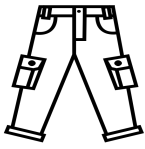


# Prepare for your time at Young Wood 2020



## Clothing



Wear appropriate clothing for the time of year; things that you can get dirty and muddy. It is cooler in the woods so bring layers and a wind/waterproof coat. Essential are long trousers. Socks & sturdy footwear like wellies, walking boots or strong trainers - no open sandals. For young children it can be helpful to bring a change of clothes when the weather is wet or if they like to get muddy. We have various sizes of children's/adults waterproofs to lend out should you need them.



## Hand Washing – 'Tippy Taps'

We have three foot-operated tippy taps on site; two as you enter the woods and another by the toilets. They have soap, recycled paper paper towels and a bucket for used towels. This is to help prevent the spread of Covid 19 as well as general good practice. (You could bring your own hand-towel instead if you want to minimise paper waste).

We ask you to wash your hands when you arrive, before you eat and before you leave. We advise you to wash your hands when you get home. We have hand sanitizer available at all times, although this isn't so effective on muddy hands!



## Campfire

We light fires for cooking and when it is cold, they can spark. There will always be a water bucket close to the main fire for small burns. Watch out for smoke, and do move if needed.



## Camp Kitchen, Hot Drinks and Food

We usually provide hot drinks and will cook on the fire with many groups. We have Covidsafe ways of serving food and drinks if this is part of the plan; please wash your hands or sanitise before touching any food service items.



## Compost Toilets

Our sit-down compost loos are kept clean and well stocked. We clean them at the start and end of sessions. There are biodegradable cleaning products in both toilets; please wipe the toilet seat before you use it. There are instructions about how a compost loo works on the wall inside. Please can parents/carers make sure their children understand how to use the sit-down area. There is also a potty placed in the disabled toilet and a tarp used as a changing mat.

There is a screened off pee-bale area next to the sit-down toilet for boys and men.

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## Ticks

Woodlands inhabited by roe deer, foxes and squirrels are a good place for ticks. They are very tiny creatures that are parasitic on deer and other mammals, and given the chance will latch onto people. They occasionally carry diseases that affect people, the most common being Lyme disease.

Prevention is the best route so cover up legs, tuck trousers into socks and tuck in t-shirts. We provide a natural insect repellent called 'Mosi-guard', suitable for children over 6-months. We have tick removal tools and always ask adults and parents to take a leaflet home and carry out a tick-check when you leave the woods.



## First Aid

There is always at least one member of the team who is a qualified Outdoor First Aider. If First Aid is needed we will help the adult/child to look after themselves and will get close and provide aid if needed.

Any questions please ask us before the session or the Leader(s) on the day.

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