

# 1. FIELD SAFETY & EMERGENCY RESPONSE

## 1.1 SAFETY

The leaders will ensure that the group is not placed in unsafe situations. The field trip leaders will brief participants of relevant safety issues each day and before visiting the outcrops. It is the responsibility of all participants, however, to alert the leaders to any safety issue observed or any concerns that arise. In this situation field activities will be stopped until the risks are evaluated and appropriate mitigation measures taken.

### TRANSPORT SAFETY

We will be using a local bus company for all transport. Their busses/mini-busses are fitted with seat belts that shall be worn at all times. Field stops have been prepared to allow adequate safe off-road parking. When exiting the bus muster in a safe area away from the road if awaiting further direction. All participants to alert field trip leaders of any unsafe behaviors of the driver or unsafe conditions of the vehicle.

### HIKING & FIELD ACTIVITY SAFETY

The following are reminders of safety issues that are relevant to the outcrops we will be visiting.

- Strong walking boots are required with good grip and provide ankle support
- Participants must use a hard hat in vicinity of steep cliffs
- Always be aware of people above or below you with respect to falling rocks
- Always be guided by the leaders over the safest routes up rocky sections
- Never take risks on sections where you do not have confidence
- Please advise a group leader if you plan to leave the field group at any time
- Be cautious when walking on wet rocks, as they can be very slippery
- No rock climbing! There may be some steep slopes, but no actual climbing
- Participants should have a reasonable fitness level.
- If you are not able to keep up with the group it is your responsibility to notify the other group members, and trip leaders, and the trip leaders shall make arrangements fit for the situation
- Everyone is responsible to make sure no one has been left behind. A head count will be made at every stop and each morning before departure.

### WEATHER

- On hot days: Make sure you have and drink plenty of water regularly before you become thirsty
- Carry and use sun-block. Use a sun hat and good quality sun glasses.
- Make sure you do not start to suffer from excessive exposure to the elements. If you feel this happening, make this known to others in your group. You should first take some rest in a shaded area and then the whole group go straight back to the vehicle.
- Carry rain gear at all times
- Carry a spare top incase temperatures fall. Gloves are also recommended.

### ROAD-SIDE OUTCROPS

- Before exiting the bus we will make sure that the bus driver has parked safely and does not present a hazard to other traffic
- On busy roads we will wear reflective traffic vests to increase our visibility to other traffic, and so that we are seen as early as possible by drivers of other vehicles.

### FLORA AND FAUNA THAT CAN PROVIDE HAZARDS

- Snakes: The only venomous snake is the European Adder. Because of its small size and reasonably placid disposition the European adder rarely causes human fatalities. The risk is low but it is important that participants are observant and vigilant in the field at all times. Due to the vibration caused by a group of people it is very unlikely that we will see snakes. Nevertheless, if bitten by a crossed viper, one should immediately but calmly seek medical assistance.
- Scorpions: Most scorpions are relatively harmless to humans; stings produce only local effects (such as pain, numbness or swelling). Take care before placing hands on rocks or picking anything up to look at.
- Wild boar: Wild boar are very common in the area, although they are not frequently observed as they are good at detecting human presence and quickly move away to another area. If trapped or cornered, however, they can be known to attack and there have been rare cases of fatalities.
- Bees: Please alert field trip leaders if you are known to be allergic to bee-stings.
- Ticks: Wear long trousers to prevent tick-bite infections and potentially life-threatening tick-borne diseases

### NATURE CONSERVATION

- Show care and respect for the outdoors
- Do not leave litter or damage property or the environment.

### ESSENTIAL EQUIPMENT

- Good quality walking boots that protect the ankle – obligatory
- Waterproof jacket
- Fleece jacket/fleece pullover
- Hat / Sun screen
- Small back-pack/rucksack

## 1.2 EMERGENCY RESPONSE

### If there is an incident within the group:

- Make sure scene is secure and others are out of harm's way
- Alert the conference conveners and/or Ambulance driver
- Remain with the group unless instructed otherwise by the trip leaders
- Remain calm and await further instructions

**EMERGENCY SERVICES NUMBER IN SPAIN: 112**