



## **GUIDANCE FOR PARTICIPANTS**

Members of CGS and guests take part at their own risk. You should read and understand the foregoing Excursion Information and Hazard and Safety Measures, and raise any queries about any matter of concern before the excursion starts.

1. Participants (members and guests) will sign to indicate they are aware of this and accept all responsibilities set out in this document.
2. It is assumed that you are confident the proposed route is well within your physical capabilities even if the weather deteriorates. Attendees should consider making the Field Trip secretary or the Field Trip Leader aware of any illnesses that may impact their participation and what actions should be taken if illness occurs.
3. You should be properly equipped e.g., suitable footwear, appropriate clothing, first aid kit, personal medicine and food and drink.
4. There is no guarantee that any participant will have had first aid training but, in any emergency, the group will help as best it can.
5. You have complete responsibility for your own safety and for keeping in contact with the group.
6. Do not take unreasonable risks.
7. Alert others if a problem arises.
8. If you need to stop, let at least one other person know.
9. If you choose to leave the trip early, make sure the leader is aware of this.
10. A brief introduction will be given at the start point – it is customary for a few words of appreciation to be given at the end before the group disperses.

Each person attending a field meeting does so on the understanding that they attend at their own that their own risk. It should be noted that the Society holds Third Party Public Liability Insurance for all Society members, but this does not extend to visitors undertaking excursions. Personal Liability Insurance and Personal Accident Insurance remain the responsibility and choice of the participant. The Society does not accept responsibility for loss or damage to individuals or their property.