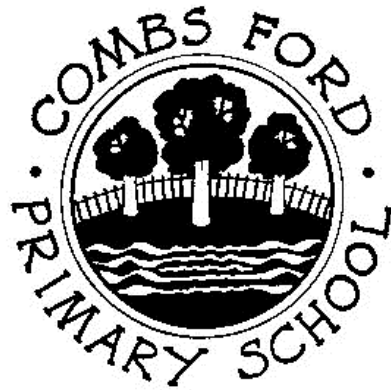


Combs Ford Primary School

Health and Safety Code Of Practice

Den Building



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 *Combs Ford Primary School Risk Assessment – Manual Handling, Risk-Benefit Assessments for Den Building* 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.

Health and Safety

- Think about the group size and dynamics.
- Assign one adult to each shelter if possible.
- Identify non-sensitive areas for den building.

Building Your Den

- Be aware of people around you and look out for them when moving sticks and logs.
- When lifting logs, bend from your knees not your back.
- Don't lift logs that are too heavy – thicker than your leg is a good guideline.
- Roll logs using your hands and not your feet.
- If it's a very long stick, hold one end and drag the other end on the floor or find a friend to help you.
- Place sticks so that the widest part is on the ground so that your den is not top-heavy.
- Create the structure first with larger logs, then use smaller branches, bracken, brash and dead leaves to cover the gaps.
- Don't add sticks while people are inside the shelter.
- Don't use fresh or living vegetation except bracken.
- If you're using bracken, wear gloves for pulling it.
- You can also use blankets and other fabric as alternative coverings.
- Don't enter your shelter until an adult has checked that it is safe to do so.

Dismantling Your Den

- Take away the smaller stuff first.
- Then make sure that there's no one behind you and take one pole at a time and lower them carefully to the ground – don't throw or drag sticks out.