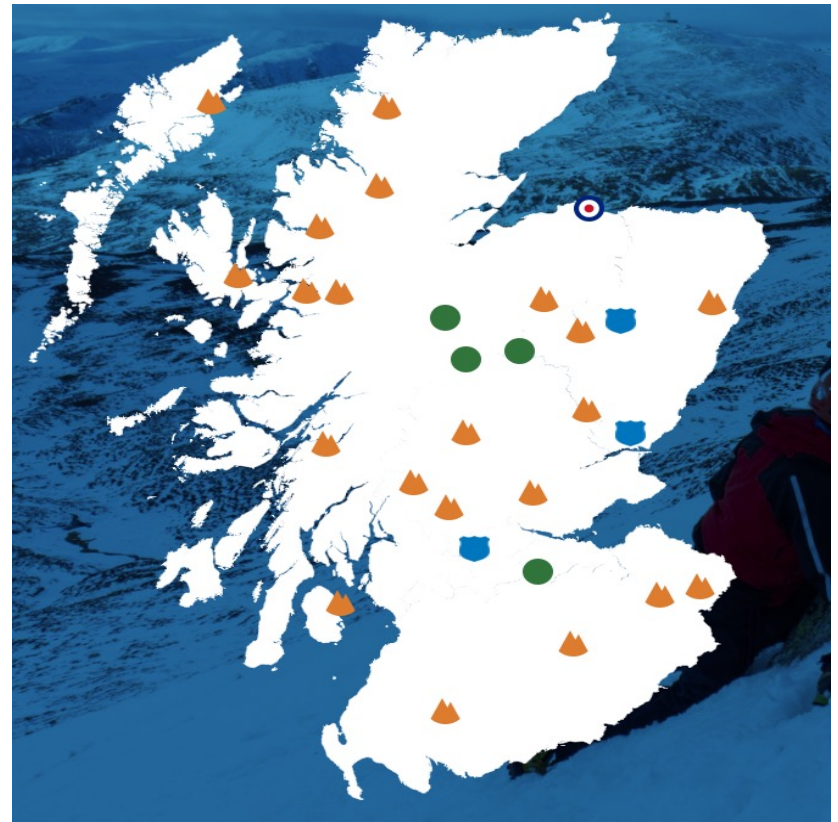
Paul Russell  
Scottish Mountain Rescue:  
Training Officer

