

## After the horse has bolted.....

Our day out Des Low's farm a few weekends back (20 July) proves that even on your average, ordinary 4x4 run, things can go wrong. Well, let's face it, things always go wrong a 4x4 run – it's just the degree that varies. Being prepared can make the world of difference, so here are a few things to remember for our next day out.

Check before you leave home that you have packed all you need as per #4 of the club rules. We're all very diligent about taking our ropes and shackles and fire extinguishers (since these are normally 'stored' permanently in our wagons), but what about the first aid kit? (ours was in the Nissan, which was parked on the front lawn at home – oops!)

Make sure everything you carry in your club vehicle is SECURE – bumps and holes are guaranteed; as well as being a safety issue, having things fall out can a real pain in the toosh - it's normally the co-driver who is sent to retrieve the fallen item.

Helmets are a brilliant idea, as are neck braces. It seems to be not the done thing to wear it just on a trail run (although we make it compulsory for Fun Days). I'll be breaking the trend next run - I like my head just the way it is thanks - and you never can be too sure what's going to happen around the next corner, over the next hill....

If your vehicle starts to roll and is not fitted with an F-bar, brace yourself by crossing your arms across your chest and grabbing your harness straps. If the vehicle has an f-bar, grab it. Don't let go until the vehicle stops (this includes being pushed back to upright by handy spectators or fellow clubbies).

If any of the above goes wrong, make sure Kate is out with us when it does. It's useful that most of us have had some sort of first-aid training, but you can't beat having a trained nurse on site to sort things out.

Syd, all the best for a speedy recovery;  
as if you needed more tales to tell on your holiday....

