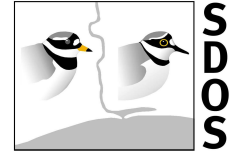


SDOS Field Outings - Safety Guidelines



We want everyone to enjoy our walks and outdoor events, so please follow these simple guidelines:

- All participants on SDOS walks will be expected to familiarise themselves with the relevant risk assessment in advance. Risk assessments* will give you guidance on clothing, footwear, and other relevant information to enjoy the walk.
- Please park your vehicle with due consideration for residents and other road users.
- If you decide to leave the walk before the end, please tell the leader.
- If you have a mobile 'phone, put an emergency contact number in the inside cover or failing that in your pocket
- Participants should listen to, accept and follow the guidance of the walk leader, particularly safety instructions, and generally help to ensure the safety of all those attending.

*Risk assessments for all our walks are on our website (go to: Information, then events, then risk assessments).