

TEACHERS NOTES

The John Simonds Trust Hints for Happy and Healthy Fieldwork

1. CLOTHING

THIS IS A VERY IMPORTANT ASPECT OF PRE-VISIT PREPARATION. PLEASE COME SUITABLY DRESSED FOR A VISIT TO THE COUNTRYSIDE IN ALL WEATHERS.

Waterproof clothing: is essential (not just shower proof). This includes adequate head gear.

Warm clothing: common problems include freezing feet and not enough layers on top halves of bodies. Stress the importance of more than one pair of warm socks – especially if wellies are to be worn. Also several thick layers are often warmer than one thick one.

Cool clothing: in hot weather, be aware of the effects of the sun. Check that children have adequate protection and take spare sun cream with you.

Spare clothing: a complete change of clothing (including footwear) is recommended.

Footwear: wellies or at least strong walking boots are usually best. If the trip involves walking some way, wellies may not be comfortable. Make sure everyone has a change of footwear.

2. HEALTH AND SAFETY

The John Simonds Trust undertakes to provide a safe environment for children to be in. Discipline problems however, can compromise children's safety. **THE BEHAVIOUR OF CHILDREN DURING THE VISIT IS THE RESPONSIBILITY OF THE SCHOOL STAFF. Trust educational staff have the authority to halt a visit if safety is being compromised.** Please check the following:

Tetanus injections: check that children are up to date on these.

Cuts or scratches: should be protected with waterproof plasters securely held in place.

Hand washing: ensure children wash hands prior to eating and before departure if necessary. Until this point children should be advised to keep hands away from eyes, noses and mouths.

First aid kit and children's medication: please bring these with you and notify staff of any particular issues.

Specific safety precautions: check if there are any associated with the specific site or activity.

Mobile phone: always useful – bring one if possible. Educational staff also carry phones.

3. ORGANISING YOUR FIELDWORK

Pupil – teacher ratios: make sure you have enough adult helpers to cover the activities planned.

Pupil: teacher/supervisory adult ratios will depend on the age of the children and the nature of the fieldwork.

PLEASE CHECK THIS WITH THE EDUCATION OFFICER PRIOR TO YOUR VISIT.

Pre-visit: at least one pre-visit is essential.

Tasks: be selective in deciding which activities will be most suitable for your visit.

Teacher involvement: your active participation in the visit sends a positive message to children and helps to ensure an enjoyable and successful day.

Groups: the Education Officer will advise on the size of groups needed.

Recording information: making the recording system as simple and quick as possible. Bring plenty of spare pencils. Clipboards are useful (the John Simonds Trust can help to supply these).

4. POND DIPPING

Water-borne infection: please be aware of the possibility of infection from still or moving water. The chances of infection are low, especially when precautions are taken (see above). However, any child with a graze or cut who shows flu-like symptoms within three days of being in contact with a body of water should see their doctor and tell them exactly what they have been doing.