

# 2022 - Medical Information and Emergency Contact Form



Please complete this form and return it to the coordinators by 21<sup>st</sup> April 2022. If any information changes before the start of TGOC22 please submit an adjusted form. The information you give will be treated confidentially and will only be divulged to the emergency services when deemed necessary by the Coordinators or Challenge Control staff. All data on this form will be deleted immediately after TGOC22.

Name	Group Leader

## Medical Information

The Coordinators will not pass judgement on your fitness. It remains your responsibility to ensure you are fit to participate in the Event. To this end we strongly advise you consult your medical professional (GP, practice/specialist nurse or consultant) if you have any pre-existing health problems, or are concerned about your fitness, informing them of the nature of the Event, in particular that you may spend several days at a time in remote country with no road access or means of communication.

Please give details of any long term or ongoing conditions including joint problems, mental health issues, significant past health problems and any regular prescribed medication. If you develop any new conditions or your health changes in any way you should inform the Coordinators before the Event.

Please state “None” if you have nothing to declare.

Condition	Treatment

## Emergency Contacts

Please provide a minimum of one and maximum of three emergency contacts. You may use the same contact as other participants in your team if the contact knows you personally. Before you declare your emergency contact(s) please check the following:

- Your contact(s) knows you are participating in TGOC22 and they are aware of the nature of the event.
- Your contact(s) has consented to their details being held by Challenge Control and, in the event of an emergency they accept their details will be passed on to the emergency services.
- Your contact(s) understands Challenge Control may phone them if there is concern about your welfare or you are late phoning in.
- Your main contact is not a participant on TGOC22.
- Your emergency contact does not need to be your next of kin but should have contact details for them.
- If giving more than one contact, please list them in the order that Challenge Control should attempt contact.

Please also consider language issues. If your closest friend/relative does not speak English well it may cause distress to them if they are unable to understand Challenge Control easily. It may be preferable to nominate someone well known to them who can interpret and relay potentially difficult messages.

Name of Emergency Contact	Relationship to you	Phone number (s)

Before you leave home, please ensure your emergency contact has the following:

- A copy of your route sheet including your phone in points and dates.
- Challenge Controls number in case they have concerns.
- If carrying a GPS tracker - access to your device's map and any associated beacons.
- The colour and make of your tent and colour of rucksack/cover and waterproofs.
- A photo of you that can be sent to the emergency services if a search is initiated.

The last two items are requests from the Police and Mountain Rescue services.

## GPS trackers

Also known as Personal Locator beacons (PLBs) or satellite messengers these devices can be used to alert the emergency services when you have no mobile phone signal and can also track your progress. Some have the capacity for two-way communication. It is not compulsory to carry one but, especially for solo Challengers, they are worthy of consideration.

If you plan to carry a GPS tracker, please share the following information with us:

Make and model of device	
How do you plan to use it? e.g. regular automated tracking beacons, occasional manual messages, emergencies only	
Does your tracker have the capacity for 2-way communication?	
Please give a link to your tracker map	
Who will be monitoring your map/beacons? This person should be one of your emergency contacts.	

**Carrying a tracker is not an alternative to the phone-in system. You must still ring or text as planned.**

Your GPS tracker will not be checked routinely by Challenge Control unless you have missed a phone-in, or we have other reasons to be concerned about you. You must ensure someone at home is checking your beacons/messages regularly. Ideally, they should be one of your emergency contacts. Please DO NOT use the Coordinators' or Challenge Control's email address or phone numbers as one of your contacts.

We have had several instances of devices failing, causing anxiety to family and friends whilst the Challenger has been, thankfully, fine. Therefore, we will not initiate a search just because your tracker is not moving – we need some other indicator, such as a missed phone-in, that you may be in trouble. You need to discuss with your emergency contact what they will do if your tracker stops transmitting. Challenge Control will, of course, be happy to talk to your emergency contact(s) about your welfare.

**Please return this form by email to [newtonmorehostel@gmail.com](mailto:newtonmorehostel@gmail.com).**

**If you are unable to email it, please post to:**

**Sue Oxley & Ali Ogden,  
TGO Coordinators,  
Newtonmore Hostel,  
Main Street,  
Newtonmore,  
Inverness-shire,  
PH20 1DA.**