Tayside Mountain Rescue:  
Senior Team Leader





## Scottish Mountain Rescue Training





## Scottish Mountain Rescue Training

850 Team Members

9 Executive Board Members

4 Full Time Paid Staff



Training Officer



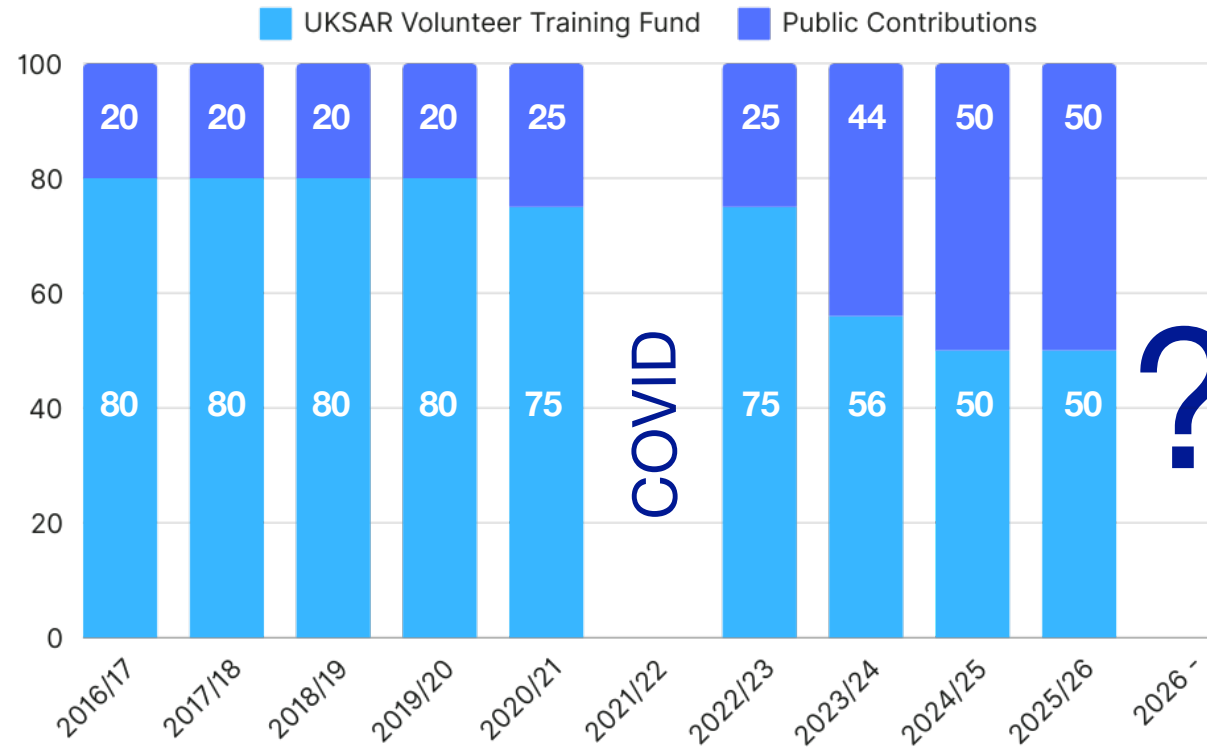
Scottish Mountain Rescue Training

# BANKING SCANDAL 2012



## Scottish Mountain Rescue Training

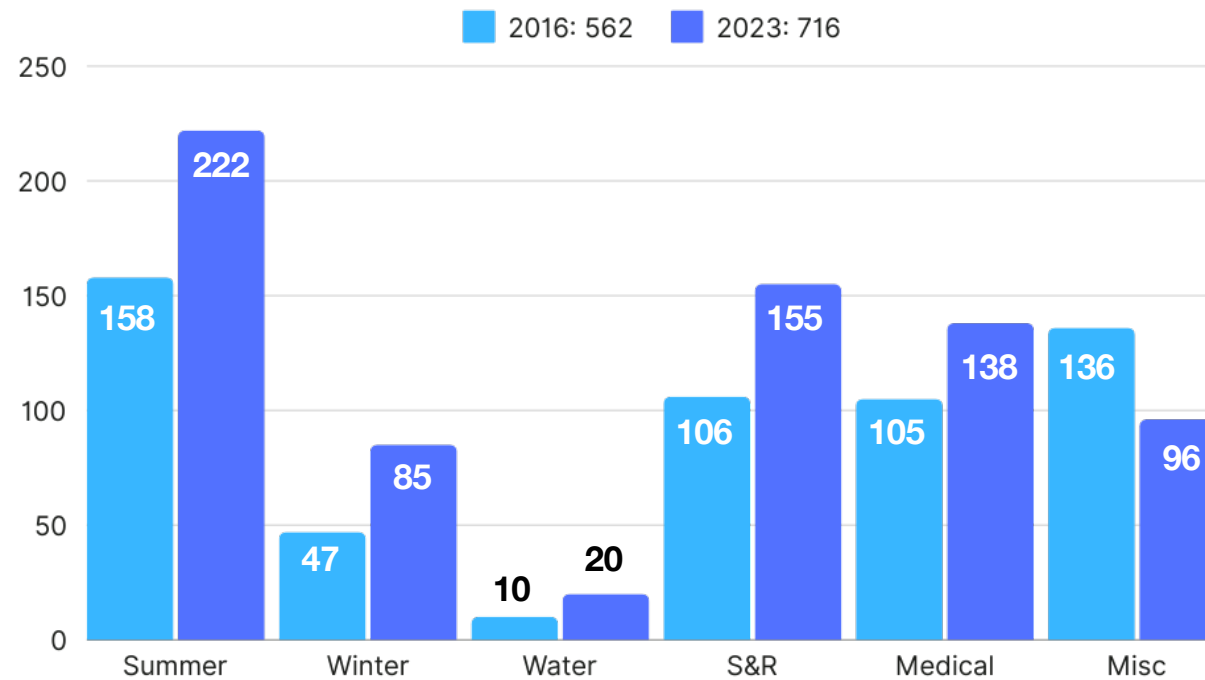
### UKSAR Volunteer Training Fund





## Scottish Mountain Rescue Training

### Incidents per Strand 2016/2023





## Scottish Mountain Rescue Training

Rigging

Mental Health First Aid

Search Management

Avalanche

PPE Inspection

