



# A Guide to Elderflower Picking Including Health and Safety Tips.

Please take personal responsibility for your own safety whilst picking. Here are some tips for keeping safe and making the most of the great outdoors:

- Bring a reusable bag (or several) to carry your crop
- Avoid busy roads and stay off the carriageway
- Wear bright clothes so you can be seen by other road users
- Wear long trousers, sturdy shoes and long socks to protect yourself from nettles and brambles. Use gardening gloves to prevent cuts and grazes.
- Don't try to climb any bushes to pick at height – use a walking stick to pull the branches down if they are slightly out of reach or leave them for the birds in the winter!
- Stay hydrated – bring a drink
- Wear sunscreen, and bring a hat. Make sure to take regular breaks in shade
- In the event of poor weather conditions, such as heavy rainfall or thunderstorms, do not pick elderflowers, the picking event is suspended for your safety.
- Be aware of insects and bugs, sometimes they may sting!
- Following a spell of heavy rainfall, be aware of slippery conditions, keep a look out for other slip and trip hazards.
- Ask for permission before entering private land
- Belvoir can only pay for flowers collected by those over the age of 16. Anybody who looks under the age of 21 and is not driving, we will request ID.
- Park with consideration – don't block gateways, driveways or other access points
- Keep dogs under control and pick up after them
- Take any litter home with you
- Observe the countryside code at all times
- When dropping off flowers at the farm, – observe signage and one-way system and follow the guidance of helpers on site.