

(English below)

**Gwarchodfa Ynyslas: gwybodaeth diogelwch i ysgolion**

Fel arweinydd grŵp, chi sy’n gyfrifol am ddisgyblaeth, diogelwch a rheolaeth gyffredinol y grŵp, ac rydym yn awyddus i chi gymryd rhan weithredol mewn unrhyw weithgareddau a ddarperir. Dylech sicrhau bod gennych chi ddigon o oedolion i fodloni’r gymhareb oedolion i ddisgyblion a nodir gan eich AALl a sicrhau bod gan ddisgyblion ddillad addas, oherwydd bod y safle’n agored ac nad oes llawer o gysgod yma. Mae “dillad addas” yn cynnwys dillad dwrglos, sgidiau caeedig, trowsus hir, topiau llewys hir, hetiau haul ac eli haul, cot gynnes a het ar ddiwrnodau oer ac esgidiau glaw (wellingtons) ar gyfer y rhai sy’n ymweld â’r gors neu’r forfa heli.

Y grŵp ei hun sy’n bennaf gyfrifol am gymorth cyntaf. Dylai arweinwyr grwpiau sicrhau bod gan o leiaf un oedolyn yn y grŵp wybodaeth sylfaenol am gymorth cyntaf.

Mae’r ddogfen yma yn cynnwys mwy o wybodaeth am y pethau sydd eu hangen ar eich grŵp i sicrhau ymweliad diogel a phleserus, a’r peryglon posibl y dylech chi fod yn ymwybodol ohonynt. Os oes gennych chi unrhyw gwestiynau eraill am y safle, cysylltwch â enquiries@cyfoethnaturiolcymru.gov.uk.

