

FIELD STUDIES IN THE OUTDOOR ENVIRONMENT

Health and Safety Notes for Teachers and Leaders



Please read the following information and the risk benefit analysis relevant to your booking

The natural environment is generally a very safe place, however, there are certain precautions that can be taken to make it even safer. We take the safety of all those involved in visits very seriously and have a robust risk benefit analysis in place. **These notes contain VITAL information for ensuring that your group's visit is enjoyable, fun and above all SAFE.** This information is intended to provide you with an understanding of the support that we need from teachers, group leaders and helpers in order to achieve this. If you require a summary of our Health and Safety Plan or any further information then please do not hesitate to contact us.

'Young people encountering risk sensibly managed are presented with an unrivalled learning opportunity. Exposure to well managed risk helps children and young people learn important life skills, including how to manage risk for themselves.' National Guidance OEAP 2012

Following current good practice we take into account the benefits to be gained of any activity as well as the possible hazards that may be encountered and the risks to be managed. Therefore we make the starting point of any risk assessment a consideration of the anticipated benefits.

In this guidance you will find a generic risk benefit analysis that covers the risks common to any field visit including those to the Peak District. Included with the teachers notes for a particular activities you will find the risk benefit analysis that relates to the site and activity you have chosen. On the day our leaders will carry out a dynamic risk assessment that will take into account any adjustments that need to be made, such as the weather and prevailing conditions on the day.

YOUR RESPONSIBILITY AS TEACHERS, GROUP LEADERS OR HELPERS

We expect you to take responsibility for:

- Ensuring pupils receive any **required medication** during the visit
- Advising us of any **special/medical needs** for members of your group (using the Medical Needs Form)
- **The behaviour and discipline** of your group (please see individual Risk benefit assessments for further information). You are still *'loco parentis'* and will be asked to sign an indemnity form to that affect on your arrival
- The **provision of sun cream** and other welfare items if deemed appropriate by your schools/LEA (please note that all of our leaders carry First Aid kits)
- Communicating to us any **changes in pupil numbers**. This will inform our staff ratios which are determined through the process of risk assessment
- Ensuring that the **school, organisation or LEA has appropriate insurance cover** for the visit

Failure to satisfy any of the above may result in the curtailment of your visit

OUR RESPONSIBILITY AS THE PEAK DISTRICT NATIONAL PARK AUTHORITY LEARNING and DISCOVERY SERVICE

We will take responsibility for ensuring that all our leaders:

- Are **trained** in hazard perception, group management and leadership
- Have a **valid Remote Emergency Care First Aid Certificate** and carry a First Aid Kit
- Can attempt to **communicate with the emergency services**

N.B. We do not guarantee a covered area for lunch.

A Public Liability Insurance Policy to the value of £10 million covers the National Park Authority and all of its Employees

CLOTHING AND EQUIPMENT

Below is a list of the equipment we expect groups to bring with them in order to have a safe visit:

- Trousers of substantial material but NOT JEANS
- Good waterproofs (including trousers)
- Good supportive footwear (with ankle support). Wellington boots may be required for fieldwork as well, please check your Teacher's Notes for details.
- Warm clothes, including a woolly hat and gloves (even if it looks like it might be sunny – come prepared for the worst!) and a spare jumper
- A packed lunch, including a drink (and remember fresh air makes you hungry!) and a rucksack to carry it all in

The countryside can be muddy and wet, so please encourage pupils to bring old clothes and shoes.

GENERAL HYGIENE RECOMMENDATIONS

The following information offers recommended guidance for reducing the risks of contracting various bacterial and viral diseases found in the general environment. For further information please also see individual Risk Assessments.

- Teachers to ensure that all pupils have an up to date **tetanus vaccination**
- Teachers, leaders and helpers to **encourage hand-washing** prior to lunch where possible. Where hand-washing facilities are not available, leaders will advise students to minimise handling their food at lunchtime. Teachers and teacher/parent helpers can provide wet wipes if they so wish.
- Teachers, leaders and helpers to **ensure hand-washing for all pupils after pond/stream dipping and farm visits.**
- Teachers, helpers and leaders to encourage **washing of footwear**, especially after farm visits
- Leaders to **provide waterproof plaster** to children/students with open cuts and grazes
- Leaders to **raise awareness** of potential hazards for bacterial/viral disease where appropriate
- **No children under the age of 7 to visit farms**

Summary information on bacterial and viral diseases:

Tetanus occurs when an open wound is contaminated by a bacteria call Clostridium Tetani. The bacteria are found in soil anywhere in the UK. NHS Vaccinations are available. Symptoms: flu like followed by stiffening of the jaw, potentially fatal.

E-Coli O157 is carried in animals e.g. cattle, rabbits and is transmitted via faeces/direct contact to humans by ingestion. Symptoms: 1-6 days mild diarrhoea causes kidney problems in 15% of cases. Relatively rare, affecting about 1250 people per year in UK. Children under the age of 7 and older people are more vulnerable. Hand-washing reduces probability of ingesting bacteria.

Lyme Disease is caused by a bacterium that is transmitted by tick bites e.g. carried by deer, squirrels, dogs. Ticks carrying the bacterium generally live in both rural and urban areas and have recently been found in the Peak District. Ticks are associated with bracken in summer months and long trousers help to prevent tick bites. Symptoms: circular rash spreading from the site of the tick bite, followed by tiredness, headaches, and flu-like symptoms.

Weil's Disease is caused by the Leptospirosis virus transmitted through animal urine e.g. from cattle, rats, into watercourses and then being taken in by humans through broken skin or the mouth. It can be found in both rural and urban water environments. Plasters over open cuts or grazes help to prevent transference. Symptoms: flu-like and severe headaches 3-19 days after exposure to contaminated water, occasionally more serious. Only about 80 cases per year in the UK.

Toxicara is a parasitic worm transmitted through contact with dog faeces and soil. It can cause eye damage.

Toxoplasma is a parasitic worm transmitted through contact with cat faeces. Symptoms: mild flu-like. Can be particularly dangerous for pregnant women. Hand-washing reduces probability of transference in each case.

Chlamydia is transmitted through contact with an infected animal's body fluid. This is primarily of concern for pregnant women who should avoid visiting farms at lambing time as infection can cause miscarriage and kidney failure. Symptoms: flu-like.