



WOODLAND WAKEUP



TERMS AND CONDITIONS: CHILDREN & FAMILIES

Please speak with member of our team **before** booking if you do not agree with any of the Woodland Wakeup 'Terms and Conditions' and you wish to discuss something. The number to call is 0793233304.

ETHOS

Woodland Wakeup aims to reconnect children, families and individuals with the natural world to improve their mental, emotional and physical health and wellbeing. We aim to develop, among many other things, participants' resilience, self-esteem, happiness and appreciation of nature by providing age and ability level-appropriate activities in local green spaces. In order for children to gain a sense of autonomy and independence with a love of learning about the natural world, sessions are as self-led as possible and children are not made to take part in anything unless they choose to.

For example, if a session offers 'den-building' and a child chooses to take part in other activities instead, we will encourage them to take part in the den-building without putting pressure on them but as long as they are happy and behaving appropriately, we are happy. The neural development gained from children undertaking self-directed activities in nature far outweighs the benefit of undertaking a task to merely 'tick a box'.

Children will be encouraged to follow their interests and be independent and proactive in their learning and play. However, where appropriate, they will be given support to enhance and develop their skills and abilities. Children will have the options to work independently or in groups. The most important thing is that they are happy and given the opportunity to choose for themselves.



RESPONSIBILITY FOR CHILDREN

At child-only sessions, Woodland Wakeup staff are fully responsible for children.

At family 'stay and play' and parent and toddler sessions, parents must assume responsibility for their children and act accordingly. Woodland Wakeup staff will be there to guide and assist in relation to activities and safety. However, the ultimate responsibility for children lies with the parents. If you have any questions about this please do not hesitate to speak to your session leader who will be happy to assist you.

AGE RANGE OF CHILDREN

Sessions are suitable for P2-aged children and older and there will generally be a mix of ages and stages present. However, if your child is in P1 and is responsible enough to follow safety instructions and independent and resilient enough to take part in the activities offered then they are welcome to come along. If you are unsure about how your child would cope at the session, please call Natasha on 07932333044.

STAFF RATIOS

We will always have at least one experienced outdoor leader present for all Woodland Wakeup sessions and other support staff and volunteers. Our ratios for primary-aged children are normally between 1:4 and 1:6

All adults present will have been vetted by undergoing police checks and being registered with the Disclosure Scotland PVG (Protection of Vulnerable Groups) Scheme.

PHOTOS

We take photos in order to promote future Woodland Wakeup sessions on social media and for other advertising purposes. Please tick the appropriate box when booking if you would like to opt out of this.

SUITABLE ATTIRE

We believe that there is no such thing as bad weather, only inappropriate clothing! Woodland Wakeup runs all year in all weathers (apart from extreme wind which can be dangerous in the woods) so it is essential that children wear suitable clothing for the conditions that day. We cannot stress enough that children should be wearing layers so that they have options if their temperature fluctuates.

Also, the kids often want to get involved in muddy activities, including a mud slide, so old clothes are to be worn please: the last thing that we want is for children to be worried about ruining new clothes or shoes. The thought that parents are going to be mad at them for getting muddy really gets in the way of their fun!

In all seasons, long trousers **must** be worn to protect legs from common plants such as brambles and stinging nettles and to alleviate the risk of tick bites.

In summer, children should always have sun protection and a hat. Wellies or waterproof walking boots are preferred but if it is a particularly hot day then a sturdy pair of trainers are acceptable.



In winter, children should be wearing many warm layers including a hat, scarf and gloves with a waterproof jacket and ideally waterproof trousers as well. When the ground/tree branches/logs (wherever your child may be sitting) is cold and wet it doesn't take long for this to seep onto their clothes and make them cold and wet as well. Of course, cold and wet does not equal fun times. There will always be a dry place for children to leave unwanted clothing and it is always better to have too many layers than not enough!

WET CLOTHING

Children should bring a full change of clothes with them in a plastic bag in case they get very wet. This is particularly important in cold weather. Water play is a popular element of our sessions and children love to explore the surrounding burns/rivers (supervised of course!). We try to keep the water play to the end of our sessions, especially in the winter, to minimise the time that children will be spending in wet clothes. If a child is very wet and cold with no change of clothes, we may need to phone parents to come and collect them / bring a change of clothes halfway through the session.

PAYMENT / CANCELLATION / ADVERSE WEATHER

Booking is confirmed when the online payment is received and under normal circumstances tickets are non-refundable. Woodland Wakeup sessions run in all weather conditions in all seasons. However, in extreme weather that we deem to be unsafe, such as very high winds (if the trees are swaying between 10 and 2 on an imagined clock face), or in the case that the session leader is unable to attend, we may have to cancel. If these situations arise, we will let parents know as soon as possible and the session shall be rescheduled or a refund will be given.

