Updated June 2026

Health and Safety: Benson

Accident and Emergency

The Emergency Action Plan is displayed at each session, and participating adults are informed about how to access the Plan when signing up. A copy of the Emergency Action Plan can also be found on the following pages of this handbook. The nearest medical facilities to Bertie West Field are as follows:

A&E	JR Hospital, Headley Way, Headington, Oxford, OX3 9DU
Minor Injuries	Abingdon Community Hospital, Marcham Road, Abingdon, OX14 1AG
Defibrillator	Parish Hall, Sunnyside, Benson, OX10 6LZ
Pharmacy	Benson Pharmacy, 23 High Street, Benson, OX10 6RP

Clothing

Forest School sessions run in all except the most extreme weather conditions (see Extreme Weather, below). Children should come wearing clothes that they can get muddy, and appropriate protective clothing – long sleeves and long trouser legs, closed shoes or wellies, a waterproof coat and trousers in winter, and suncream and a hat in summer.

Cooking (including Food Hygiene)

All food served will be prepared in line with the Food Standards Agency's 'Safer Food for Better Business' guidance (www.food.gov.uk/business-guidance/safer-food-better-business-sfbb), following the four main tenets of good food hygiene, known as 'The 4 C's' (Cross-contamination, Cleaning, Chilling and Cooking). Rachel Huckvale holds the Food Standards Agency's Food Allergy and Intolerance Training Certificate (refreshed June 2026). When registering for Bramblers sessions, participants will be asked to identify their allergies and intolerances; snacks and food containing any allergens identified will then either not be served when the participant is present or an alternative will be provided (depending on the severity allergy).

Control of Substances Hazardous to Health (COSHH)

Bramblers Forest School rarely uses hazardous substances during sessions. When hazardous substances are used, for example rubbing alcohol, this will be in accordance with the Substances Hazardous to Health risk:benefit assessment in this handbook, and following all recommended risk mitigation procedures.

Extreme Weather

Bramblers sessions run in all weathers apart from electrical storms and high winds, which may pose a serious danger due to falling tree branches. Sessions will be cancelled if:

- winds are forecast over 32mph (Beaufort scale: 7) according to www.metoffice.gov.uk;
- lightning storms are forecast during the duration of the session;
- other weather conditions compromise the safety of the site, participants, or the surrounding area.

We aim to give 24 notice of session cancellations, but this may not be possible if weather conditions set in unexpectedly. Participants will be contacted by text and email in the case of cancellation.

Fire

Campfires will only be lit in a contained kelly kettle or on the existing fire site. Fires will be lit and managed in accordance with the risk mitigation procedures described in this handbook.

First Aid

Rachel Huckvale holds an ITC certificate in outdoor and paediatric first aid (renewed January 2026). A fully equipped First Aid Kit is available at all sessions.

Insurance

Bramblers Forest School is a trading name of B&R Huckvale Ltd, which holds Public and Products Liability Insurance, Professional Indemnity Insurance, and Cyber and Data Insurance.

Manual Handling

No hazardous manual handling will be undertaken by leaders, assistants or participants at Forest School sessions. If a heavy object should need to be moved, this will be carried out between sessions. No participants should lift very heavy items unless it is unavoidable, for example in an emergency. For lighter items such as small branches or logs, adult participants are asked to use their discretion and only lift a weight that is comfortable for them. Any participants with specific health conditions, including pregnancy, should avoid all lifting of heavy objects.

Risk Management

All activities are subject to risk:benefit assessments, undertaken prior to the sessions – assessments can be found in this handbook. This includes any activity involving the use of tools. All participants are required to wear personal protective equipment (such as protective gloves) when indicated by the Forest School leader.

Substitute Leaders

If the regular session leader is unable to lead a session, we will try to arrange a substitute Forest School leader with equivalent qualifications in Forest School leadership and first aid, plus an enhanced DBS check. If a qualified substitute cannot be found, the session will be cancelled.

Supervision

All children must attend Forest School with an accompanying adult aged over 18, who is responsible for them at all times during the session.

Transport

There is no parking on site at Bertie West Field. Participants can park in the free public car park at the Parish Hall, Sunnyside, Benson, OX10 6LZ. Parking is at participants' own risk. The Field is a five-minute walk from the car park.

Welfare

There are no toilet facilities at Bertie West Field. You may wish to bring a travel potty – one will also be provided for emergencies.