

Kemerton Conservation Trust

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Registered Charity No. 702488

**GOVERNORS**

ADRIAN DARBY, OBE

MATTHEW DARBY (Chairman)

PETER DOBLE

PETER MARREN

ROGER UMPSELBY

ROSEMARY WINNALL, MBE

Kemerton Conservation Trust Reserve Visitor Health & Safety Checklist

General Rules

- Wear suitable clothing and footwear for the outdoors.
- At all times, consider the safety of yourself and others.
- Be aware of and follow any specific safety signs onsite.
- Stick to public footpaths or marked permissive paths on the reserves and respect any access signs onsite.
- Food hygiene – wash hands before eating (or use antibacterial hand wash when on site) and avoid contaminating food.
- Be aware that some plants and fungi may be poisonous.
- Be aware of the risk of Lyme Disease from ticks in grass – check for ticks after every visit and if found, remove carefully with tweezers. Contact your GP or dial NHS 111 promptly if you begin to feel unwell with flu-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors.

Kemerton Lake Nature Reserve (including Kemerton Woods & Arboretum)

- Dangerous mud and water - stay away from the lake edge.
- Lifebelts - be aware of position of the lifebelt station by the public footpath.
- The use of viewing hides and stations is at your own risk – take care when opening and closing doors and viewing flaps.
- Trip & fall hazards – be aware of rabbit holes, bramble etc.
- Beware of standing and fallen dead timber and brushwood.
- Do not climb or swing on trees.
- Be aware of and follow any signs relating to forestry works in the woodland.
- Do not walk through woodland in high winds – beware of falling branches.

John Moore Nature Reserve

- Trip & fall hazards – be aware of rabbit holes, bramble etc.
- Beware of standing and fallen dead timber and brushwood.
- Dangerous water – stay away from the stream edge.
- Do not climb or swing on trees.
- Be aware of and follow any signs relating to forestry works in the woodland.
- Do not walk through woodland in high winds – beware of falling branches.

Daffurn's Orchard

- Trip & fall hazards – be aware of rabbit holes, rough ground, bramble etc.
- Be aware of potential hazards such as low branches, falling fruit etc.
- If picking fruit, be careful of wasps and do not eat fruit unless it has been washed.

Asham Meadow, Twyning Ham SSSI & Upton Ham SSSI

- Trip & fall hazards – be aware of rabbit holes, rough ground etc.
- Dangerous water – stay away from the river edge.
- When livestock are grazing the meadow take care and keep a safe distance.