

## **National Trust Website: 50 Things**

<https://www.nationaltrust.org.uk/features/50-things-to-do-before-youre-11-activity-list>

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Safety is really important to us, and we've got lots of tips on how to become a 50 things expert safely for each of the activities. We've also added some general advice below and links to useful websites containing more information.

### **General advice for parents**

Children matter to the National Trust, so we recommend that all of our activities are supervised by an adult. We trust that you will make your own judgement about what is safe and suitable for the age and ability of your child.

### **For messy activities, activities with 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

### **If you're doing activities outside:**

- Make sure your child wears warm, weather resistant clothing during any activities involving water or snow
- Make sure your child wears suitable footwear for any activities that may involve slippery or uneven surfaces
- Check weather reports before any activity and avoid trees or natural water sources in wet or windy conditions
- Supervise children at all times during these activities

For more challenging activities, like rock climbing, canoeing or learning to ride a horse, you could find an organised event to ensure the safest conditions for your child.