



the National Trust
for Scotland
a place for everyone

Safety first for outdoor visits

Guidelines for teachers

safety first for outdoor visits

These guidelines are for a day visit to an outdoor place - for instance, a country park, large estate or low level hills.

The safety of your school party is of paramount importance to us.

When visiting an NTS site.

Please ensure that:

- Pupils and adults wear/bring suitable clothing for the outdoors.
- **They have:**
 - something warm, such as a jumper
 - strong footwear
 - robust clothing
 - waterproofs (see below)
 - protective clothing against the sun (see below)
- **You bring:**
 - a First Aider with a first aid kit
 - (as appropriate) midge cream, sun cream

Recommended clothing (to wear or bring):

In case of wet cold weather...

- Trousers (if wearing shorts, bring trousers as well)
- Waterproof jacket or cagoule (with hood)
- Waterproof trousers (if possible) – or a change of trousers
- Strong shoes or waterproof boots (or plastic bags inside trainers)
- Warm hat
- Gloves
- Spare socks

For more information, visit www.nts.org.uk/Learn

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In case the sun comes out...!

- Sunhat or cap
- Long sleeved tee shirt or shirt (protection from the sun)
- Windproof jacket or cagoule
- Trousers (to put over shorts)

Tick list

To ensure that your visit is enjoyable and safe, try this Tick List:

Before your visit:

- There is a clear itinerary for the visit.
- Your team of teachers, assistants and/or helpers (group leaders) know what these are.
- Your group leaders understand what is expected of them during the visit.
- They know which pupils are in their care (and any health problems, etc.)
- The Risk Assessment has been checked with each group leader – and each has a copy.
- If you've booked an NTS learning programme or guided walk, you've ensured that you'll arrive in plenty of time – so you can organise your pupils before the programme begins.
- If you've arranged an independent visit, you've made sure that you are familiar with the area – or have visited enough times to understand the terrain and any risks.
- And you have informed NTS staff – so they're aware of young people being on the site.
- You've ensured that the coach/driver will remain on site and be contactable – in case you need to leave sooner than expected, or your pupils need to hide from the rain.
- Your pupils are aware of the requirements of their visit.
- Your pupils know what clothing they should wear/bring.

Reaching your destination:

- Your pupils have time to use the toilets (if available) and get settled.
- They are taken through the Risk Assessment and understand the safety aspects of their visit.
- If you have booked a learning programme with NTS staff, you meet the staff at the agreed time.
- No one has to rush, ensuring safety procedures are met.

Other considerations:

- Depending on the timing of the visit, you may wish to bring packed lunches.
- With a long coach journey, pupils should have some refreshments with them.



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Other considerations continued:

- Depending on the weather, thermos flasks of warm drinks or plenty of cold drinks are a good idea.
- You may want backpacks to carry extra clothing, the first aid kit, etc.
- If you are walking in wilder areas and/or having a picnic, a roll of black bags is useful (for e.g. sitting on, emergency capes).
- Remember there is a risk of ticks in places where deer pass through. Make sure your pupils don't brush through bracken. Cover the ground before they sit down.
- Your pupils could bring a change of clothing to leave in the coach.

During the visit:

- Your pupils' behaviour and well-being is managed by you and your group leaders.
- Be safe – and enjoy yourselves!