

Risk Assessment

We very much want guests to have an enjoyable and safe stay Sporting Heights. Accidents can happen at any time, to the most careful of people. For your safety and information, we have tried to identify possible sources of 'danger' and advise how to avoid these and minimise risks

Guests

We have identified two groups for whom there is increased risk: children and infants, and any adult with mobility problems, unable to cope confidently and safely with steps. The stairs could be slippery in slippers/socks, so extra care should be taken, and at all times use the handrail when using the stairs.

Guests must take every care to ensure the safety of any visiting child/infant or less mobile adult. We do not use stairgates within the house.

Fire

Please familiarise yourself with the detailed instructions for use of the fire safety equipment provided, and fire escape procedures, provided for guest's information. The fire equipment provided are fire extinguishers and a fire blanket.

- Never leave cooking on the hob, unattended.
- Never leave an electrical appliance, unattended, such as the toaster, hairdryer or iron.
- Please ensure all electrical appliances & lights are switched off, before going to bed.
- Please be aware of the dangers of a naked flame at all times, never leave unattended. Do not place a candle near any inflammable material, never leave unattended, do not use candles in bedrooms.

- Please note, we do not encourage candles or tea-lights. Sporting Heights has a No Smoking policy within the property.

Mains operated interlinked smoke and carbon monoxide detectors are fitted in the house. Emergency lighting torches are provided.

The Wood-Burners

Detailed instructions for lighting and regulating the wood- burning stove are supplied in the Information folder.

- Do not leave matches or spare logs on top of the stoves.
- The wood-burners are to be used only with the doors closed. Please ensure it is firmly closed, and 'dampened down' before going to bed.

Hygiene and Welfare

- No pets are allowed in bedrooms or on furniture.
- Soap is provided for guests (wrapped).
- Mattress protector and pillow protection are fitted. Sheets, duvet covers & pillowcases are cotton.
- A small First Aid kit is provided in the Hall cupboard.

Disposal of Waste

Please help us by sorting your refuse into the appropriate bin. Bins are stored to the side of the property and are marked. There are bins in the kitchen and boot room; spare bin liners are provided. The bin categories are: glass (bottles/jars), plastic containers, paper, cardboard, household rubbish - please rinse all cartons/tins.

We ask that you separate into the 4 types:

1. Glass
2. Recyclable plastics and tins
3. Burnable waste - cardboard newspapers etc
4. Household waste - food, nappies anything not above.

The refuse collection is on Wednesday morning at about 8:30am and we may collect your refuse on a Tuesday evening.

Flooding

Internally, please do not leave any tap running, as there are potential serious consequences. Please do not leave the bath, basin or kitchen sink taps running unattended.

Bathroom

Please take care when getting in or out of the bath and be aware that a vinyl floor can become slippery. Please use the cotton bathmat provided, to prevent slipping.

General

It is important for guests to read the information that we send you in advance of your arrival and the Information folder on arrival. Please also ensure that you familiarise yourself with the building, its surroundings and all safety instructions.