

## Safety advice for Sleep in the Park

*Provided by the University's Health & Safety team*

- Participation in the event is entirely voluntary. Please take note of the safety guidelines and disclaimers given by the organisers.
- Ensure that you are well equipped for the event. The organiser recommends the following as a minimum:
  - **WARM SLEEPING BAG, WINTER/WATERPROOF JACKET, HAT, GLOVES, APPROPRIATE WARM CLOTHING AND A SLEEPING MAT IF YOU WANT ONE.**
- Be aware of the facilities provided by the organisers for 'FIRST AID', 'SECURITY' and 'WARMING TENTS' and be sure to locate these for yourself as you settle in for the event.
- If you feel unwell or are not able to continue for health or any other reasons then seek help or leave the event.

Please be aware that your participation in the event is in no way connected with your study or work, therefore the University of Aberdeen will not accept any liability for illness or injury caused by your participation in the event