

TEN TORS CODE 2018

Leave gates and property as you find them

- Stay within commons, access land and public rights of way as indicated on the map unless you have the owner's permission to cross land.
- Do not climb over walls or damage field boundaries - use gates, stiles or gaps.
- Leave gates as you find them; close gates on Dartmoor.
- Keep off crops and hay.
- Respect all ancient monuments and relics such as stone rows, circles and crosses, cairns, walls, huts and ruins; make sure that you do not damage them.
- Do not remove any stones from dry stone walls or old buildings.
- Do not move stones found on moorland.
- Keep clear of houses, gardens and farmsteads.
- Leave vehicles, implements and machinery alone.
- Leave no litter; take all tins, bottles and paper home.

Protect plants and animals

- Leave young animals alone – don't handle an apparently deserted lamb as the ewe may reject it.
- Do not feed ponies or attract them to the road.
- Avoid disturbing animals, birds, nests, eggs, agricultural operations, local residents or the public.
- Do not cut, remove or damage trees or foliage.

Moorland Fires

- Wild fires can be devastating; do not light open fires, or take naked flames near timber, gorse, heather, bracken or other flammable materials. Use cooking stoves carefully.
- Be aware that traditional swaling (controlled burning) to manage vegetation is permitted on Dartmoor between 1 October and 31 March.
- Report all uncontrolled fires immediately to the Fire Service on 999.

Rare Bird Nesting Areas (1 Mar – 15 Jul). If crossing is unavoidable in an emergency, use existing paths and don't stop.

Control of Dogs

- Control dogs so that they do not disturb or scare farm animals or wildlife.
- Keep dogs on a lead during the ground nesting breeding season 1 Mar – 15 Jul.
- Report stray dogs/injury to animals to the Dartmoor Livestock Protection Officer (07873 587561).

Consider other people

- Respect the needs of local people
- Take special care when walking on country roads. Walk on the right in single file close to the verge; the front and rear persons must use reflective materials.
- Keep out of the way when animals are being gathered or moved and follow the farmer's directions.
- Support the local economy.
- Do not wild camp within 100 metres or in sight of a road or building and at least 100 metres from a water course. Do not overnight in car parks.
- Make no unnecessary noise.
- Help to keep all water clean. Do not foul streams, leats, lakes or reservoirs. Each is somebody's water supply.
- Do not divert or obstruct water courses or damage their banks.
- Do not ask to use private telephones except in serious medical emergency.

Report any incident or damage of any kind to the owner and to your Team

Manager. The Team Manager is to inform the Ten Tors Secretary of any incidents or serious injuries within 48 hours of the occurrence.

COLD INJURIES

Cold injuries include hypothermia, non-freezing and freezing cold injuries. EARLY HYPOTHERMIA WARNING signs are:

- Feeling cold, violent shivering.
- Stiffness and tiredness.
- Increase heart rate.
- Irrational behaviour.
- Later core temp less than 32°C.
- Probably not shivering.
- Stiff limbs- rigid joints.
- Confusion or loss of consciousness

IMMEDIATE ACTIONS:

- STOP. Get under cover. Stop getting any colder, replace wet clothing with dry.
- Rewarm slowly; Add extra layers. DO NOT try to warm by rubbing limbs & skin.
- Give warm, sweet drinks + high energy foods.
- Arrange evacuation to medical care as quickly as possible.

NON FREEZING COLD INJURIES WARNING signs are:

- Pins and needles in hands or feet.
- Hands or feet numb and stay numb.

IMMEDIATE ACTIONS:

Dry hands and feet, change socks and gloves, use foot powder, wriggle limbs, exercise.

FREEZING COLD INJURIES WARNING signs:

- Cold and painful.
- Tingling followed by numbness.
- No feeling when affected part moved.
- Skin mottled white and pink.

IMMEDIATE ACTIONS:

- Get into shelter, do not rewarm, arrange evacuation.

If a team member is becoming hypothermic, others will be at risk – act accordingly.

HEAT ILLNESS

Heat illness happens when a body gains more heat than it loses.

WARNING signs are:

- Nausea or vomiting.
- Cramps.
- Disturbed vision.
- Agitation.
- Dizziness.
- Confusion.

IMMEDIATE ACTIONS:

- STOP. Lie the casualty in the shade e.g. erect a flysheet.
- Elevate feet if conscious
- Strip casualty to underwear.
- Apply wet cloth to limbs and head.
- If conscious, give water.
- If unconscious, place in recovery position.
- If breathing stops, give CPR.
- Arrange evacuation to medical care as quickly as possible.
- If one team member has succumbed to heat exhaustion, others may be close to it – act accordingly.

