# **RULES AND SAFETY REGULATIONS – What You Need To Know**



#### **AT THE CENTRE**

- Brunei is an Islamic country, please honour the dress code of the Muslims and dress modestly.
- All our buildings are made out of timber. Hence, please refrain from lighting candles and mosquito coils.
- Do not wear wet and dirty clothes in the dining area.
- Always wear shoes or slippers when walking on the boardwalk, and remove them before entering buildings/ rooms.
- Always use a torch light when walking in the dark.
- Do not keep food in your bedroom. This is to avoid ants, rats, insects and snakes attracted to living areas.
- Smoking and consumption of alcohol is forbidden at the Centre.
- Do not drink water straight from the tap.
- Keep the door of your respective living rooms closed all the time to prevent animal intrusions.
- Thoroughly shake all clothing and bedding before they are used.



### **IN THE RIVER**

- Flash flood is common in the area. Always seek advice from the Centre's Supervisor before stepping into the river.
- Wear life jacket AT ALL TIMES during river journeys and river activities.
- Swimming is prohibited under the following conditions:
  - At night
  - During rain
  - Immediately after rain
  - Muddy water
- Apply sun block if you have sensitive skin.
- Fishing is not allowed unless it is for research purposes.

### **IMPORTANT NOTES**

- Simian malaria has been reported before in KBFSC. Hence, it is advisable to take appropriate malaria prophylaxis prior to visiting the Centre as a precaution.
- Obtaining a personal insurance cover is highly recommended. The Centre or UBD is not responsible for any physical, mental or emotional injury sustained or any loss of life, or property of whatsoever kind while visiting the Centre.



### **IN THE FIELD**

- Log your outings in the Field Outing book prior to a field visit, and please sign in upon your return.
- Visitors are not allowed to go to the field alone.
- Wear proper shoes and attire. Long-sleeved cotton shirts and pants are recommended.
- Carry enough drinking water, some emergency food and a raincoat.
- Stay on trails, and do not take any short cuts.
- During group activities, stay together or within visible distance.
- In an unlikely event, if you get lost, do not wander outside the marked trails; a search party will find you.
- Bring along medicines and first-aid for your specific needs.
- If you encounter animals in the forest, do not touch or approach. Try to stay away from them.
- Be aware of snakes on paths and walkway. Snakebite is rare but a few species in the area are venomous. It is not wise to carelessly turn over fallen logs or rummage in piles of leaves!
- Take particular care when descending steep slopes especially after rain.
- Collection of specimens of any kind (dead or alive) is prohibited unless authorized for research or educational purposes.

## TAKE NOTHING BUT PHOTOGRAPHS. LEAVE NOTHING BUT FOOT PRINTS