

Enjoying events

Being part of the group - our events are aimed at all levels of interest in nature. Please keep with the group and within sight. If you can't be seen, the leader and others may be anxious about your whereabouts - let them know, you could choose to leave the group. Remember that people have different ways of appreciating what the event reveals, some are interested in seeing and naming things (beginners and experts) and others are more interested in the general area and the interactions taking place.

Health conditions - make sure the leader knows if you have a condition that may impact how you are during an event. If necessary, suggest what kind of behaviour may be a clue to how you are.

Mobile phone - please bring your mobile ready for use. In most cases you will have provided your number to the leaders. Generally, group messages will be by email which can be accessed in the field.

First Aid - please carry a personal first aid kit. In most cases the leader will have a first aid kit.

If you need urgent medical assistance - dial **999** for a life threatened condition or serious injury. You can usually make a 999 call from any location.

If you need advice for a minor injury or health concern dial **111** or view

www.nhsinform.scot/

In our experience you can often use the Internet out in the field. Different network carriers may cover some areas, ask - if you have no signal the person standing next to you may have. Some of our members carry a whistle, if you hear a whistle have a look around and see if it is our group.

Ticks are a common concern and often present at events. If you find one attached, remove as per advice, find out more about the Tick Surveillance Scheme

ukhsa.blog.gov.uk/2015/03/04/tick-recording-scheme-being-vigilant-for-new-uk-species/

The time given for events is the start time. Please arrive and be ready to set off by that time.

Duration - generally events start at 10.30 and run until about 2.30-3pm often returning to the starting point. Check the event information for details. If you find something particularly interesting to you rather than hold-up the group you can inform the leader and leave the group, or you can return later on.

Transport - as much as possible our events can be reached by public transport. Check the route on Google Maps which will give you end to end route suggestions. In most cases an event will be assigned a named location. If you are new to the group let us know if you need a lift. Established members please connect with friends to car share, there is no car sharing group set up.

Food and drink - you should always arrive with food and drink for the day. Some events start at a place that sells food/drink, factor this in when you plan your travel to the event.

Paths and accessibility - many locations have hard top paths but not all, or you may wish to leave the path to look at something. Beware that in nature paths are often bumpy, on an

incline or may have concealed trip hazards such as bramble stems. Most of our events are at a slow pace. A 'walk' with a longer length and altitude changes will be highlighted in the event information.

Toilets - please take advantage of built toilets when possible, otherwise find a discrete place away from the path and the group. If necessary let another participant know where you are going.

Suggestions - if you need ideas to improve your experience, ask the leader to suggest a person in the group that may give you guidance. Typical questions might be:-

- Optical equipment - lens, camera, binoculars etc
- Taking photos
- Identification assistance and choosing Apps, books etc
- Recording
- Choosing what to study

Do not leave litter, even a dropped banana skin is litter. Take it home or put it in a bin.

No dogs - except under special circumstances. Ask before turning up with a dog.

Our Facebook group will give information about other events, both outdoors and indoors.