# Cookstown Wildlife Trust. Health and Safety Guidance

Introduction

We all have a responsibility for our own health and safety. The guidelines that follow are intended to provide advice on how to stay safe on outings and field trips.

Please help by following the leader’s instructions at all times and ensure that your name has been recorded as attending the event. The event organiser or a committee member will take a record of all attendees.

# Walking

* Wear suitable footwear for the terrain with good gripping soles
* Take care when walking over rough uneven ground.
* Make sure your footing is safe and secure at all times. Consider using a walking pole/stick on rough ground.
* Wet grass and rocks can be very slippery.
* In boggy areas there may only be a thin layer of vegetation over deep water. Be careful where you step
* Do not wander off by yourself. If you are leaving the group tell the leader.
* Keep at least 5 metres back from cliff, quarry edges and other steep drops.
* Be aware of falling stones near cliff and quarry faces.
* Take great care if climbing walls/gates/stiles/banks and other steep places. Make sure your footing is secure.
* Be careful around barbed wire.
* Be aware of other vehicles if disembarking from cars or walking on public roads.
* If you get into difficulty please ensure the leader or organiser is notified.
* Remember mobile phones may have no signal in remote areas.

# Animals

* Be aware of animals in a field in which circumstance carry a stick.
* Do not enter a field where there is a bull.
* Do not get between a cow and her calf.
* Rams and goats can butt and toss.
* Horses can kick and bite.

# Health

* Do not drink water out of streams or wells.
* Look for and carefully remove any ticks especially after walking through bracken. Long trousers with socks worn over give best protection.
* Carry a water bottle for long outings.
* Thoroughly clean and disinfect all cuts and abrasions. It is advisable to have up to date tetanus protection.
* Be responsible for your own medication including pain relief, antiseptics, antihistamines and sun protection.

# Levels of Walking Difficulty

You will be advised of the level of difficulty before each outing. Please see descriptions outlined below.

Cookstown Wild life Trust does not provide helpers and normally people on outings must be sufficiently mobile to take part on field trips without the assistance of others. Before going on an outing refer to the difficulty ratings and if you have any concerns please discuss with the outing organiser.

**If you have limited mobility but have a helper and / or an all-terrain use Category 3 powered mobility scooter or wheelchair please discuss arrangements in advance with the outing organiser who will endeavour to help.**

Cookstown Wildlife Trust will have the authority to refuse to include anyone they regard as a potential risk to themselves or to other people.

# Difficulty ratings of outings

 Level 1. Walking is on even surfaces indoors or outdoors and suitable for most

 levels of mobility.

 Level 2. Walking on unpaved but generally firm surfaces although there may be

 loose stones and potholes. There may be a slight to medium gradient.

 Suitable for a range of levels of ability.

 Level 3. Walking on uneven terrain or on grassy surfaces where tripping or slipping

 could be a hazard. There may be medium to steep gradients or steps. A

 walking pole or stick is recommended. Not suitable for people who are

 normally dependent on a walking stick.

 Level 4. Walking or climbing on rough ground or over rocks. A walking pole and

 stout walking shoes or boots recommended. Only suitable for fit mobile

 people.

*Levels 2, 3 and 4 are not suitable for users of wheelchairs or mobility aids other than walking sticks or poles.*

\*Specially designed all terrain use Category 3 powered mobility scooters or wheelchairs may be used if the user has an appropriate certificate of use and maintenance and has their own Public Liability Insurance.