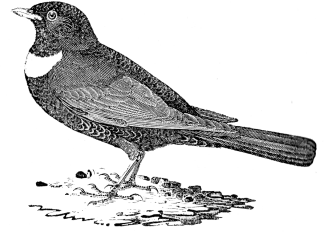


NORTH NORTHUMBERLAND BIRD CLUB



RISK ASSESSMENT FOR FIELD MEETINGS

In line with other organisations, the N.N.B.C. must ensure that all who attend its field meetings are aware of any potential risks and hazards involved. The most likely ones and the recommended counter measures you should note and act on are:

| Hazards/Risks | Counter measures |
|--|---|
| 1 A medical or physical condition that might affect your ability to safely complete the walk. | Tell the leader in advance Carry any necessary medication. |
| 2 Rough, uneven, steep, boggy, icy, wet or slippery ground. | Wear appropriate stout footwear, and look where you walk. |
| 3 Bad weather—cold, windy, wet, or hot and sunny. | Wear appropriate outdoor clothing. Cover up, wear a hat, apply sun cream. |
| 4 Getting cold or tired, or overheated. | Tell the leader. |
| 5 Getting lost. | Stay near the leader. Do not go on ahead or off on your own. Never turn back to base without telling the leader. Carry food and drink. |

No N.N.B.C. field meeting will be exceptionally strenuous or the localities visited particularly hazardous; walks are typically leisurely with frequent stops to look at/for birds. If a particular site poses a higher than normal risk or demands more physical effort than usual, you will be informed beforehand.

Take care at all times, and enjoy the walk!