

Starting to Ring - Welcome to Bell Ringing!

We hope you have a wonderful time learning the ropes of this marvellous pastime. This leaflet is designed to make sure you are safe whilst learning to ring.

Ringling is a physical activity and it's important to be safe so make sure you follow these rules at all times:

- Always follow instructions promptly
- Never touch a rope unless you've been told you can
- Keep your feet flat on the floor when you're sitting near the ropes
- Never go up amongst the bells without consent and supervision
- Wear comfortable clothing that allows you to move your arms freely

It is very important that your teacher is able to react quickly and appropriately if something goes wrong - they may need to raise their voice, or physically intervene to take control of the rope with their hands - don't be alarmed if this happens, just stay calm and listen to any instructions you're given.

Parents and Guardians

It's important that you are aware of what happens at a practice night so we encourage you to attend one to see what your child will be doing.

Whilst your child attends sessions the Tower Captain will ensure they are supervised but please make sure you have made arrangements for their travel to and from the tower, and similarly, if they attend a ringing outing it is your responsibility to ensure their travel arrangements are to your satisfaction.

If you are present at the tower you remain responsible for your child's welfare.

The tower captain is your point of contact and they will be able to help you with any queries you may have. If there is anything the Tower Captain cannot help you with then please contact the Association's General Secretary whose contact information can be found online at

<http://www.bellringing.london/association-guild-officers/>