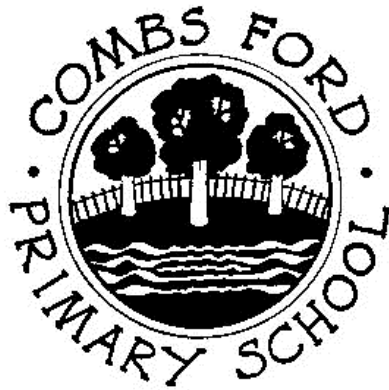


Combs Ford Primary School

Health and Safety Code of Practice

Campfire Cooking



Successful Learners ~ Confident Individuals ~ Responsible Citizens

Declaration

This Code of Practice is for all adults who support regularly Combs Ford Primary School Forest School sessions and must be read as part of their induction process. A copy is always available in the woodland for reference. This Code of Practice is based on documentation from Suffolk Wildlife Trust as recognised experts in Forest School training and delivery.

Updated On:	12 th October 2024
Updated By:	Kathryn Day (Headteacher and Forest School Leader)

Essential Requirements

- Adhere to the adult to child supervision ratios based on the age, ability and behaviour of the group.
- Qualified First Aider present (refer to the *Accident and Emergency Procedures (Including First Aid)* in the *Combs Ford Primary School Forest School Handbook* and the [First Aid Policy \(CET\)](#)).
- Hand-held radios for calling for support and the Emergency Service are always charged and in the woodland during Forest School sessions.
- Follow the *Health and Safety Code of Practice – Fire* to light a fire.
- *Risk-Benefit Assessments* for *Fire*, *Campfire Cooking*, and *Kelly Kettle* are in place and adhered to.
- Guidance in the [Health and Safety Policy \(CET\)](#), [Child Protection and Safeguarding Policy \(CET\)](#), and [First Aid Policy \(CET\)](#) must be followed.
- Staff and volunteers must have received relevant training and be suitably experienced in the activity.
- Where necessary, appropriate Personal Protective Equipment (PPE) must be supplied and used.

Kelly Kettle

A Kelly Kettle needs only a very small fire and, if used on flat wooden, tin or paving slab surface, it should have no impact on the surrounding area.

1. Practise all the steps – building the fire; placing and removing the kettle; feeding the fire; pouring – before the fire is lit.
2. Fill the kettle with cold water away from fire.
3. Make sure that a separate and labelled drinking water carrier is used. This should be regularly cleaned using a sterilizing solution (for example, Milton).
4. Build the fire in the kettle base (fire pan) and light.
5. Use the handles on the side of the kettle to put the kettle on, or take it off, the fire pan – **leader only**.
6. The kettle must **never** be boiled or heated with the cork in.
7. Children can feed the fire, one at a time, by feeding single sticks down the 'chimney' at a 45° angle, but **never** directly, over the chimney.
8. Be aware of flames coming out of the top of the kettle as the fire builds.
9. Water doesn't need to boil for drinks for children – a tepid temperature is enough. If the water is too hot, drinks can be made with a mixture of cold and warm water.
10. Use the chain to pour water into cups stood on ground – **never hand-held**. Children can pour the water if they are old enough and responsible enough.



Campfire Cooking

1. Make sure that good hygiene procedures are followed and provide a means to wash hands before handling food.

2. Position the cook upwind of the fire so that smoke blows away from them.
3. Make sure everyone stays a safe cooking distance from the fire – at least an arm's length.
4. Only cook foods that can be eaten raw – all food prepared will be vegetarian which will also encourage children to try a more ecologically sustainable plant-based diet .
5. Establish a 'cool down' rule for eating hot food
6. Make sure that fire and heat-proof gloves are available, and used, for handling hot items such as grills, kettles, pots and pans – only adults should handle these items.
7. Limit the number of people within the fire circle when cooking – only those directly assisting should be present.
8. When boiling water or steaming food be careful of steam – don't approach pans or kettles from the spout or steam outlet and always use fire gloves to remove pan lids.
9. When frying, beware of spitting fat. Keep arms covered to prevent hot oil spitting onto skin and use gloves to lift the frying pan when hot. Make sure any surplus oil is mixed with ash and disposed of when cooking is complete.
10. When baking using a Dutch Oven, beware of how heavy the pan is. Lift carefully and minimise the distance it needs to be transported.
11. Provide a heat-proof surface in a designated area away from the group, for storing hot cooking equipment as they cool down – do not place them directly onto the ground.

