

Safety Guidelines

Event type: River Restoration

These guidelines are here to help keep you and our other volunteers safe during our events. When you book your space at a volunteer event you will have to tick to say you have read and agree to follow these guidelines. This guidance will also be repeated during the briefing at the start of the event.

Please remember:

- Dress for the weather.
- Wear sturdy, closed-toe shoes.
- Bring any food and water you want.
- Bring a face mask.
- Let us know if you can no longer make it.



Before the event:

Please take a lateral flow test before coming to the event. If you test positive DO NOT attend and isolate in line with Government guidance.

During the event:

- Sign-in when you arrive and sign-out when you leave.
- Stick to 2m social distancing as much as possible.
- Take care along the bank and when accessing the river - on uneven ground and watch out for overhanging vegetation and brambles.
- When wading please do not enter water deeper than the top of your legs, wade slowly and check for trip hazards under the water. Always stay with the group and within site of the Event Supervisor.
- Please wear gloves at all times, wash your hands before eating, drinking or smoking, cover any cuts on your hand with a plaster. This is particularly important to minimise risks from Weil's disease which is spread by rats, more info [HERE](#).
- Alert a member of staff if you find a sharp item so it can be disposed of safely.
- Do not pick up any hazardous substances or open any closed bottles and do not pick up any un-bagged dog poo.
- You may be working in a public area - please be aware of other users e.g. walkers or cyclists and avoid blocking any paths with rubbish or equipment.
- You will be using tools as part of this event - please listen carefully to the safety briefing at the start of the event where the safe use of every tool will be explained. Never leave tools unattended or where they could be a trip hazard to others. Always wear any additional items of personal protective equipment provided by SERT staff e.g. helmets or goggles.

After the event:

- If you test positive for covid-19 within 3 weeks of volunteering with SERT please inform a member of staff by emailing volunteering@southeastriverstrust.org
- If you get any flu-like symptoms in the three weeks following the event please inform your doctor about the increased chance of Weil's disease after working in/near a river and ask to be tested.