Water

4 x 4

Remote Rescue Medical Technician

Wellbeing





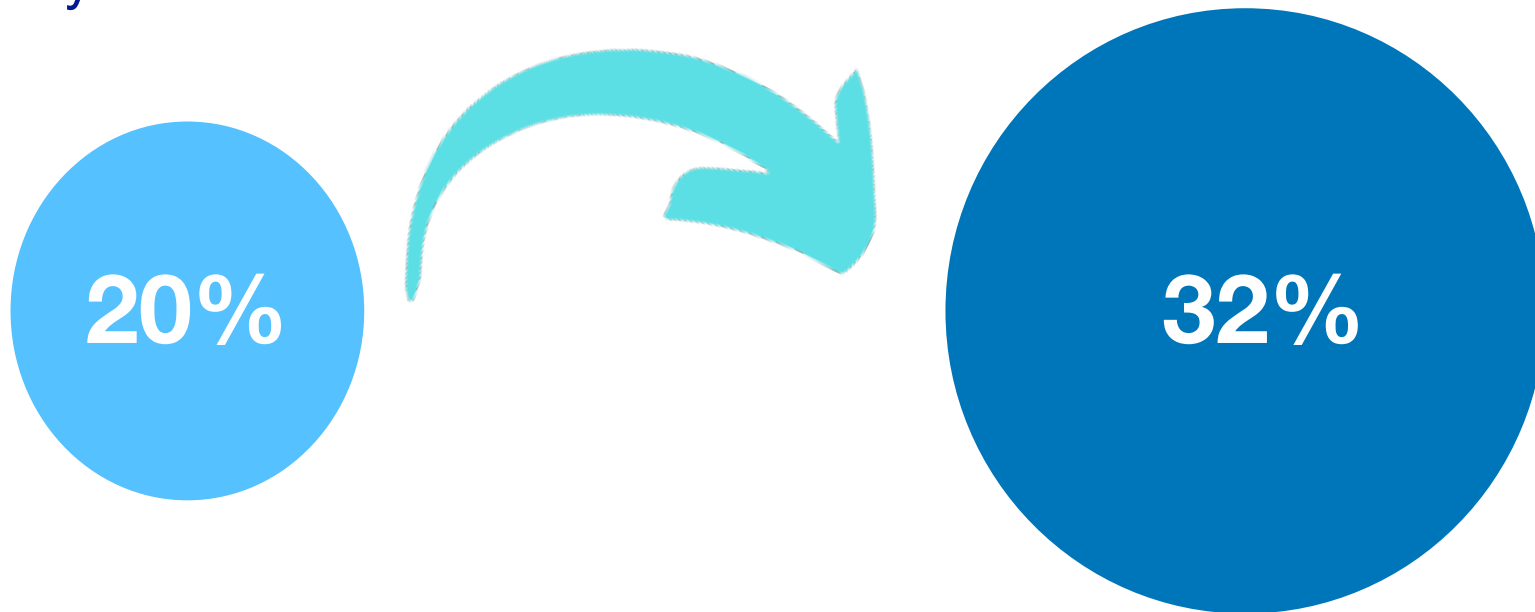
## Scottish Mountain Rescue Training





## Scottish Mountain Rescue Training

### Gender Equality





## Scottish Mountain Rescue Training

### Future of Training after 2026

**FIXED  
PAYMENT**

**1**

**LOCAL  
NATIONAL**

**2**

**MAIN  
STRANDS**

**3**

**ACCOM  
FOOD**

**4**



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[Avalanche](#) | [Medical](#) | [PPE](#) | [Water Awareness](#) | [Rigging](#) | [Search Management](#) | [Digital Mapping](#) | [Incident Management](#) | [4x4](#) | [Radio](#) | [Wellbeing](#)

