

We want you to enjoy surveying for us and to stay safe. Before heading out, please take a moment to read this guidance and prepare properly, particularly if you are surveying alone or in a remote area.

Before you go

- Always let an appointed person know where you are planning to go, what you are planning to do, what time you are due back and what to do if you don't return by then.
- Check the weather forecast for the relevant area and delay your trip if conditions are unsuitable.
- Wear clothing and footwear appropriate to the terrain, season and the forecast conditions.
- Consider sunscreen and midge repellent.
- Take a simple first aid kit including a tick remover or tweezers.
- If you take any medication, carry some with you in case you are away longer than expected.
- Ensure you have an up-to-date map at a suitable scale of the area you are going to.
- If you are working in wild or remote areas:
 - Plan escape routes.
 - Take a compass and, if you have one, a GPS and/or Personal Locator Beacon, and know how to use them.
 - Make sure you have adequate personal equipment, including: waterproofs, spare warm clothes, survival bag, a whistle, hat and gloves, as well as water and food.
 - Remember that the weather can change quickly, especially in upland areas.
- Ensure your phone is fully charged and take a portable charger.
- Check public transport timetables and parking provision as appropriate.

When you are away

- Park carefully so as not to block access or cause an obstruction.
- Follow the Scottish Outdoor Access Code.
- Keep an eye on the weather, especially if it is deteriorating.
- Make sure you know where you are regularly by checking features against your map.
- Keep an eye on the time, especially in winter when it gets dark early.
- Choose routes carefully in rough or wet terrain, and watch your step.
- Visually check any stile, bridge, gate or similar before use.
- Beware of domestic and farm animals. If unsure, stay well clear or come back another time.
- Take care when approaching or walking along roads – consider wearing a high visibility jacket.
- Avoid confrontation. Retreat rather than stand your ground. Give the ScotWays Office contact details if requested and report the incident to ScotWays as soon as possible.
- Do not take dogs into fields of cattle with calves, or fields of sheep during the lambing season.
- When checking infrastructure watch out for wooden or metal splinters – consider wearing gloves.
- When checking gates do not put your fingers in the hinge or locking mechanism.
- If you have any incidents or accidents, ensure you take note of the time and place (preferably a grid reference), and note the details of any witnesses. If possible and appropriate, take photos.

When you get back

- Let your appointed person know you are home safely.
- Remember to report your surveys and photographs to ScotWays.
- If there were any incidents or accidents, report them to ScotWays as soon as possible. These include any confrontations or where you had to administer first aid to yourself or others.

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