



H&S Guidance for volunteers joining an NFM focused event during Covid-19 restrictions

Please bring the following:

- Face covering
- Drinking water
- Appropriate clothing for the weather conditions i.e. waterproof jacket and warm hat

The risk from COVID is still very serious and we are taking strict precautions at all of our events.

- If you can, don't take public transport to the event. If you do, it is the law that **you must wear a face covering on public transport.**
- Only people registered for the event will be allowed to participate. Do not bring additional guests without first obtaining permission from the Event Leader.
- On arrival you will be asked to use anti-bacterial gel to clean your hands. Feel free to bring your own.
- Avoid touching your face or head with your hands. Cover up any cuts or open wounds before coming to the event.
- **Stay 2m apart from other volunteers** wherever possible. If you need to be closer to each other to lift a heavy item, make sure you are side-by side (not facing each other) and wearing a face covering.
- **Avoid sharing equipment with other volunteers.**
- **Wash your hands carefully** and use anti-bacterial hand gel before eating and after the event.
- **Anyone repeatedly struggling to comply with social distancing or other measures outlined will be asked to leave the event.**

During the event there a number of measures that apply to all sites:

- Suitable footwear is mandatory - The ground can be uneven and slippy but we can provide you with a pair of wellies available in all sizes
- Wear gloves while working - They are provided to save your hands from excessive muddiness, those prickly thorns on vegetation, spiky splinters from wooden posts, and the bulging blisters from all the hard work ahead
- Dress appropriately for the weather and the activity
- Adopt the correct lifting technique when moving heavy materials – adopt the correct lifting technique or ask for help
- Use tools with care – A demonstration can be provided if required
- Be aware of others around you while using any tools and avoid leaving them lying around
- Respect the wildlife and it will respect you
- Stay hydrated and take regular breaks
- Wash your hands thoroughly before eating or drinking with soap and water – There is also hand sanitizer available
- Any pre-existing medical conditions? Please let the event staff know if you feel there is something that they should be aware of.
- Seek a First Aider - In the event of an accident or emergency, the event leader is a trained First Aider and will take charge of the situation.
- Once at the event, avoid wandering away from earshot of an event leader.
- **Try to avoid muddy areas.** If your boot gets stuck, pull the back of the boot to release the suction. If still in trouble, alert an event leader
- If you see any suspicious items (knives, guns, potential explosive items, drugs) inform an event leader.