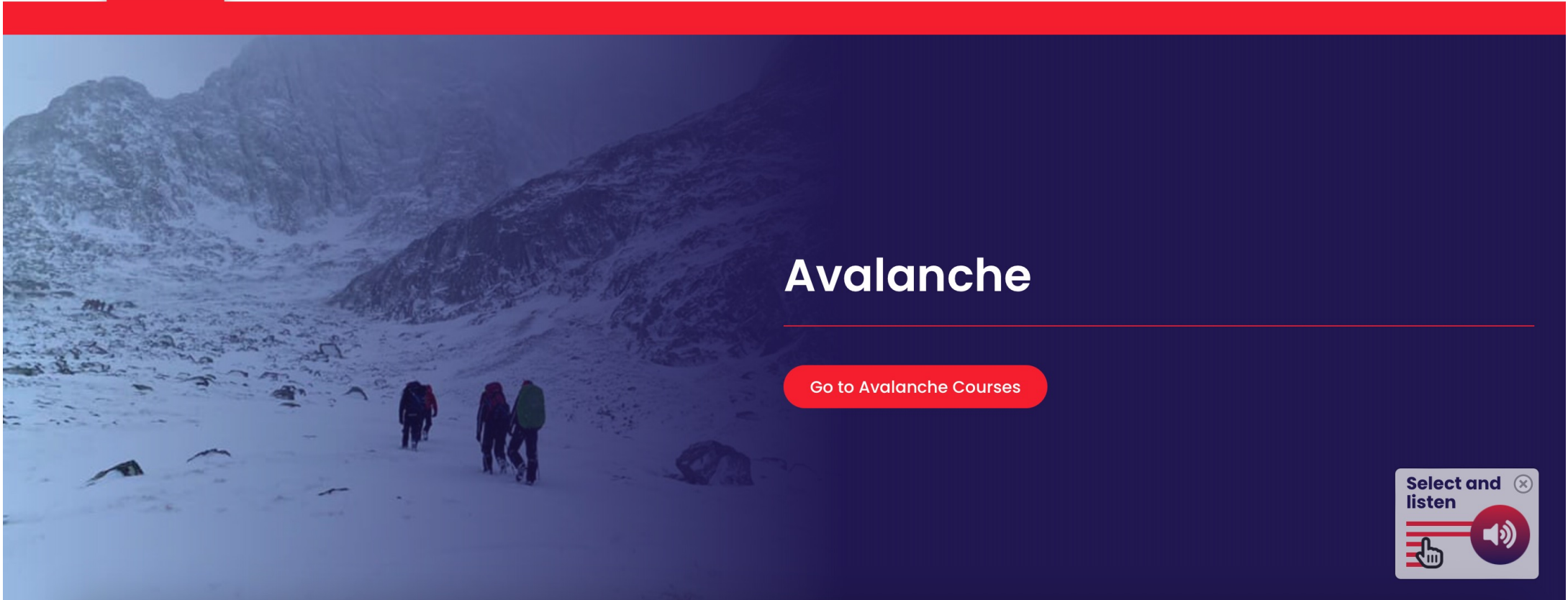
# Hello Paul!

- Search
- Post in Forum
- Sign up for alerts
- Event Calendar
- Get help



Select and listen

A hand cursor icon pointing to a speaker icon, indicating an audio player.



## Avalanche

[Go to Avalanche Courses](#)

Select and listen ✕

A small audio player interface with a list icon, a hand cursor, and a speaker icon.

# Avalanche Courses




**Avalanche Rescue**


**View Course**



**Avalanche Companion  
Rescue**

**View Course**

Select and listen 





## Pre Course Information

The Avalanche Rescue course is suited to rescue team members who have completed the Avalanche Companion Rescue course.

There are two key aspects to this course:

- ✔ **Further avalanche hazard awareness and risk reduction, especially under the pressures of a multi-burial organised rescue operation**
- ✔ **The location, extraction and treatment of multiple avalanche victims following long duration burial**

[BOOK Avalanche Rescue course 31/01/25-02/02/25](#)



## Course Description

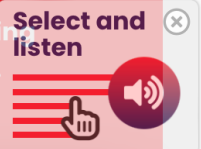
This course is not a 'winter skills' course. Course participants should be confident in the use of crampons and single ice axe on easy angled ungraded winter terrain. These courses do not require the use of rope, harness, or other technical climbing equipment.

