

## **General information for parents and carers**

Spending time outdoors is really good for physical and mental health, plus it's a great environment for learning in a natural, fun way.

When learning outdoors, let your child take the lead and use their imagination.

Dress them in old clothes, then it doesn't matter if they get dirty.

Follow the Countryside Code:

<https://www.gov.uk/government/publications/the-countryside-code>

Don't go onto private land, close gates behind you, don't pull up any plants and remember that you need the landowner's permission to take anything away.

## **Remember to have fun**

### **Safety**

During this time of social isolation, make sure you keep appropriate distances from other people who are not in your family group.

Make sure your children understand the boundaries of where they can go during outdoor activities.

Make children aware of potential hazards, such as nettles, brambles and stinging or biting insects.

Wear sun cream and a brimmed hat in sunny weather.

Avoid tick bites by keeping covered up. Wear long trousers, long sleeves and sturdy footwear (keep those ankles covered), especially in long grass. Ticks can carry Lyme Disease. For more information:

<https://www.nhs.uk/conditions/Lyme-disease/>

Leptospirosis, or Weil's disease is spread by infected animal pee. Keep cuts covered and wash your hands. For more information:

<https://www.nhs.uk/conditions/Leptospirosis/>

**Make sure everyone washes their hands when you go inside/get home.**