TOILET

We aim to have a compost toilet (Larry the loo!) at our sessions and waste is taken off site. However, we ask that parents encourage children to use the bathroom before they come to a session to minimise the use of Larry. We say to the children, "If you need a wee, you can go behind a tree (if they wish to!). If you need a poo, you have to use the loo!"

RISK

Learning to safely calculate risk is vital element of a person's healthy development so children will be regularly encouraged to step out of their comfort zones. Learners may be encouraged to play on rope swings or other structures, work with simple tools such as hammers and potato peelers and we may have a small fire burning during a session.

However, please be assured that trained staff have undertaken risk assessments for all sites and activities and that safety measures are carried out wherever necessary.

FIRST AID / EMERGENCY / TICKS

There will be a qualified first aider at all sessions and a first aid kit will always be nearby. We will administer any first aid as needed and, if necessary, call parents/guardians as soon as possible.

In the unlikely case of an emergency in a family session, we will provide first aid and leave it to the child's attending adult to decide who else needs to be contacted. However, if they are



not able to make a decision we will call the 'Emergency contact' number. Please ensure that all contact details are correct and that you have provided all relevant medical and other information.

In the unlikely case of an emergency in a child-only session, we will deal with the situation, call the emergency services and then when it is suitable to do so we will call the child's first point of contact. If they are not reachable we will call the second point of contact and if necessary the emergency contact. Again, please ensure that all contact details are correct and that you have provided all relevant medical and information.

If we find a tick we will take it out using a tick remover and we will let you know. Other information about ticks can be found here:

<https://forestryandland.gov.scot/visit/activities/walking/check-for-ticks>

INSECT REPELLANT

We highly recommend slathering insect repellent on your kiddies at the times of year when midges are present: those little blighters really spoil the mood and can make sitting still to undertake craft or tool work almost impossible!

TIMEKEEPING

Please arrive on time at the meeting point for the start and end of a session. We will only be able to wait a few minutes for latecomers as sessions are planned to work within the allocated time. If you are aware that you are going to be late, please phone us to let a staff member know and we shall try to work around it. Depending on staff numbers, this may mean that you have to walk your child from the meeting point to our woodland site. In order to cover the additional staff costs, there may be a charge of £10 for being more than 10 minutes late picking children up from sessions and £5 for each 10 minutes thereafter.

ADDITIONAL SUPPORT NEEDS

Outdoor learning and forest school activities are for **all** children and those requiring social, emotional and behavioural support can often be the ones set to gain the most. However, if a child is going to require help in their learning, we need to know about it so that we can provide the best service possible and ensure safe and smooth running of sessions. Therefore, it is essential that any relevant additional support needs of participants are provided at the time of booking.

For example, if a child has a physical disability for which they will require additional support, a history of displaying inappropriate or disrespectful behaviour / running away from adults or if they are unable to listen to and follow instructions then we will need to take measures to maximise safety, such as asking their parent/guardian to join us at the session or increasing staff ratios to provide extra support.

BEHAVIOUR / PROVIDING RELEVANT INFORMATION

In general, we use the 'take only photos, leave only footprints' mantra and we use the Permaculture ethics of Earth Care, People Care, Fair Share in order to get children to think about how they conduct themselves.

Our staff ratios and activities offered (sometimes including fire and tool use) are based on children listening to and following instructions carefully in order to ensure safe practice and



the smooth running of the session. If a child is behaving inappropriately, they will be spoken to and given opportunities to reflect on and change their behaviour.

However, if a child persistently displays inappropriate or disrespectful behaviour then we will have to have them collected by their parents/guardian. Woodland Wakeup aims to promote positive relationships with self, others and nature while developing a community of trust and inappropriate or disrespectful behaviour is not conducive to this.

ILLNESS

If your child has been ill with sickness or diarrhoea, please ensure that they are free of any symptoms for at least 48 hours before sending them to a session.

COVID-19 PRECAUTIONS

Virus-transmission is minimal in outdoor environments. However, we undertake measures to minimise this risk. On arrival at the meeting point children will be given hand sanitiser to use and throughout the session they will be able to use our 'soap on a rope' and 'tippy tap', especially before eating. Please ensure that your child has washed their hands before coming to a session as well as when they arrive back home again afterwards.

EARLY COLLECTION

If your child needs to be collected from a session early for any reason, please let us know in advance if possible. We cannot offer a refund for this.