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| **Datganiad diogelwch Gwarchodfa Natur****Genedlaethol Dyfi. Yn cynnwys y twyni tywod a morfeydd heli Ynyslas, a Chors Fochno** | Mae Cyfoeth Naturiol Cymru derbyn ei gyfrifoldebau llawn o dan Ddeddfwriaeth Iechyd a Diogelwch. Mae polisi Iechyd a Diogelwch ar waith, ynghyd ag asesiadau risg ysgrifenedig a gynhaliwyd mewn perthynas a’n dyletswyddau cyfreithiol a’n rhwymedigaethau anghyfreithiol yn ymwneud ag unigolion nad ydynt ynweithwyr cyflogedig (h.y. ymwelwyr) sy’n dod i’r safle ac yn defnyddio’r cyfleusterau.Hoffem bwysleisio bod eich iechyd a’ch diogelwch yn ystod eich amser ar ein safle yn bwysig iawn i ni. Rydym wedi gweithio’n agos gyda’n swyddogion iechyd a diogelwch ar faterion iechyd a diogelwch ac yn awyddus i sicrhau bod eich ymweliad yn brofiad dysgu diddorol a difyr.Bydd ysgolion yn cael y manylion canlynol, a fydd yn helpu eich ysgol i gynnal ei hasesiad risg ‘ymweliad addysgol’ ei hun at ddibenion eich ymweliad. |
| **Cefndir: Perchnogaeth a Rheolaeth** | Sefydlwyd Gwarchodfa Natur Genedlaethol Dyfi ym 1969 gan y Cyngor Gwarchod Natur ac, erbyn hyn, mae’n cael ei rheoli gan CNC |
| **Manylion y lleoliad** | Mae Gwarchodfa Natur Genedlaethol Dyfi’n rhoi cyfle i grwpiau ysgol archwilio gwahanol gynefinoedd – twyni tywod a’r forfa heli – a manteisio ar gyfleoedd dysgu ledled y cwricwlwm.  |
| **Niferoedd ymwelwyr** | Mae tua 250,000 o bobl yn ymweld ag Ynyslas bob blwyddyn, gan gynnwys dros 100 o ymweliadau gan grwpiau addysgol. |
| **Addasrwydd** | Mae’r Warchodfa Natur Genedlaethol yn addas i ddisgyblion o bob oed. |
| **Gwybodaeth gyffredinol: Cyfarwyddiadau** | Trowch oddi ar yr A487 rhwng Aberystwyth a Machynlleth, naill ai yn Nhre’r-ddol neu Bow Street, i ymuno a’r B4353 a dilynwch yrarwyddion am Borth. Mae’r gwarchodfa tua 4 cilometr i’r gogledd o Borth a gallwch ei chyrraedd trwy droi oddi ar y B4353 yn y troad am Ynyslas a dilyn y ffordd ddienw tuag at y traeth.  |
| **Parcio** | Codir ffi am barcio ar y traeth. Noder fod y maes parcio’n amodol ar y llanw. **Sylwch fod y maes parcio yn un llanwol ac yn orlifo'n aml; gellir dod o hyd i amseroedd y llanw** [**yma**](https://www.discoverceredigion.wales/images/flip/tidetables2025/index.html)**. Mae llanw o 4.5m neu uwch yn debygol o orlifo yn y maes parcio, felly dilynwch yr arwyddion llanw sydd i’w weld ar y fynedfa.** Dylai bysiau barcio ar y man caregog ar bwys fynedfa’r maes barcio. Mae yna hefyd faes parcio i bobl anabl – trowch i’r chwith cyn cyrraedd y prif faes parcio. |
| **Yswiriant** | Fel corff a noddir gan y llywodraeth, nid oes angen yswiriant atebolrwydd cyhoeddus ar CNC. Byddai angen i hawliadau iawndal yn erbyn CNC gael eu gwneud trwy’r llysoedd, a byddai’r iawndal hwnnw’n cael ei dalu o gyllid CNC pe bai’r llys yn barnu felly. |
| **Cyfleusterau i ymwelwyr a gofynion****arbennig (iechyd, meddygol, addysgol ac****anabledd)** | Rhaid i arweinwyr grŵp sicrhau bod trefniadau addas ar waith i ddarparu goruchwyliaeth a chymorth priodol i blant â gofynion arbennig.Maes parcio i bobl anabl – yn darparu mynediad hawdd i’r toiledau a’r llwybrau estyllod.Nam corfforol – gellir cyrraedd y toiledau mewn cadair olwyn, ond ni ellir mynd ar y traeth. Mae natur ddeinamig y safle’ngolygu bod rhannau o’r llwybr estyllod sy’n darparu mynediad hawdd i’r traeth wedi’u claddu o dan dywod. |