Toasting Marshmallows and Cooking Damper Bread

1. Children and adults should wash their hands.
2. Make sure everyone stays a safe cooking distance from the fire – at least an arm's length.
3. Sticks should be held with the blunt end on the ground until the marshmallow or bread is on.
4. Advise the group not to shake marshmallows if they catch fire – always blow.
5. Remind the children that toasted marshmallows are very hot and that they should wait until the marshmallow feels cool to the touch before putting it in their mouth – this will reduce the chance of burning their mouth.
6. When cooking damper bread, remind the children to turn the bread regularly and when baked and, as with marshmallows, allow cooling down time.
7. Collect the pointed sticks after use to avoid injury.

Wild and Foraged Foods

- Only use easily identifiable and well- known species and refer to relevant identification guides to cross check identification.
- Be careful of potential identification confusion with similar species.
- Group leader must check all specimens to confirm identification before use.
- Forage from dog-free areas.
- Wash well before use.
- Check with Arbor and families for known allergies prior to activity.

Food Preparation

- Ensure that the Forest School Leader holds a Food Hygiene Certification (Level 2) and Allergy Awareness Certificate for anything more than marshmallows, popcorn or damper bread.
- Wash hands prior to preparing food.
- Do not touch face or sample foods during preparation.
- Blue food-safe plasters must be used to cover any cuts when preparing food.
- Use a designated food preparation area that is away from other activities.
- Where possible use wipeable table cloths that can be regularly wiped clean with antibacterial spray.
- Make sure that a specific, labelled water carrier is used for water used for drinking, cooking, and washing-up. This should be regularly cleaned using a sterilizing solution (for example, Milton).
- When using kitchen knives, use a ratio of 1:1 for first use, and up to a ratio of 1:5 when children are competent:
- Use separate boards and knives for different food groups – colour-coded according to the *Hazard Analysis and Critical Control Points (HACCP)* table below.
- Be aware of allergies within group and, if using known allergens, make sure that those individuals do not come into contact with allergens. Allow them to prepare non-allergen food first and store it away from others. Wipe down surfaces and wash utensils in hot soapy water after use with allergens.
- Always use separate pans and utensils for foods containing allergens (e.g. milk, gluten).
- Refer to the *Hazard Analysis and Critical Control Points (HACCP)* table below.

Hazard Analysis

A food hazard is something that could make food unsafe or unfit to eat.

There are 3 types of food safety hazards:

- Microbiological – involving harmful bacteria;
- Chemical – involving chemical contamination;
- Physical – involving objects getting into food.

These are top food safety tips to be followed to complement the *Food Hazard Analysis and Critical Control Points* table below:

1. Prepare food hygienically applying the 'common sense' approach.
2. Leaders must supervise and instruct children and adults appropriately.
3. Choose the foodstuffs suitable to the session while considering food safety guidelines.
4. Cook foods thoroughly and serve quickly.
5. Keep foods chilled in the cool bag until needed. Keep the cool bag closed all the time to avoid temperature rise.
6. Make sure there is thorough frequent hand washing using cold water to remove food debris and then apply sanitizing gel (or hot soapy water where available).

7. Make sure clean suitable utensils are used at all times and use colour coding where there is a potential cross contamination risk.
8. Follow appropriate personal hygiene at all times: tie long hair back; cover cuts with blue waterproof dressings; minimize touching the food.

Hazard Analysis and Critical Control Points (HACCP)

This is the formal system for assessing food hazards.

