

## Parental Advice

We have compiled this booklet for students at our school as a record of their achievements. Some of the things that are listed in the 50 things are considered to be 'dangerous' and will therefore need planning and careful risk assessment. We will be able to do some of the things at school or with an outdoor organisation and the usual Risk Assessments will be undertaken by the school, but other things will need to be done at home or on holiday.

There is an element of risk in any activity, but with careful planning and supervision then these activities can be fun and part of a rich outdoor experience for all children.

**Parents are asked to find the following website for health and safety advice for all activities before they embark on any activity with their children. The parents section gives all of the Health and Safety advice for each activity.**

- **When parents and children organise their own events and activities the school cannot be held responsible.**
- **If parents are undertaking activities with perhaps a few children and children's friends adequate supervision and informed consent from the child/children's parents should be obtained.**

<https://www.50things.org.uk/parents-area.aspx>

The following general advice is also given below:

- When dealing with soil, animals or natural water sources ensure any cuts or wounds are covered with waterproof plasters to avoid infections
- When dealing with soil, animals or natural water sources discourage your child from putting anything in their mouths
- After dealing with soil, animals or natural water sources wash your child's hands
- Ensure that warm, suitable, weather resistant clothing is worn during any activities involving water or snow
- Ensure suitable footwear is worn for any activities that may involve slippery or uneven surfaces
- Check the weather reports prior to embarking on any activity and avoid trees and natural water sources in wet or windy weather
- Maintain constant contact and supervision of children whilst undertaking these activities
- For the more challenging activities find an organised event to ensure the safest conditions for your child – for example canoeing should be undertaken with a qualified instructor, at an Outdoor Education Centre.
- Check out the following additional information and links for further guidance and safety (see website link above).