

GWFF ANGLERS' HEALTH & SAFETY GUIDANCE

All persons fishing our waters do so at their own risk and Gilling West Fly Fishers takes no responsibility for any damage, accident or personal injury of whatsoever kind or nature.

Advice given here is for information without prejudice.

All members and their guests should make themselves aware of the risks they face in the surroundings they find themselves and carry out their own risk assessment which generally amounts to common sense and take appropriate action to ensure their own safety and that of others.

It is a requirement that all anglers read, understand and accept these guide notes and the club risk assessments.

General risks associated with angling:

Paths and stiles

Only use obvious paths along the bank. Take particular care entering the beck as the banks can be very steep.

Be careful when crossing a stile. If you encounter a dangerous or damaged stile then do not attempt to use it and report it to the club Exec.

Wading

Take particular care when wading in deep or fast water and on rocky bottoms. Be vigilant for water hazards such as storm debris. Be aware that the water level of the beck can rise very quickly. Falling in the water may cause drowning. The use of a wading staff wading belt and buoyancy aid is recommended at all times when wading or near the water. Ensure your waders have suitable soles for the terrain.

Ladders

The Club has provided ladders in some places to facilitate access into the beck. Please use the ladders carefully taking account of the type of footwear that you are using will not be intended for ladder rungs. Be aware that the ladders may become unstable owing to the effects of high water. Check carefully before using them. Please report any damage to or instability of the ladders to the Club Exec.

Banks

Beware of undercuts in banks and scouring around trees and other obstacles especially near deep water. Please report such hazards.

Power Lines

Beware of fishing under any power lines and remember electricity can arc over considerable distances. You are ideally earthed in water to conduct electricity. Remember that graphite is an excellent conductor of electricity.

Lightning

Again you are ideally earthed when in water and if using a graphite rod, you have a good lightning conductor. Do not fish during electric storms.

In the event of an electrical storm stop fishing and lay rods down on the ground and move to a place of safety as soon as possible.

Casting

Always show consideration to other users on a bank avoiding contacting anyone with your back-cast. It is strongly recommended that you wear protective glasses when fishing to protect your eyes from flies. Take special care in windy conditions.

Hooks and flies

Hooks by their design are sharp and easily penetrate the skin. Their use brings them into contact with germs etc, that can be injurious to health.

Caution should be used when handling hooks, tying on or removing. Rusty hooks should be avoided at all times. Weighted flies cause unpredictable movement when casting.

Extreme caution should be exercised when casting weighted flies to ensure they do not come in contact with yourself, fellow anglers or the public.

Trees

Fishing under trees can be unsafe in windy conditions. Beware of falling branches. Be vigilant for storm damaged areas where trees and their surroundings may be unsafe. If you encounter damaged trees that pose a risk to anglers please report the hazard to the club Exec.

Animals

Bulls can be dangerous, as can cows with calves.

Please ensure that all gates are closed and secure after you access them to prevent the escape of livestock.

Insects

Be aware of ticks and other stinging/biting insects. As there are significant populations of roe deer on some of the beats, members should familiarise themselves with the symptoms of tick-borne Lyme's Disease.

Weils Disease

This is transmitted in rat's urine. Never put wet lines in your mouth or any other items of tackle that has been in the water.

First Aid

Waterproof plasters should be used on any cuts or abrasions.

Sunburn

Sunburn can cause skin cancer and waterproof sun protection is recommended. Wear glasses and a broad brimmed hat to protect your eyes. Polarised glasses are best for reducing glare.

Mobile phones

Members should carry a mobile phone when fishing and install the App 'What3words' on their phone as an accurate 'geo-locator' in case of difficulty.

Vehicles

Members must drive slowly and safely through Gilling West and local minor roads. Vehicles should be parked sensibly on public roads and when using parking spaces on estate land.