

Guidance for attending NHSN Activities

PLEASE READ THIS IF YOU INTEND TO COME ON ANY ACTIVITIES

In order to visit the best places our trips take place outdoors in natural landscapes that can sometimes be unpredictable and change quickly. To ensure that you enjoy your day out it is essential that you read this information and take appropriate action BEFORE you arrive.

Booking

In order to manage numbers or other restrictions some of our outings require you to book in advance. When you book you will be told where to meet and given any other instructions, please write these down as they are not available online. We often have a waiting list for our events so please do not book places if you are not 100% certain that you will attend. If you have to cancel for unexpected reasons then please tell us asap.

We organise some popular activities each year with limited places, such as Badger Watching. In order to give everyone a chance to attend these events people who have not been on them before will be given first refusal, after which on a first-come basis.

Trips, Slips and Falls

Outings will often involve walking on wet, muddy, uneven or slippery paths. It is essential that you wear suitable footwear such as walking boots or wellington boots and that you take special care. If you are concerned about falling over please ask someone for assistance rather than taking a risk.

Weather

Weather can be unpredictable and change quickly, especially if travelling by boat or taking part in a night time activity. Please ensure that you either wear or carry with you clothes and accessories to protect you from heat, direct sunlight, cold, rain and wind.

Bites & Stings

During the summer months there is a risk of bites and stings from insects and plants. Please ensure that you cover your skin and wear insect repellent.

Medicines

The Society is unable to dispense medicines. If you need to take medication or feel that you might need to take medication then you should bring this with you (for example medication to treat insect bites/stings).

Medical Conditions & Illness

If you suffer from a medical condition that the leader should know about or that may inhibit your ability to take part in the activity it is important that you talk to the leader before you set off. If you begin to feel unwell during the activity please talk to the leader as early as possible, do not wait until you feel very unwell.

Getting Lost

One of the risks associated with any guided activity is that of getting separated from the leader and becoming lost. Please ensure that you stay with the leader and do not go off on your own. If you wish to leave the group, even for a short period, it is essential that you talk to the leader first.

Food & Drink

Some of our outings may last all day and take place in locations where there are no shops. Please check whether this is the case and ensure that you bring sufficient food and drink with you. If during the course of your trip you intend to handle vegetation, etc then we suggest that you bring disinfectant hand gel to use in case there are no hand washing facilities when you stop for lunch.

Dogs & Pets

We are sorry but dogs and pets are not allowed on any of our outings.

Children & Young People

Children and young people aged 8 and over are very welcome on all our outings but must be accompanied by a guardian. Some of our activities are suitable for younger children and this is stated on the information about the event on our website.

Geology Meetings

For some geology meetings we may give advice that a hard hat is necessary due to a possible risk from falling rocks or as an entry requirement, eg for visiting a quarry. The Society does not supply hard hats so you must bring your own. These can be purchased at hardware stores.

If when attending a geology meeting you intend to hammer rocks you must be equipped with, and use, appropriate safety goggles.

Site Specific Hazards

When you arrive at the meeting point and during the course of the outing the leader will advise you of any other specific risks and give you relevant advice. Please pay attention to this and follow their advice. If you are unsure about anything please ask.

Personal Behavior & Responsibility

You are responsible for your own health and safety and for ensuring that you do not put other people's health and safety at risk. Please respect your fellow members and follow the advice of the leader.

Contacting the Leader in an Emergency

Leaders may be carrying a Society mobile phone 07876 537028 alternatively try 0790 0905334.

Late cancellation

We may need to cancel an activity at short notice, eg due to unsuitable weather or the leader becoming unavailable. We post cancellation notices on our website so please check before setting out. If you have pre-booked then please ensure we have up-to-date phone and email details for you.

If you have any questions about an activity or are unsure that an activity is right for you please contact the Society office and we can try and provide additional information.

We hope you enjoy your activity.

