

Suffolk Naturalists' Society Field Meetings

Health & Safety Guidance

This guidance will be available on the SNS website and will be pointed to in *White Admiral* when field meetings are announced. It will be updated annually after the AGM.

Our responsibilities:

Field meetings will be announced in *White Admiral*, on the website www.sns.org.uk or by email for those signed up (register at enquiries@sns.org.uk). Species Groups such as the Suffolk Flora and the Hymenoptera Groups may choose to share information by WhatsApp and the groups email.

The information provided will include: the purpose of the meeting, the location, date and time as well as the exact location of the meeting point (W3W, grid reference, address); the mobile phone number and email of the leader or other contact; a description of the terrain, any specific hazards, any shelter available and the likely length of the walk and whether the site is public or privately owned. Generally, hazards will be those typically found on a country walk in lowland England. The site will have been assessed for hazards beforehand. In an emergency: mobile reception is likely to be poor and there may be no toilet facilities on site. This advice will be repeated at the start of the meeting.

Reminders and any updates for the meeting will be put out to Members by email a week before the event.

Leaders, and other SNS people involved in organising the event, are volunteers and not responsible for attendees' personal safety. They are not required to have first aid qualifications or to carry a first aid kit.

If located in a village hall or other building, basic refreshments may be provided.

Adequate insurance is provided by SNS.

We welcome young people, with a responsible adult.

No dogs except guide dogs to attend.

Cancellation due to poor weather or unforeseen circumstances will be sent by email.

Attendees' responsibilities

Attendees take part at their own risk.

Please book in if required – this is not normally necessary but it is useful to know who is coming. If you have not provided SNS with an email address, and would like updates please contact enquiries@sns.org.uk

Dress appropriately for the season and expect some rough-ish terrain which may be away from paths. SNS cannot guarantee shelter if the weather is unusually hot, wet or cold.

Make yourself aware of the following: Tetanus: www.nhs.uk/conditions/tetanus;

Weil's Disease (Leptospirosis): www.nhs.uk/conditions/leptospirosis; and

Lyme disease: www.nhs.uk/conditions/lyme-disease

Provide your own medications, refreshments and water.

Make a note of the leader's phone number and read the meeting details provided. Notify the leader if you plan to leave early or later than the time published and ensure you are clear about the route back. If you do "go it alone" on the site, please let someone know where you will be going.

Car-sharing is at attendees' own risk.

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