“Thank you for participating in our citizen science surveys. In order to ensure your safety whilst on these surveys, Surrey Wildlife Trust request that you adhere to the following guidelines:

* You are strongly encouraged to read through the full lone working health and safety document which can be found on our website
* You are responsible for your own health and safety, and should not put yourself, or others, in a dangerous position
* Do not undertake this survey if you have concerns about your own, or anyone else’s health and safety
* Before you undertake the survey, assess the risks arising from the survey, and only proceed if you feel you are safe
* Your mobile phone should be fully charged
* It is advisable to nominate a “buddy” who should know your whereabouts and the time you are due to finish the survey
* Take special care when entering areas with livestock
* Take special care when carrying out surveys along watercourses and roads, boggy areas, and underground burrows (e.g. badge and rabbit holes) which are common alongside field margins
* Avoid confrontation with landowners, land workers or members of the public. If you have any concerns over your personal safety, cease work immediately
* Be aware of ticks. Make regular checks of hair and skin