

## HEALTH AND SAFETY NOTICE

We have been advised to carry out a risk assessment by our local HSE advisor; the following advice is for everyone's safety.

Hiking, especially at any time of year, is potentially hazardous, so the following precautions are recommended:

*During the day when the Sun shines potential blinding can occur especially when ascending and if you look at the Sun. To eliminate this hazard please wear darkened safety goggles and walk backwards.*

Never, under any circumstances, walk backwards.

*When stopping for food, cooking using gas, meths, or wood, potentially poisonous fumes are given off which can cause respiratory problems - please wear facemask.*

When cooking using a flame, whether naked or not, sparks could cause clothing to ignite - please wear flame resistant clothing.

*Alcohol can induce rowdy behaviour so all alcohol must be left at the site office.*

Due to the risk of food poisoning (we could put a name in here but due to the Data Protection Act we are not allowed to do so) no food will be served during the hours of daylight. Due to a recent European amendment, night-time has now to be included in this exclusion.

*With tents being so close together [a minimum of 22.7341 metres due to fire regulations], neighbouring campers have requested a 7:30 curfew on campers being out of their tents.*

Grass can be slippery, even when dry, so please do not hike on the grass.

*The footpaths are slippery when wet, so no hiking on wet footpaths.*

When falling on a dry footpath, severe bruising and bleeding can occur if you fall. Broken limbs have also been known to have been caused as a direct result of falling on dry footpaths. So no hiking on dry footpaths.

*There are various man-made soles of boots which are particularly hazardous. Rather than looking for the following standards on the soles [BSSa42184.aB, BSSa42185.Bd, BSSa45184.af, BSSa52185.xd, BSSm42484.aK, BSSm82124.Dv, BSSr59185.Xd, BSSR59185.Xd, BSSr59185.xd, BSSR59185.XD, BSSy43204.BB, BSSy88185.sod, BSSY12120.SOD, BSSz12345.ab, BSSz99999.zz, BSSz99999.ZZ], it is felt better to advise hikers to avoid ALL boots which have a sole.*

**We do hope that you will adhere to these new Health & Safety Regulations. Should you have any queries please consult the Warden.**