The courses are not a test of physical endurance. The distance travelled on foot is typically less than 8km during the day on easy ground. Participants should be comfortable in the conditions that can be expected in the Scottish winter mountains. There are many periods of low activity during group discussions and training exercises. **THOSE WITHOUT SUITABLE CLOTHING WILL SUFFER.**

This course begins at **1930hrs on Friday, 31 January at the Glencoe Youth Hostel**. Please ensure that you have eaten before attending the evening meeting, as no meal is provided for you on the Friday evening.

You will be accommodated in shared, dorms on a B&B basis. Packed lunches will be provided on Saturday and Sunday, as well as dinner on the Saturday night.

**There will be a pre-course online training session held one evening before the weekend. You will be updated on this nearer the time.**







## What to Bring

All participants need to have their own transport, as the course programme will necessitate travel to and from training venues.

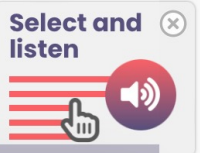
Sufficient personal equipment is required to enable candidates to operate within a mountainous environment, in all conditions, for the duration of the course.

### Essential kit

- Survival bag
- Helmet (essential for digging exercises)
- Waterproof shell
- Warm clothing including insulated jacket
- Winter gloves and/or mitts, at least two pairs (some digging and extraction exercises can result in cold wet gloves)
- Crampons (make sure they fit your boots), winter boots, ice axe
- Map of training area, compass (Glencoe & Aonach Mor Ski areas, OS 1:50k Ben Nevis, Fort William & Glen Coe sheet 41)
- Your usual winter equipment
- Transceiver, probe, metal bladed snow shovel
- Rucksack

### Advisory, additional kit

- GPS
- Snow goggles





## Video Content

Episode 9: Basic Avalanche Rescue Technique | Salomon ...

Share

HOW TO...

LEARN BASIC AVALANCHE RESCUE

Watch on YouTube

TECHNIQUES

 **Powerpoints**

 **Training Manuals**

**SMR AVALANCHE BURIAL - Organised Rescue Response**

[Download](#)

**SMR AVALANCHE RESCUE - Learning Outcomes**

[Download](#)

Friday, 31 January



# SMR Avalanche Rescue Training Course

The Avalanche Rescue course is suited to rescue team members who have completed the Avalanche Companion course.



By **Scottish Mountain Rescue** • 106 followers

Lots of repeat customers

Follow

## Date and time

Fri, 31 Jan 2025 19:30 - Sun, 2 Feb 2025 17:00 GMT

## Location

**Glencoe Youth Hostel**  
Glencoe Ballachulish PH49 4HX  
[Show map](#)

SMR Avalanche  
Rescue training  
course


- 1 +

Free

Reserve a spot



# Discussion Forum

	Topic	Replies	Since
	<b>New Avalanche Topic Example</b>	1	November 15, 2023



Avalanche | Medical | PPE | W

ent | 4x4 | Radio | Wellbeing

## Discussion



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- Subscribe to Newsletter

Topic



### New Avalanche

Discussing Avalanche  
adipiscing elit. Donec  
Vestibulum rhoncus molestie ex at fermentum. maquis faucibus peientesque sapien...

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Posted by: admin

Since

November 15, 2023

Add new topic

Select and listen

October 2024

FRI  
25



Press play to listen to this content

0:00

1x

October 25 @ 5:00 pm - October 27 @ 5:00 pm

## SMR Training Event

**Glenmore Lodge** Glenmore Lodge, Aviemore, Inverness Shire, United Kingdom

Free

November 2024

FRI  
8



Press play to listen to this content

0:00

1x

November 8 @ 7:00 pm - November 9 @ 5:00 pm

## 4x4 Driving

**The Commercial Hotel** 19 The Square, Tarland, Aboyne



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## Scottish Mountain Rescue Training

Paul Russell

Scottish Mountain Rescue: Training Officer

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