

# **Volunteering on Croxley Common Moor (CCM)**

Thank you for volunteering with us!

The Friends of CCM meet on CCM every second Sunday of the month (but the third Sunday in November) at 10 am, plus 3 pm litter collection sessions in June to August. Our up-to-date programme is available at [www.croxleycommonmoor.org.uk](http://www.croxleycommonmoor.org.uk)

If you haven't already, please give your contact details to the Friends' secretary: Graham Everett 01923 251157 [Graham.Everett@care4free.net](mailto:Graham.Everett@care4free.net)  
You will then receive e-mail reminders (without obligation) of all our volunteer sessions and guided walks.

## **Young people**

Young people aged under 16 need to be accompanied by an adult responsible for them. Those aged 16-17 can take part unaccompanied if they have their parent's or guardian's consent.

## **Facilities**

We usually provide a hot drink and snack at our autumn and winter sessions, but this is not always practicable at our spring and summer sessions. It is advisable anyway to bring some water or a cold drink.

There are no toilet facilities on CCM. The women's toilet at Croxley tube station (approx ten minutes walk away) is accessible without going through the ticket barrier.

## **Insurance**

While volunteering with us, you are insured by Three Rivers District Council (CCM's owner) against any resulting injury to you and any resulting liability to other people; but not against any loss or damage to your personal property.

## **Health & safety**

Each volunteer session has a task leader and a safety plan. Appropriate protective clothing and/or equipment are provided for each task. Please use it, and take all reasonable steps to keep yourself and others safe. Please ask the task leader about anything you are unsure of. We have a separate, more detailed, safety sheet about scrub clearance specifically.

## **First aid**

A qualified First Aider is present at all sessions, and a First Aid kit is always available. The kit does not include any form of medication, so please bring any which you may need.

If you have even a small accident, or even a "near miss", please tell the task leader.

## **Tools**

Our safety briefings include safe and efficient tool use. If unsure how to use any tool, please ask the task leader's advice.

## **Medical conditions**

Please tell the task leader in confidence if you have any medical condition which might affect you or others while working with us, or of any subsequent changes to your health. In that case, it is advisable to check with your GP whether our physical tasks are suitable for you.

**Tetanus** Tetanus inoculation is advisable.

**Weil's Disease** (carried by rats) There is a slight risk of catching this when working near rivers/ponds. To minimise the risk, it is advisable to clean your hands after working. An antiseptic gel dispenser is always available, and clean water is often available for washing hands.

**Lyme disease** This results from tick bites, and is more likely where deer graze. Useful precautions are checking for ticks after the session; and wearing clothing that covers arms and legs (with trousers tucked into socks).

*Created May 2024*