

Safety Guidelines



Practical Conservation

These guidelines are here to help keep you and other participants safe during our events. You must read and agree to these safety guidelines before taking part in the event with the South East Rivers Trust.

Before the event:

- Dress appropriately for the weather on the day
- Wear long sleeved trousers and top
- Wear sturdy, closed-toe shoes
- Bring any food and water you may want during the event
- Let us know if you can no longer make it

During the event:

- Sign-in when you arrive and sign-out when you leave
- Listen to the health and safety briefing at the start of the event
- No lone working- always stay with the group and stay within the boundaries of the event which will be defined by event coordinator during the briefing
- Respect other participants and event coordinator during the event
- Please be aware and respect other users in the public area and avoiding blocking any paths with equipment
- Take care when walking along the riverbank and be aware of any overhanging banks, uneven terrain, dog foul and vegetation such as brambles and nettles
- Ensure all cuts or open wounds are covered with a plaster to reduce infection
- Always wear any additional items of personal protective equipment provided by SERT staff such as helmets, goggles, gloves, steel-capped boots when required
- Participants will stay on the bank unless event supervisor agrees access into channel at a designated safe entry/exit point
- If in the river, you must be wearing steel-toe capped waders/wellies
- If in the river, you must not enter water deeper than the top of your legs
- When wading, walk slowly and use a wading pole to support you and check uneven for uneven terrain and trip hazards
- Alert a member of staff if you find a sharp item so it can be disposed of safely

- Do not pick up any hazardous substances or open any closed bottles and do not pick up any un-bagged dog poo
- If using tools as part of the event – please listen carefully to the safety briefing at the start of the event where the safe use and carrying of every tool will be explained. Never leave tools unattended or where they could be a trip hazard to others.
- Ensure you wash your hands after the event and before eating, drinking or smoking
- Report any accidents or injuries to the event co-ordinator
- Respect the wildlife and river habitat

Diseases and infections

Please be aware that there is a low risk of contracting the following diseases from the river and green spaces. To mitigate the risk, we ask for all open cuts to be covered, and to keep hands away from eyes, nose and mouth and hands washed after contact with river water and session.

If you get any flu-like symptoms in the three weeks following the event, please inform your doctor about the increased chance of Weil's disease after working in/near a river and ask to be tested.

Leptospirosis (Weils Disease)- spread in the urine of infected animals – most commonly rats, mice, cows, pigs and dogs. More Info: <https://www.nhs.uk/conditions/leptospirosis/>

Lyme Disease- contracted from tick bites. More info: <https://www.nhs.uk/conditions/lyme-disease/>

Bacteria and Virus infections-contracted from sewage. More info: <https://www.sas.org.uk/water-quality/the-risks-of-mixing-with-sewage/>