

## **SDOS Field Outings – Safety Guidelines**

Before joining one of our field outings please note the following; for your safety and the safety of others.

- Wear suitable footwear for walking on rough, uneven, and possibly wet or slippery, ground.
- Wear suitable clothing, as the weather may change during the walk.
- Carry water with you.
- Be vigilant for traffic using nearby roads or tracks.
- Park your vehicles with due consideration for residents and other road users.
- Give your name to the walk leader at the start of the walk; stay in contact with the group and tell the leader if you decide to leave before the end of the walk.
- If you have a mobile phone it is advisable to set up a contact on it called "ICE" with the number of someone who can be contacted 'In Case of Emergency'

In case of bad weather and to check that the event has not been cancelled or postponed, ring the Outings Mobile- 07305 234782 the day before. Please note this number is only available within 24 hours of the event start time.