

## Top tips for enjoying The Trail activities safely

- Make sure your child wears suitable footwear for Trail activities as there are steep and uneven slopes and steps and paths that are slippery when wet.
- Make sure to wrap your child up warm and waterproof for longer walks and activities.
- Check weather reports before any activity especially high winds as it is a wooded area.
- Supervise children at all times during activities.
- When dealing with soil, animals or natural water sources:
  - Make sure any cuts or wounds are covered with waterproof plasters to avoid infection.
  - Discourage your child from putting anything in his or her mouth.
  - Wash your child's hands thoroughly afterwards.