**National Trust’s Safety Guidance**

**Safety is really important to us, and there are lots of tips on how to become a 50 things expert safely on each of the activity pages in the 50 Things book.**



**General advice for parents/ careers:**

* When dealing with soil, animals or natural water source make sure any cuts or wounds are covered with waterproof plasters to avoid infection.
* Discourage your child from putting anything in his or her mouth.
* Wash your child's hands thoroughly afterwards.
* Make sure your child wears warm, weather resistant clothing during any activities involving water or snow.
* Make sure your child wears suitable footwear for any activities that may involve slippery or uneven surfaces.
* Check weather reports before any activity and avoid trees or natural water sources in wet or windy conditions.
* Supervise children at all times during these activities.
* For more challenging activities, find an organised event to ensure the safest conditions for your child.

Additional safety information and links to other website\* are available on:

[www.50things.org.uk/parents-area](http://www.50things.org.uk/parents-area)

*\*Please note that while we've made every effort to check the websites we included, content may change and we cannot accept responsibility for third party sites.*

Please note that if you visit www.50 things.org.uk and create an online account, core safety information is also provided on each of the 50 things activity pages.