

Please complete and return to **Alexis Reeve, The Forestry Commission, The Queens House, Freepost SO30765, High Street, Lyndhurst, Hants, SO43 7PF**. If you have any queries please phone 023 8028 6840.

Contact Details:

Name:

Address:

..... **Postcode:**

Phone number (day): **Phone Number (mobile)**

E-mail Address

(If you supply an e-mail address all future correspondence and newsletters will be sent to you electronically)

Volunteering Options:

Please indicate by ticking in the boxes which group(s) you are interested in.

Two Trees Conservation Team - Once your application has been received a copy of the latest Two Trees Conservation team newsletter (which includes details of current conservation tasks) will be sent to you.

Volunteer Rangers - Please tick this box if you would like to have your details added to our Volunteer Ranger applicants waiting list. Once your name is on the list an application form will automatically be sent to you when we are next recruiting.

Signature:

Under the Data Protection Act laws, the Forestry Commission must gain 'informed consent' from everyone whose details are held on our database. Please sign below to say that you are happy for us to hold your details for the purpose of the Two Trees Conservation Team and/or Volunteer Rangers applicants list (if applicable)

I am happy for my details to be kept in accordance with the Data Protection Act

**** I have read the health and safety guidance for the Two Trees Conservation Team on the reverse of this form and agree to follow the direction and guidance of the leaders on any tasks I may attend** (please cross out if you do not wish to join the Two Trees Conservation team)

Signed: **Date:**

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Date received: Entered on TTCT database; Y / N Newsletter Sent out: Y / N

Entered on VR Applicants Database Y / N

Two Trees Conservation Team Guidance Notes:

A Volunteer Ranger will be leading all events and brief you on health and safety issues before the start. You can help the Volunteer Rangers by following their instructions and making sure you comply with the guidelines below!



The Do's

- Be up to date on your Tetanus injection
- Wear appropriate clothing. You may like to wear trousers or long sleeved shirts/jumpers to protect your arms from bramble scratches and reduce tick access points! Bear in mind the weather, as you may need to bring extra warm clothes, a hat or waterproofs. Also, remember to wear old clothes as they will get dirty and may be damaged!
- Wear strong, waterproof footwear or wellington boots. The ground will usually be uneven, wet and covered in branches. Your shoes should ideally offer some protection for your ankles and must have good grip. No sailing wellies please!
- Know your limits... do not do a task if you feel it will be too much for you. Also, you are welcome to stop and relax at any time if you feel tired. Please inform the leader if you do.
- Inform the task leader before the event if you have any medical conditions, such as bad backs etc.
- Protective goggles are taken on every event and kept in the Ranger van. The leader may mention that they are available, however, if you are uncertain, please ask, as you are welcome to borrow a pair.
- Bring lunch, a hot drink and snacks.
- **Be at the meeting point at least five minutes before the start of the event!** The task leader will be introducing what the day will involve and cover the health and safety aspects of using tools at the specified start time. If you arrive late and miss this talk, speak to the task leader before you begin working.
- Please follow the task leader's guidance at all times. If you have any questions, just ask!
- Enjoy yourself!

And unfortunately

- No under 16's allowed on any event.
- Do not bring your own tools, we will provide all that is required.
- No dogs are to be brought on the events.
- Ticks occur in the New Forest, and while the risk of being bitten is low, it is most likely to occur from August to October, then from late March to early June. Some ticks do carry Lyme disease, which can be serious if it is undetected. If possible, prevent being bitten by taking care to cover exposed skin (this is only really necessary if you are brushing past vegetation), and make sure that you check for ticks when you get home. If you do get bitten, remove the tick as soon as possible as there is a significantly lower risk of infection if the tick has been attached for less than 24 hours. Symptoms of Lyme disease are varied, however a mild rash around the site of the bite and flu like symptoms are most common. If you are concerned that you may have the disease, mention it to your doctor to speed up diagnosis.



All that said please don't panic or worry about ticks and speak to the group leader, or call Vicky Myers on 023 8028 6830 for a copy of safety notes regarding Lyme disease, if you have any concerns.

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