CUMBERLAND GEOLOGICAL SOCIETY
Excursion Information and registration

Excursion Information and Hazard and Safety Measures to be completed by the Leader for each Field Excursion in advance of the excursion.

Field Excursion Register to be signed by each individual attending the excursion as part of the registration process.

1. Excursion Information

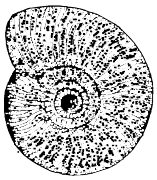
Title of Excursion; geological theme(s)	A Geo Trail to see Permo-Trias sandstone & Brockram at Kirkby Stephen, Stenkrith & Nateby
Date of Excursion; start time; approximate duration.	Sunday 2 July 2023, 10.00 am, ending around 4.pm
Name of Excursion Leader(s)	Sylvia Woodhead
Start point and its National Grid Reference; also end point if different from start.	By the sandstone columns outside Kirkby Stephen church, at NY 775 088. What 3 words parsnips. whom.muddle.
Parking and transport information	There is a free car park at NY 771084. Walk down the footpath and cross the main road to the meeting place.
Description of terrain to be covered	Riverside grassy paths, farm tracks, gates, stiles and short sections of roads.
Approximate distance to be covered, metres of ascent / descent	About 5 miles. Minimal ascent or descent
Assessed severity of excursion	Easy
Special requirements; refreshments; other observations	Bring lunch to eat beside the River Eden
Nearest hospital with A&E	Westmorland General, Kendal LA 9 7RG

2.Hazard and Safety Measures

Potential hazard	Risk level– High/Medium/Low	Safety measures
Poor / deteriorating weather; risk to party completing the route or of hypothermia. *	Low	Party advised to have normal wet weather gear. Speed of walking to take account of the weather
Poor visibility; risk of the party getting lost or separated. *	Low	Back marker to ensure all keep up
Steep or exposed edges; risk of slips/trips/falls	Low	Warning to watch steps if wet
Rockfall, or fall of other debris from slopes.	Low	Verbal warning to take care
Boggy or heavily overgrown ground; risk of slips/trips/falls	Low	Verbal warning to take not to trip over tree roots
Forestry or wooded areas; risk of slips/trips/falls or injury by branches	Low	As above
Roads; risk to pedestrian attendees from traffic.	Low	Warning to look out for transport even on minor roads
Condition of paths and stiles: risk of slips/trips/falls/barbed wire	Low	Prior visit will be made
Navigation error: party getting lost.	Low	Following a published trail, all on PROW
Loss of daylight; difficulty of completing the route safely and on time.	Low	Route can be adapted
Attendee becoming unwell and needing assistance. Including sun exposure and bites by ticks, insects or snakes	Low	Leader will carry some minor first aid
Water courses, open water, tides; drowning risk	Low	Warning to stay out of the river
Other		

* Weather-related risk level to be reviewed at the time of the Excursion.

Signature of excursion leader .....Sylvia Woodhead.....



GUIDANCE FOR PARTICIPANTS

Members of CGS and guests take part at their own risk. You should read and understand the foregoing Excursion Information and Hazard and Safety Measures, and raise any queries about any matter of concern before the excursion starts.

1. Participants (members and guests) will sign to indicate they are aware of this and accept all responsibilities set out in this document.
2. It is assumed that you are confident the proposed route is well within your physical capabilities- even if the weather deteriorates. Attendees should consider making the Field Trip secretary or the Field Trip Leader aware of any illnesses that may impact their participation and what actions should be taken if illness occurs.
3. You should be properly equipped e.g., suitable footwear, appropriate clothing, first aid kit, personal medicine and food and drink.
4. There is no guarantee that any participant will have had first aid training but, in any emergency, the group will help as best it can.
5. You have complete responsibility for your own safety and for keeping in contact with the group.
6. Do not take unreasonable risks.
7. Alert others if a problem arises.
8. If you need to stop, let at least one other person know.
9. If you choose to leave the trip early, make sure the leader is aware of this.
10. A brief introduction will be given at the start point – it is customary for a few words of appreciation to be given at the end before the group disperses.

Each person attending a field meeting does so on the understanding that they attend at their own that their own risk. It should be noted that the Society holds Third Party Public Liability Insurance for all Society members, but this does nor extend to visitors undertaking excursions. Personal Liability Insurance and Personal Accident Insurance remain the responsibility and choice of the participant. The Society does not accept responsibility for loss or damage to individuals or their property.

CUMBERLAND GEOLOGICAL SOCIETY
FIELD EXCURSION REGISTER

Name and email address	**Emergency contact details**	I have read and will comply with the Guidance for Participants **Signature**	**A CGS member? (tick if 'yes')**

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