| **Mynd ar goll** | Oherwydd natur y lleoliad, dylid nodi y gall plant fynd ar goll os byddant yn crwydro o’r grŵp. |
| **Ymddygiad gofynnol y grŵp** | Arweinwyr grŵp sy’n gyfrifol am ddisgyblaeth, diogelwch a rheolaeth gyffredinol y grŵp ac ni ddylent adael plant heb eu goruchwylio.Ni ddylai grwpiau:• fynd i ardaloedd nad ydynt yn agored i’r cyhoedd• ymddwyn mewn ffordd afreolus |
| **Toiledau a lluniaeth** | Mae’r bloc toiledau (gyda chyfleusterau golchi dwylo a chyfleusterau i bobl anabl) y tu allan i’r ganolfan, ac ar agor 9yb-4:30yp pob dydd. Maent yn cael ei lanhau’n rheolaidd.Mae yna ffynnon ddwr ar wal y ganolfan, yn agos i’r toiledau. |
| **Ardaloedd cadwraeth** | Am ran o'r flwyddyn, mae rhannau o'r warchodfa wedi'u ffensio er mwyn i'r Cwtiad Torchog ar y rhestr goch nythu a bridio. Osgowch yr ardal a nodir yn y map isod, a chadwch at unrhyw arwyddion ar y safle i osgoi tarfu ar yr adar bregus hyn.No photo description available. |
| **Ardaloedd risg uchel: Cŵn a baeddu** | Efallai y daw ymwelwyr ar draws baw ci ar y safle, ac mae dod i gysylltiad ag ef yn gallu achosi haint. Caniateir cŵn ar y safle ondgofynnir i’w perchnogion lanhau ar eu holau. Dylai arweinwyr grŵp atgoffa plant i olchi eu dwylo pan fyddant yn dychwelyd i’r toiledau. |
| **Traffig cerbydau modur** | Mae yna berygl y gall cerddwyr gael eu taro gan gerbydau yn y maes parcio ar y traeth. Gall y maes parcio fod yn brysur iawn. Mae terfyn cyflymder o 10mya ar waith yn y maes parcio. |
| **Diogelwch rhag y tywydd/ yr haul** | Mae posibilrwydd o losg haul, twymyn haul neu flinder oherwydd gwres. Nid oes llawer o gysgod yn Ynyslas. Gofalwch fod aelodau’rgrŵp yn dod a darpariaethau ar gyfer tywydd gwlyb ac oer a thywydd poeth a sych – gan gynnwys dillad dwrglos, hetiau haul ac eli haul. |
| **Llystyfiant miniog – moresg, draenen wen a miaren** | Risg o grafiadau. Dylai arweinwyr grŵp sicrhau bod gan aelodau’r grŵp ddillad addas sy’n gorchuddio’r breichiau a’r coesau. |
| **Tirwedd anwastad – tyllau cwningod yn y****twyni a sianeli llithrig yn y forfeydd heli** | Risg o lithro, baglu a chael anafiadau. Dylai arweinwyr grŵp sicrhau bod gan aelodau’r grŵp esgidiau addas a’u bod yn cymryd gofal wrth ddefnyddio’r ardaloedd hyn. |
| **Dŵr llanw** | Risg sylweddol o foddi. Mae Ynyslas yn draeth baner goch gan fod cerhyntau cryf yn y mor a’r aber yn golygu bod ymdrochi a defnyddio cychod gwynt yn beryglus. Gall y llanw wneud ardaloedd penodol fel y forfa heli yn anhygyrch. |
| **Pigiad gan forwiberod** | Risg sylweddol o gael eich pigo gan for-wiberod. Dylai plant osgoi padlo’n droednoeth yn y pyllau yn ystod canol a diwedd yr haf. Gallpigiadau gael eu trin gan rhoi’r ardal a effeithiwyd mewn dwr poeth am deg munud. |
| **Llwybrau estyllod, rheiliau llaw a chamfeydd** | Risg o faglu, disgyn neu gael fflawiau. Mae llwybrau estyllod, rheiliau llaw a chamfeydd yn cael eu harchwilio’n rheolaidd. |
| **Tywod yn cwympo** | Risg yn sgil twnelu, palu neu redeg i lawr llethrau twyni heb eu hatgyfnerthu. Mae chwarae ar lethrau twyni serth iawn yn beryglusgan eu bod yn ansefydlog ac yn debygol o gwympo. |
| **Tywod medal (“sugndraeth”)** | Risg o fynd yn gaeth, mygu neu foddi. Weithiau, mae tywod medal i’w weld ar hyd gyliau neu lannau afon hefyd. |
| **Tywod rhydd yn chwythu** | Risg o niwed i lygaid ar y traeth neu yn y twyni yn ystod tywydd gwyntog. |
