Barn Fork to Fork Community Garden- Rules and Guidelines

Welcome

We have created a Community Garden beside our Church which is maintained by a group of volunteers. The garden is a peaceful green space where we meet to enjoy the many benefits of gardening, passing on practical knowledge and skills to grow fruit and vegetables, flowers and plants and other practical activities.

**Location**: The community garden is adjacent to The Barn Church, Culloden, Culloden House Avenue, Inverness, Scotland, IV2 7AB

**Ownership**: The Barn Fork to Fork Community Garden is owned by The Barn Church which is part of Culloden and Ardersier Parish Church.

**Garden Leadership and Structure**: The garden is managed by two of the Barn Church Leadership team: Mary Davis and Ian Henry. They are volunteers, there is no paid manager or gardener. Mary and Ian also led and coordinate the team of garden volunteers. Mary and Ian are known as the **Community Garden Coordinators**.

**Decision Making**: Knowledge, skills, opinions, and requests from any volunteer is sought out and welcomed however the final decision on any matter relating to the community garden is made by the two Community Garden Coordinators.

**Garden Plan**: The community garden aims to grow a mixture of fruit, vegetables, plants, trees, and flowers. There is a seating area. There is planned an educational area.

**There is no plan** to include any of the following: pond, beehive, animal livestock or poultry, outdoor exercise area or Zen Garden area.

**Gardening hours**: You will be informed and kept updated as to the gardening hours by the Community Garden Co-ordinators. The gardening hours are seasonal. For everyone’s safety these are in daylight hours only. You should avoid being in the garden on your own and if this happens you should have a working mobile phone on you at all times. Apart from any required watering and ventilation of the Polycrubs we are not offering gardening on Sundays.

**Children** are welcome in the garden and encouraged to garden but must be accompanied by a parent/guardian/carer and must be supervised by them at all times.

**Toilet and Hand Washing facilities** are located in the adjacent Barn Church.

**Car Parking** is available to volunteers in the Barn Church Car Park.

**Fees**: There are no fees to register or to join the volunteer team.

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We want volunteers and visitors to enjoy the benefits of gardening in a relaxed and safe environment that also cares for our local area and wildlife, so we have to have rules about what is and is not allowed in the garden.

**The following are prohibited in the Barn Fork to Fork Community Garden:**

Smoking and Vaping, electronic cigarettes, tobacco products, drugs, and alcohol

Barbeques, Bonfires, Candles, Chinese Lanterns, Ballons, Fireworks, Fuel and Chemicals: chemical pesticides, insecticides, weedkillers

Animal Livestock and poultry, Pets except guide dogs, assistance, and hearing dogs

Water Features and Statues

Camping, cooking or exercise equipment, tents, washing, drying and hanging of clothes or cloth.

Bikes, scooters, and all vehicles unless as agreed by the Community Garden Coordinators to enable volunteers and visitors with mobility, special, or additional needs access into and around the garden as can reasonably be facilitated.

Fairy houses and Fairy gardening accessories, Garden Gnomes, Crystals, items relating to the Zodiac, painted stones and any other items which are considered not suitable for this garden by the Community Garden Coordinators.

**Volunteering:**

**First Visit**: On your first visit, please tell us a little about your gardening experience (if any) and what things you might enjoy doing in the garden.

If you have not already done so you will be asked to complete the Registration Form which includes signing that you have read the Health & Safety guidelines. Both can be found on the Barn Church website at https://www.barnchurch.org.uk

**Induction**: On your first visit a Community Garden Coordinator will give you a tour of the garden, explain what to do in the event of an emergency, show you where the First Aid Box is located and the Accident Book. Show you where the toilet and hand washing facilities are. Show and demonstrate use of gardening tools and hose. Answer any questions relating to Health and Safety and volunteering with us. Introduce you to the other volunteers.

**Clothing and Footwear**: Please wear clothing suitable to the weather conditions and suitable footwear. You should bring sunscreen and apply it yourself when conditions are sunny.

**Risk:** Any Outdoor activity such as gardeningby their nature contain a degree of hazard or risk. All volunteers should be aware that involvement places them at risk of accident and potential injury. Under normal circumstances unless otherwise informed it is assumed that volunteers are aware of and accept the inherent risk associated with the activity.

**Accident or Injury**: Should you have an accident or injury please alert another person as soon as possible for assistance. A first Aid Box is kept in the garden shed. One of the Community Garden Coordinators should be informed of the accident / injury as soon as reasonably possible, and the incident recorded in the Accident Book (located in garden shed).

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**General advice**: If you are new to gardening or returning from an absence, beware of taking on too much heavy work, particularly of a repetitious nature. Break yourself in gradually. Do not do any activity that you think might be beyond your abilities. Only lift weights that are within your capability and apply proper & appropriate lifting techniques. Use tools for the purpose they were intended, and in the manner, they were designed to be used. **If you are not sure, please ask.** Adults only may use sharp tools. Correct protective clothing must be worn. Beware of sharp objects such as needles, broken glass, brambles, etc. which may be concealed in soil or growth. Brambles may be removed with care, but other sharps must be reported to the Community Garden Coordinators. Any animal droppings found should be removed to the appropriate bin please avoid contact with your skin. Please wash your hands after a gardening session. **This is not an exhaustive list of all possible advice and guidelines regarding Health and Safety in summary all volunteers and visitors should take reasonable care of their own health and safety and make sure that their acts or omissions do not adversely affect the health and safety of other persons. They must comply with any reasonable instruction that is given by a Community Garden Coordinator regarding health and safety. They must have completed a site induction before undertaking volunteering.**

I have read all of the above rules and guidelines and agree to abide by these rules and guidelines.

Name:

Date:

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