

Africa Reconnect Program

Health, Safety, and Safe from Harm Summary Under Afrika Sisi Nyumbani Limited

1. Commitment to Safety and Wellbeing

Afrika Sisi Nyumbani Ltd. is committed to ensuring that all participants, staff, and community partners involved in the Africa Reconnect Program experience a safe, healthy, and harm-free environment.

This summary outlines the core health and safety procedures, risk management principles, and safeguarding expectations that protect participants – especially adults aged 45+ throughout their engagement in our program.

2. Safe from Harm Principles

Aligned with our Safe from Harm Policy, we ensure:

- Zero tolerance for abuse, harassment, neglect, or exploitation.
- Staff and volunteers are trained in recognizing, reporting, and preventing harm.
- All participants and facilitators must:
 - Respect personal boundaries.
 - Report any incident of concern to designated safety officers.
 - Follow child and vulnerable adult protection protocols where relevant.

Emergency contact procedures and designated safeguarding staff will be introduced on Day 1 of the program.

3. Outdoor Risk Management Standards

All outdoor and cultural excursion activities are planned and supervised using recognized outdoor risk management frameworks, including:

- Pre-trip Risk Assessments for all excursions (cultural sites, nature walks, markets, etc.).
- Medical support planning and access to local emergency response units.
- Qualified guides and trained facilitators for all trips.
- Safety briefings before any activity.
- First Aid kits available at all sites and vehicles.

Participants are expected to:

- Wear appropriate clothing and footwear.
- Disclose any physical limitations or health concerns prior to participation.
- Follow instructions at all times for safety.

4. Health and Medical Safety

Our Health and Safety Policy ensures:

- Availability of medical assistance on-call or on-site.
- Access to hospitals or clinics near accommodation and activity sites.

- Pre-program health disclosure is mandatory.
- Participants are advised to bring:
 - Personal medications and travel insurance documentation.
 - Copies of prescriptions and emergency contact information.

Hygiene and sanitation standards are maintained at all accommodation, transport, and dining locations.

5. Emergency Response and Incident Reporting

In case of injury, illness, or other emergency:

- Emergency hotline: +255 760 442 199
- Local emergency contact numbers will be provided on arrival.
- All incidents must be reported to Nyumbani Academy's Safety Coordinator.

An incident response logbook will be maintained, and reports will be reviewed post-program to improve future safety measures.

6. Roles and Responsibilities

Stakeholder	Responsibility
Program Coordinator	Ensure all safety protocols are in place and followed.
Safety Officer	Primary contact for any harm-related incidents or concerns.
Facilitators/Guides	Supervise and lead safe outdoor and learning activities.
Participants	Follow safety instructions, report concerns, and take personal health precautions.

7. Participant Acknowledgement

All participants must sign a Health and Safety Acknowledgement Form before joining the program. This includes:

- Agreement to follow safety instructions and guidelines.
- Consent to medical assistance if required.
- Confirmation that any medical condition has been disclosed.

Together, we create a safe and respectful journey — rooted in trust, care, and protection.

Karibu to a Safe and Reconnecting Africa Experience!