

## **Glamorgan Bird Club Health and Safety Guide lines**

### Leading and taking part in walks/field trips

These guidelines are written to assist persons who are considering leading or participating in a bird club walk and to point out potential hazards that may be encountered during these walks.

#### 1. Planning proposed walks.

- (a) If possible get prior knowledge of the area where the walk will take place and identify potential hazards within the area.
- (b) Obtain weather conditions for the time the walk will take place.
- (c) Take into consideration the physical conditions of the persons taking part so that the walk is within their ability.

#### 2. Hazards and Risk Reduction.

Possible hazards and risks that may be encountered and the recommended action to reduce those risks.

(a) The actual terrain where the walk is to take place.

- 1. Wet slippery surface which could lead to slips, trips and falls
- 2. Uneven surface including marshy areas which could lead to the above
- 3. Steep terrain that may not be within the ability of the person taking part.

Recommended action:

- 1. Inform participants of underfoot conditions and advise of suitable footwear, i.e. walking boots or Wellington boots.
- 2. Avoid unsuitable terrain where possible.

(b) Ponds, rivers and unfenced open water

i.e. any unfenced water where there is a possibility of people falling in and drowning.

Recommended action:

Inform persons of the hazards and avoid where possible

(c) Tidal Waters

- 1. Risk of being cut off by incoming tides.
- 2. Risk of being swept away by fast undercurrents or rogue waves

Recommended action

- 1. Always check local tide times and conditions and make people aware of them

(d) Unfenced cliff tops and cliff faces.

- 1. Possible danger of death or injury from falling from cliff tops
- 2. Possibility of injury from falling debris from unstable cliff faces.

Recommended action:

- 1. Inform people of the danger and avoid going close to the cliff edge.
- 2. Make visible checks of the cliff face for loose rocks before entering the area.

(e) Weather conditions

- 1. Possible disorientation in poor visibility.
- 2. Possible illness from long periods in wet clothing.
- 3. Possible illness from effects from wind chill.

4. Effects of being unprotected from the sun, e.g. Heat stroke and sunburn.

Recommended action:

1. Check weather conditions before commencement of walk.
2. Advise people on walk of the weather conditions expected and the type of clothing required.
3. Advise persons of the use of sun cream and appropriate protection if exposed to the sun for long periods and avoiding dehydration by taking drinking water with them.

(f)Wildlife and domestic animals

1. Possibility of being stung by insects or plants such as nettles and possible allergic reaction
2. Possible of danger from disturbing snakes, insects or other wild life.
3. Possible danger of entering fields containing cattle and horses:

Recommended action:

1. Advise of the possibility of insect problems before commencement of walk and the use of insect repellents etcetera.
2. If there is a risk ask if any member of the walk has problem with allergies resulting from stings etcetera
3. Do not disturb or attack any wild animals or reptiles in any circumstances.
4. If uncertain of the possible risk from farm animals do not enter these areas.

Other considerations:

1. Carry fully charged mobile phone for use in emergency.
2. Carry small first aid kit for cuts, scratches, nettle and insect stings etcetera.
3. If possible inform someone of your whereabouts
4. If unsure of the required actions seek expert advice.

These guidelines are written to assist you to enjoy your bird watching safely and to ensure the well being of those with you. Please do not hesitate to contact members of the committee concerning these matters.

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