



Borders Search and Rescue Unit



The Rule of Threes

It has often seemed to team members that the team would go through a quiet period and then three call outs would come in a very short period. It has proved so recently.

At the start of August the team was requested to assist the Scottish Ambulance Service with a casualty who had collapsed during a hill walk near the Watch Water Reservoir. The North Air Ambulance was also in attendance. Unfortunately the lady died at the scene.

An evening callout less than a week later had the team doing a night search for a missing person, along with other services, on the cliff tops near Lamberton on the Berwickshire coast. The following day the team was again asked to assist in the search which involved a Police Scotland helicopter, Police dog team, Eyemouth and Dunbar Coastguards, and RNLi Lifeboats from both Eyemouth and Berwick. Frustratingly the missing person was not located. A smaller number of team members met, on a subsequent evening, with police and a member of the Mountain Rescue Scotland Drone group, and inaccessible areas were flown over in a search with the drone camera providing images. The search was again fruitless.

Rope work for Rescue

Team members met in geographic groups to practice skills for a rigging rescue. Essential knots were practised as well as how to get an observer quickly, but safely, to a cliff edge to ascertain the precise location of a casualty. Preparing for an abseil with personal safety back up was looked at and two methods of setting up an anchor/ belay system for a stretcher lower also covered.



<https://www.scottishmountainrescue.org> and <http://www.bordersar.org.uk>
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