Step	Hazard	Control	Monitoring Procedure
Purchase	Food may be contaminated – microbial and physical.	<ul style="list-style-type: none"> Use a reputable supplier. Pack into separate bags. Minimise journey and store correctly as soon as possible. Have awareness of time restriction. 	<ul style="list-style-type: none"> Visual checks. Date checks – use by and best before).
Transport	Potential further contamination – microbial and physical.	<ul style="list-style-type: none"> Separate clean cool bags used for milk. Sanitized frozen ice packs used appropriately for the amount of chilled food and outside temperature. 	<ul style="list-style-type: none"> Visual check. Temperature control. Cleaning schedule – regular cleaning of cool bags and ice packs.
Storage – Chilled Food	Bacterial growth.	<ul style="list-style-type: none"> Clean cool bags with ice packs. Separate bags for milk and dairy. Other foodstuffs in separate bags. Do not store high risk foods in home fridge. 	<ul style="list-style-type: none"> Visual check. Date check – do not use foods after ‘best before’ date. Rotate stock – first in, first out policy.
Storage – Dried Food	Physical contamination.	<ul style="list-style-type: none"> Place all dried food on clean washable ground mat and in plastic, washable containers. Label containers appropriately. 	<ul style="list-style-type: none"> Visual check. Date check – do not use foods after ‘best before’ date. Rotate stock – first in, first out policy.
Preparation	Potential cross contamination.	<ul style="list-style-type: none"> Prepare all foods with dedicated, separate, and coded knives (numbered or coloured). Peelers used for food must be different to those used for wood. Aim for colour coded utensils and boards suitable for task (see image below). 	<ul style="list-style-type: none"> All staff and volunteers must ensure this is followed by all food handlers.
	Microbial contaminations from water source.	<ul style="list-style-type: none"> All water for consumption or washing to be carried in regularly sanitised containers. 	<ul style="list-style-type: none"> Make sure containers are sanitised regularly.



Step	Hazard	Control	Monitoring Procedure
Cooking	Bacterial survival.	<ul style="list-style-type: none"> Cook over fire with intense heat. 	<ul style="list-style-type: none"> Visual check. Food eaten immediately 'on site'. Discard any unused food.
	Physical contamination.	<ul style="list-style-type: none"> Keep lids on cooking pots whenever possible. Keep fire stoking to a minimum whilst cooking. When embers are placed on a cooking pot, ensure they do not get into food. 	<ul style="list-style-type: none"> Visual check. Monitor – supervision.
	Chemical contamination.	<ul style="list-style-type: none"> Do not use aluminium cooking pots – especially with acidic foods. 	<ul style="list-style-type: none"> Discard and replace with stainless steel or other suitable alternatives.
Waste	Bacterial growth.	<ul style="list-style-type: none"> Waste check on ground. Separate bags used for food and utensils. Throw away unused foods. Utensils taken away from site for thorough washing. 	<ul style="list-style-type: none"> Visual check.

Examples of Campfire Cooking Recipes

Quesadilla (Lunch)

- Flour Tortilla
- Passata
- Cheese
- Mushrooms
- Spring Onions
- Peppers

Side Salad

- Salad Leaves
- Cucumber



S'Mores (Lunch)

- Marshmallows
- Chocolate Digestives
- Whittled sticks to toast the marshmallows on.



**Vegetable Kebabs
(Dinner)**

- Onion
- Peppers
- Cherry Tomatoes
- Mushrooms
- Courgettes



**Pasta Sauce and
Halloumi**

- Tinned Tomatoes
- Borlotti Beans
- Green Lentils
- Sweetcorn
- Spring Onions

Baked Apples

- Core cooking apples.
- Fill with foraged blackberries and brown sugar.
- Wrap in foil.
- Bake in a Dutch Oven or in the embers of the fire.



Breakfast

- Foraged fruit – to eat raw or make into sorbet using a [Softshell Ice Cream Ball](#).



Banana Omelettes

- Mash 1 egg and 1 banana.
- Oil a pan.
- Drop spoonfuls in and cook over the fire.