| **Hen ffensys** | Risg o faglu, disgyn a chael dolur gan ffensys wedi’u claddu’n rhannol yn y twyni. Mae’r hen ffensys hyn wedi’u claddu gan dywod, a gallant ddod i’r amlwg unwaith eto. |
| **Arfau milwrol** | Risg o ffrwydrad oherwydd dod i gysylltiad ag arfau milwrol. Defnyddiwyd y safle fel maes profi yn ystod yr Ail Ryfel Byd ac weithiau mae yna arfau a bomiau heb ffrwydro yn dod i’r golwg neu’n cael ei olchi i fyny ar y traeth. Peidiwch a chyffwrdd ag unrhyw wrthrych amheus a cysylltwch a gwylwyr y glannau yn syth (999). |
| **Gwydr ac eitemau sbwriel eraill** | Risg o gael dolur a haint o ganlyniad i drafod eitemau sbwriel ar y traeth neu yn y twyni. Gofynnir i ymwelwyr fynd asbwriel adref gyda nhw. |
| **Llygryddion/cynhwysyddion ar y traeth** | Os bydd y rhain yn cyffwrdd a’r croen, gall arwain at losgi, salwch neu fygu. Ni ddylid cyffwrdd ag unrhyw ddeunyddiau amheus, a ddylai cael eu reportio i 03000 655111. |
| **Barbeciws/ tanau traeth** | Risg o losgi traed neu ddwylo. Mae defnyddwyr eraill y traeth weithiau’n claddu gweddillion barbeciws neu danau traeth. |
| **Adar neu famaliaid morol sy’n sal, wedi****anafu neu wedi marw** | Gall cysylltiad a chwistrelliad o fordwll, dannedd, pigau, crafangau ac ati arwain at gael dolur, clais, haint, anafiadau i’r llygaid ac ati.Cant eu golchi i fyny ar y traeth o bryd i’w gilydd. Peidiwch a mynd yn rhy agos na cyffwrdd a nhw. |
| **Ymddygiad ymysodol neu wrthgymdeithasol gan ymwelwyr eraill neu eu cŵn.** | Trawma a/neu anaf personol yn gysylltiedig ag ymosodiad geiriol neu gorfforol neu ddinoethiad anweddus neu gnoad gan gi. Byddwch yn ymwybodol o ymwelwyr eraill a’u cŵn sy’n ymddwyn fel hyn, a pheidiwch a mynd yn rhy agos atynt. |
| **Pryfed sy’n cnoi a phigo** | Risg o adwaith alergaidd. Dylai arweinwyr grŵp fod yn ymwybodol o unrhyw alergeddau yn y grŵp a sut i’w trin.  |
| **Gwiberod** | Risg o gnoad gwenwynig. Mae yna wiberod ar y twyni ond anaml iawn y gwelir y rhain. O ddod wyneb yn wyneb a gwiber, cynghorir grwpiau i beidio a chynhyrfu a symud i ffwrdd yn araf ac yn dawel. |
| **Ceblau pŵer (uwchben)** | Trydaniad. Mae yna gebl pŵer uwchben ar ran o’r warchodfa and yw’n cael ei defnyddio gan grwpiau ysgol ond sy’n agored i’r cyhoedd. |
| **Cors Fochno – dŵr dwfn, ffosydd a daear****feddal** | Risg o fynd yn gaeth neu foddi. Mae yna ddŵr dwfn, ffosydd ag ochrau serth a daear feddal yn ymyl y llwybr estyllod. Cadwch i’r llwybr estyllod a’r llwybr troed bob amser. |
| **Cors Fochno – Parcio neu symud cerbyd yn ymyl ffos ag ochrau serth** | Wrth barcio yn ymyl y ffordd, gofynnwch i oedolyn i’ch helpu y tu allan. Wrth yrru ar hyd llwybr, cofiwch yrru ar y llwybr sydd eisoesyn bodoli yn hytrach na gwyro o amgylch pyllau gan fod yna bosibilrwydd y gallwch chi fynd yn gaeth yn yr ymylon meddal heb arwyneb neu fynd yn rhy agos i’r ffos. |
| **Cors Fochno – Esgyn neu ddisgyn o fws ar****ymyl y ffordd** | Dim ond i gerbydau maint bws mini neu lai y mae’r llwybr sy’n arwain at y gors yn addas. Bydd rhaid i’r partion hynny sydd am ddod ar fws gerdded tua 800 metr ar hyd llwybr o ymyl y ffordd. Mae angen bod yn ofalus wrth esgyn a disgyn o fws ar ymyl y ffordd, ac efallai y bydd angen croesi’r ffordd. |
| **Awduron:**  | Justin Lyons (Swyddog Cefn Gwlad)Lucy Swannell (Rheolwr y Warchodfa)Hannah Crute (Swyddog Canolfan Ymwelwyr) |
| **Dyddiad 04/02/08** | Adolygwyd 18/01/10, 31/01/11, 25/01/2012, 5/3/22, 29/12/2024, 20/03/2025 |

