

# **Cheadle U3A Birdwatching Group - Health and Safety Advice and Disclaimer**

## **DISCLAIMER**

**Birdwatching** for those who are interested is a healthy and enjoyable outdoor activity. However any physical activity carries an element of risk.

Cheadle U3A promotes and encourages members to participate in any of the outings available. However, neither Cheadle U3A nor the Group Leader/Organiser of outing has any control over the environment of the outing; the weather, any animal or indeed of any of the group themselves, therefore they cannot accept responsibility for any circumstances affecting the Health or Safety of the members in the party.

Provided the leaders are U3A members and the outings are organised by U3A Groups they automatically receive Public Liability insurance cover through the Third Age Trust. This is designed to protect leaders against claims for damage to property and for injury or death which might have been occasioned on the outing. This is NOT a personal accident insurance for members and accordingly participants on outings are responsible for their own Health and Safety and the safe keeping of their equipment, clothing and belongings.

In addition to observing the advice below, participants on outings should follow the advice/instructions of the Group Leader in order to minimise any risk to them and should also ensure that they do not endanger any others in the party.

Our philosophy is **"We look, listen and hopefully we shall find together"**

## **HEALTH AND SAFETY ADVICE**

### **CO-ORDINATORS OF TRIPS**

Co-ordinators have a duty of Care not to lead those following into danger.

- No one must ever be left behind.
- If it is not a well known site or a place **that has not been visited** before a recce of the destination should be made to ascertain whether this is a worthwhile place to visit, if there are any potential hazards and **whether there are** toilet facilities and possible eating venues.

## **MEMBERS**

Each member has a Duty of Care to ensure that he/she avoids hazards to themselves **or** fellow members and to take all reasonable steps to avoid putting their companions into any danger.

- Group members are advised to wear suitable clothing for appropriate camouflage and for the expected weather **conditions** and to carry waterproof clothing in the case of unexpected wet weather.
- It is also advisable to wear suitable footwear for the conditions likely to be encountered during the outing. Sandals are generally considered unacceptable.
- A walking stick is recommended but not essential.
- A mobile phone with Co-ordinators number should be carried with you together with your ICE card
- It is also advisable to carry sufficient water to avoid dehydration. This does not only apply in hot weather
- During the outing each individual should keep a sharp look out for any unusual hazards and, if spotted, advise those following to take extra care.
- Awareness quietness and caution are the watchwords at all times as you never know what might be missed.
- Dogs are not accepted with this activity because outings may venture on rough terrain and **land** occupied by livestock

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**I have read, understood and accept the foregoing Health and Safety Advice and Disclaimer.**

NAMES(S): \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

U3A MEMBER NUMBER: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_ DATE: \_\_\_\_\_