MOORLAND HAZARDS

Flooded Rivers. Dartmoor's rivers rise rapidly after rain. Crossing a swift-flowing flooded river can be hazardous and should not be attempted unless the main consequence of falling in would be no greater than simply getting wet. Unbuckle your rucksack waist belt & chest strap before crossing. If in doubt and there is no bridge nearby, go upstream to a safe crossing point and adjust your route to the next Check Point or use your Escape Route.

Adder Bites. Adders are plentiful on Dartmoor but are timid and move away when you approach. The effect of a bite may be painful but is NOT DANGEROUS. Treatment is:

- Reassure the casualty; lay them down and keep still.
- Check breathing and heartbeat for shock; if not breathing give CPR.
- Immobilise the affected limb as for fracture.
- Seek help and obtain medical assistance.

Thunderstorms. To avoid lightning strike, sit on your rucksack in the **open** with your knees up and hands in lap. The rucksack will provide insulation provided **that no part of your body touches the ground.**

Unexploded Ammunition. Unexploded ordnance surfaces occasionally. As it may be **DANGEROUS, DO NOT TOUCH.** Mark the area and report the location to Dartmoor Training Area 01837 657210.

RESCUE INFORMATION

Lost !! If you think you are lost:

- Check your compass bearing and map; if possible back-track to a known position, or
- If you think you are near the edge of the moor, walk on a fixed bearing until you can identify your position.
- Failing the above, find a stream and follow it DOWN until you reach a recognisable point.

Casualty !! Call for assistance. Be prepared to **give your team name and number, the injury, your grid reference and description of your location.** If you cannot make contact, **at least one team member must remain with the casualty whilst at least 2 other team members seek help.** Before moving off, note carefully the location of the casualty, the colour of the tent, and anything else that may assist a search team.

REMEMBER THE INTERNATIONAL DISTRESS SIGNALS

Distress: Six short blasts or torch flashes, wait 1 minute and repeat.

Acknowledgement: Three short blasts wait 1 min and repeat.

WARNING

Failure to observe the Ten Tors Code may disqualify your team from participating in the Expedition and could debar your establishment from entering in future years.

TEN TORS 2018 AIDE MEMOIRE FOR TEAMS (THE GREEN CARD)

Establishment Name and Code:

Team Manager's Name and Telephone

Moorland vehicle cover Name and Telephone:

Team 'Off-Moor' Name and phone:

Police Emergency 999 or 112 via all networks. Non-Emergency 101

Reporting major incidents or need to access the Loop Road to evacuate a casualty

Ring TT Duty Officer 07966-495504

THIS CARD IS TO BE CARRIED during training by Team Managers, Group Leaders, Group Assistants, and by the Walking Group Leader and deputy and during the Challenge by Team Leaders and their deputy.

Its contents must be read and observed by ALL those involved in training for and participating in Ten Tors.

IT MUST BE PRODUCED AND SHOWN to any farmer, Police Officer, National Park Ranger/Volunteer Warden, Ten Tors Official or Rescue Group Leader who asks for it.

Dartmoor is a unique area of countryside and an extremely valuable part of our national heritage: hence its status as a National Park. However, every acre of land - even the open moor land - is owned by somebody and helps to provide a livelihood for the local farmers.

You must obey the **TEN TORS CODE** so as to **CARE** for the countryside and be **CONSIDERATE** of other users.

Dartmoor can be beautiful: it can also be dangerous, especially for the inexperienced. Its weather changes frequently and suddenly, and within a few hours one can experience sun, mist, rain, hail and high winds. At any time between October and May, snow may bring conditions of frightening severity. During Spring and Summer, cloudless skies can send the temperatures soaring. Wet, windy and cold conditions may give rise to **EXPOSURE**: hot and sultry conditions may result in **HEAT EXHAUSTION**. This Card contains advice on treatment and on avoiding other hazards and difficulties on the Moor.

LIMITATIONS ON DARTMOOR USE DURING TRAINING

The Challenge's routes and check points attract use – spread training, in particular:

- Avoid tops of tors.
- Stick to existing paths and tracks – don't spread localised worn areas.
- Water Hill – Fernworthy Gate - give the worn tracks time to recover for the Challenge by using alternative routes here and elsewhere.
- Follow directions at Hartland Tor, keeping to the east of the Tor.
- DON'T go across the Hartland Access Land diagonally – use the paths on the east and north sides instead.