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**Dyfi National Nature Reserve Safety Information for schools**

As group leaders you are responsible for the discipline, safety and overall control of the group and we want you to take an active role in any activities provided. You should bring the correct ratio of adults to pupils as specified by your LEA and ensure pupils have suitable clothing due to the exposed nature of the site and lack of shelter. “Suitable clothing” includes waterproofs, closed toed shoes, covered legs, long sleeved tops, sun hats and sunscreen, a warm coat and hat and wellies for those visiting the bog or saltmarsh.

The prime responsibility for first aid remains with the group. Group leaders should ensure that at least one adult within their group has a basic knowledge of first aid.

The following document contains more information about the site regarding what your group needs to bring in order to have a safe and enjoyable visit, and potential hazards of which you should be aware. If you have any other questions about the site, please contact enquiries@cyfoethnaturiolcymru.gov.uk

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| **Dyfi National Nature Reserve (NNR) Safety****statement. Includes Ynyslas sand dunes and saltmarsh, and Cors Fochno** | Natural Resources Wales fully accepts its responsibilities under Health and Safety Legislation. A Health and Safety policy is in place together with written risk assessmentsundertaken in respect of our legal duties and non-legal obligations relating to persons other than employees (i.e. visitors) coming onto our site and using our facilities.Please be assured that your safety and health whilst on our site is of our utmost concern. We have worked closely with our health and safety officers regarding health and safety matters and want to ensure that your visit is a funand enjoyable learning experience.Schools are informed of the following details, which will aid the undertaking of your own school ‘educational visit’ risk assessment for the purposes of your visit. |
| **Background: Ownership and****Management** | The Dyfi NNR was established in 1969 by the Nature Conservancy Council and is now managed and owned by Natural Resources Wales (NRW) |
| **Venue details** | The Dyfi NNR offers school groups the chance to explore different habitats - sand dunes and saltmarsh and offers learning opportunitiesacross the curriculum.  |
| **Visitor numbers** | Ynyslas annually receives around 250,000 visitors, including over 100 educational group visits. |
| **Suitability** | The NNR is considered suitable for pupils of all ages. |
| **General information: Directions** | Turn off the A487 between Aberystwyth and Machynlleth at either Tre’r-ddol or Bow Street to join the B4353 and follow the signstowards Borth. The reserve is about 4km north of Borth and can be reached by turning off the B4353 at Ynyslas turn and following anunclassified road towards the beach. |
| **Parking** | There is a fee for parking on the beach. **Please note that the car parking area is tidal and often floods; tide times can be found** **[here](https://www.discoverceredigion.wales/images/flip/tidetables2025/index.html).** **A tide of 4.5m or above is likely to flood the car park, please abide by the tide warning sign displayed at the entrance.** Coaches should park on the stony area closest to the entrance. There is also an accessible car park which can be reached by turning left before the main car park. |
| **Insurance** | As a government sponsored body, NRW is exempt from carrying public liability insurance. Claims for damages against NRW would need to be made through the courts and would be met from NRW’s own funding if the court so ruled. |
| **Facilities for visitors with special****Requirements (health, medical,****educational and disability)** | Group leaders must ensure that suitable arrangements are in place in order to provide appropriate supervision and assistance to children with special requirements.Accessible car park – provides easier access to the toilets and onto the boardwalks.Physical impairment – wheelchair access is possible to the toilets, but not onto the beach. The dynamic nature of the site meansthat sections of boardwalk that provide easier access to the beach have been buried under sand. |
| **Site safety inspections** | NRW staff conduct regular inspections of site infrastructure and an internal reporting mechanism is in place for any safety hazards. Site inspections are recorded in a log. |
| **Loss of bearings** | Please note that due to the nature of the venue children are at risk of getting lost if they stray from the group. |
| **Required group conduct** | Group leaders are responsible for the discipline, overall safety and control of the group and must not leave children unsupervised. Groups must not:• enter areas which are not open to the public• behave in any unruly manner |
