

The safety of your school / group is importance to us. To help make your visit run smoothly when visiting Clyde Muirshiel Regional Park, the Rangers offer this advice -

Wear/bring suitable clothing for the outdoors this may include.

- Warm clothing, it may be sunny but the wind can have a chill to it especially at our hill sites.
- Sturdy footwear / wellies - many of the paths are uneven or are simple dirt tracks
- Clothes that are ok to get muddy or wet in.
- If wearing shorts bring trousers as well, as the conditions and temperature can change or our resident midges may be present!
- While rain may not be predicted bring waterproofs as they just as good for windy conditions.
- If pupils don't have waterproofs advise them to bring a change of clothing just to be on the safe side and make sure they understand they need to dress for warmth.
- Consider packing warm hat & gloves

It's better to be over prepared than under prepared.

In case the sun is out (it does happen from time to time) it's also worth considering bringing,

- Sun screen
- Sunhats or caps
- Sun glasses
- Long sleeved tee shirt if you can't apply sun screen
- Extra drinks

On reaching your destination:

- Arrive with time for your pupils to use the toilets (if available) and get settled.
- Before starting make sure all of the group have been talked through the Risk Assessment and understand the safety aspects of their visit – if Ranger led, the Rangers will do this.
- If you have booked a learning programme with a Ranger, please try to arrive at the agreed time. If you're running late please give the Rangers a call so we know and can make any changes to the programme if needed.

Other considerations:

- Depending on the timing of the visit, you may wish to bring packed lunches.
- Depending on the weather, thermos flasks of warm drinks or plenty of cold drinks are a good idea.
- You may want backpacks to carry extra clothing, the first aid kit, etc.
- If you are walking in wilder areas and/or having a picnic, a roll of black bags is useful (for e.g. sitting on or making emergency rain capes).

- Remember there is a risk of ticks when visiting the countryside. Make sure your pupils don't brush through bracken. Cover the ground before they sit down, and advise everyone that they need to give themselves a good looking over once they are home.

Below is a tick list to help ensure that your visit is enjoyable and safe:

Before your visit:

- There is a clear itinerary for the visit.
- Your team of teachers, assistants and/or helpers know what itinerary is.
- Your leaders/helpers understand what is expected of them during the visit.
- All adults know which children are in their care (and any health problems, etc.)
- The Risk Assessment has been checked and everyone that needs one has a copy or it has been discussed with them.
- If you've booked a Ranger learning programme or guided walk, you've ensured that you'll arrive in plenty of time
- If you've arranged a self led visit, you've made sure that you are familiar with the area.
- If on a self led visit you have informed the Park Rangers that you will be on site – so they're aware of you are around and can advise you on any changes to on site conditions or make you aware of any ongoing works, road closures etc.
- You've ensured that the coach driver or car drivers will remain on site and be contactable – in case you need to leave sooner than expected.
- Your pupils are aware of the requirements of their visit and what behaviour is acceptable for visiting a rural locations.
- Your pupils know what clothing they should wear/bring.

Finally your pupils' behaviour and well-being is managed by you and your group leaders. So stay safe – and enjoy yourselves!

Remember if you need any help or advice, don't hesitate to contact our Ranger Service who will be happy to assist you.

Caste Semple	01505 842 882
Muirshiel Country Park	01505 843 271
Greenock Cut Visitor centre and Lunderston Bay	01475 529 543