

Safe fieldwork guidelines

Thanks for taking part in Nature's Calendar. Here are some basic guidelines to consider when you're out and about.

Get the landowners permission

Get permission from the landowner if you're entering privately owned sites.

Wear appropriate clothing for the weather.

Check the weather forecast before going out and consider packing extra layers or waterproofs. Wear suitable footwear.

Go recording with another person or ensure someone knows where you are.

Carry a charged mobile phone if possible, but bear in mind that in some areas the signal may be weak.

Take care on uneven terrain

Be aware of rough ground or obstacles that may cause trips and injuries. Follow instructions on any warning signs.

Beware of dangerous trees

Assess trees with broken branches from a distance.

Avoid handling potential hazards

Wash your hands thoroughly on your return. Avoid contact with prickly or stinging plants and toxic hairy caterpillars, which can irritate skin.

Beware of ticks

Avoid walking through dense vegetation, check for ticks when you are in the outdoors and again when you get home. If you feel ill after a tick bite go to the doctors immediately and explain that you have been bitten by a tick.

Take care near water

Take notice of warning signs. Supervise children closely.

Look after the environment

Avoid disturbing any wildlife. Clean your footwear thoroughly. Take your litter home with you.