

NORTH WESTERN NATURALISTS' UNION SAFETY CODE

The N.W.N.U. holds third party public liability insurance, which covers members and visitors attending official meetings of the N.W.N.U. and/or meetings of those Affiliated Societies which subscribe to the insurance scheme. However, Personal Accident and Personal Liability insurance remain the responsibility and personal choice of the participant. Each person attending a field meeting does so on the understanding that he/she attends at his/her own risk. The purpose of this code is to assist everyone in ensuring their own safety as well as that of others during meetings. In addition, leaders will draw the attention of members to known hazards of a site, and to this safety code.

Pandemics and epidemics

Outbreaks of coronaviruses, foot and mouth disease, plant pathogens or other disease may lead to restrictions on movement and controls on assembly. The N.W.N.U. takes all such threats seriously and prioritises the health and well-being of ordinary members, affiliates and any of the general public with whom we interact. Threats might affect the possibility of holding field meetings safely. If this is the case, the N.W.N.U. will comply with all national and local restrictions on assembly and will, if necessary, suspend meetings until their resumption is permitted by Government.

Participation in meetings.

1. Ensure that you are adequately clothed and equipped.
2. Never leave the main party without telling the leader of your plans.
3. Be alert to the hazards of the site and their potential danger, both to yourself and to others. For example, take care not to dislodge loose stones or boulders. Avoid plants such as Hogweed and Giant Hogweed. Do not eat any plant material unless known to be safe.
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5. Do not rock-climb without experience and proper equipment.
6. Do not damage walls, fences, hedges, gates, *etc.*
7. Leave gates open/shut as the party finds them.
8. Take care not to start a fire.
9. Familiarize yourself with the procedure to follow in the event of an accident in the field.

Clothing and equipment.

Always carry wind- and water-proof outer clothing, and wear suitable footwear, *e.g.* walking boots or, in certain circumstances, wellingtons. All clothing should be suitable for the terrain and the worst potential weather. Carry sufficient food and drink for the excursion, with some extra in case of emergency. A first aid kit is also recommended. In exposed and/or high altitude areas, the following are necessary.

1. Spare layers in the form of warm sweaters.
2. Properly fitting walking or climbing boots with stout soles and with good grip, worn over comfortable, warm socks. Footwear should be waterproof, but wellingtons should not be worn in rocky terrain.
3. A small rucksack to carry spare clothing, including waterproofs.
4. A whistle, compass, maps, torch, first-aid kit. A hand-held GPS (global positioning system receiver) can be helpful, but is not a complete substitute for a compass in many types of terrain.
5. A survival bag or emergency blanket.

Procedure in the event of an accident in the field.

First aid must be rendered at once, and medical and relief help should be sought if necessary. Prevention of exposure is almost always possible, through adequate clothing, equipment and procedure, but if a case is suspected, the initial treatment is additional warm clothing and a wind-proof and water-proof outer garment, plus ingestion of a source of rapidly absorbed food, such as sugar or glucose in solid or liquid form, but preferably hot liquid.

Ticks and Lyme Disease

Please be aware that ticks in **any** area may be vectors for Lyme disease.

Help and information is available from the [National Health Service](#)

International distress code in mountains.

SIX long light-flashes/blasts/shouts/waves in succession, repeated at one minute intervals