| **Toilets and refreshments** | The toilet block (with hand-washing and disabled facilities) is located outside the centre. These are regularly cleaned.There is a water fountain on the wall of the centre near the toilets. |
| **Conservation areas** | For some of the year, parts of the reserve are fenced off for red-listed Ringed Plover to nest and breed. Please avoid the area detailed in the map below, and adhere to any signage on site to avoid disturbing these vulnerable birds.No photo description available. |
| **Areas of higher risk: Dogs and fouling** | Dog excrement may be encountered on the site and contact with it poses a risk of infection. Dogs are allowed onto the site but ownersare required to clean up after them. Group leaders should remind children to wash their hands when they return to the toilets. |
| **Motor vehicle traffic** | Danger of pedestrians being struck by vehicle on beach parking area. The car parking area can get very busy. A site speed restriction of 10mph is in place in the car park. |
| **Weather protection/ sun safety** | Possibility of sunburn, sunstroke or heat exhaustion. There is a lack of shelter at Ynyslas. Ensure that group members bring provisions for both wet and cold and hot and dry weather - including waterproof clothes, sun hats and suntan lotion. |
| **Sharp, prickly vegetation – marram grass,****hawthorn and bramble** | Risk of grazes and scratches. Groups leaders are advised that their group has adequate clothing that covers arms and legs. |
| **Uneven terrain - rabbit holes in the dunes and slippery channels in the saltmarsh** | Risk of slipping, tripping and injuries. Group leaders should ensure their groups have adequate footwear and take care when accessing these areas. |
| **Tidal waters** | Significant risk of drowning. Ynyslas is a red flag beach as strong currents in the sea and estuary make bathing and using inflatablesdangerous. Incoming tides can make certain areas such as the saltmarsh inaccessible.  |
| **Weaver fish sting** | Significant risk of being stung by weaver fish. Children should avoid paddling bare-footed in beach pools in mid to late summer. Stings canbe treated by submerging the affected area in hot water for ten minutes. |
| **Boardwalks, handrails & stiles** | Risk of tripping, falling or getting splinters. All boardwalks, handrails and stiles are regularly inspected. |
| **Collapse of sand** | Risk due to tunnelling, digging or running down unconsolidated dune slopes. Playing on very steep dune slopes is dangerous as they areunstable and liable to collapse. |
| **Soft running sand (“quicksand”)** | Risk of entrapment, asphyxiation or drowning. Soft running sand is occasionally present along river channel banks or gullies. |
| **Loose blowing sand** | Risk of damage to eyes on the beach or in the dunes during windy weather. |
| **Old fences** | Risk of tripping, falling or cuts due to partially buried fence wire in the dunes. These are old fences that have been buried by sand whichcan become exposed again. |
| **Ordnance** | Risk of explosion due to coming into contact with ordnance. The site was used as a testing area during the second world war andunexploded ordnance is occasionally exposed or washed up on the beach. Do not touch any suspect object and report it to the coastguard (999). |
| **Glass & other litter items** | Risk of cuts and infection from handling litter items on the beach or in the dunes. All visitors are asked to take litter home with them. |
| **Pollutants/containers on the beach** | Skin contact or inhalation of cases leading to burns, illness or asphyxiation. Any suspect materials should not be touched, and should be reported to 03000 655111. |
| **BBQs/beach fires** | Risk of burns to feet or hands. Other beach users occasionally bury the remains of disposable barbeques or beach fires. |
| **Dead, sick or injured birds, marine****mammals etc** | Contact with spray from blow-hole, teeth, beaks, claws etc causing cuts, bruises, infection, eye injuries etc. They are occasionallywashed up onto the beach. Do not approach or touch. |
| **Aggressive, anti-social behaviour of****other visitors or their dogs.** | Trauma and/or personal injury associated with verbal or physical assault or indecent exposure, dog bites. Please be aware of other visitors and their dogs exhibiting such behaviour, do not approach them. |
| **Biting, stinging insects** | Risk of allergic reaction. Visiting group leaders should be aware of any allergies within the group and how to treat them.  |
| **Adders** | Risk of venomous bite. Adders are present on the dunes but rarely encountered. Groups are advised if they meet one to remain calmand move away slowly and quietly. |
| **Power cables (overhead)** | Electrocution. There is an overhead power cable on a part of the reserve not used by school groups but it is open to the public. |
| **Borth Bog - Deep water, ditches & soft****ground** | Risk of getting stuck or drowning. There is deep water, steep sided ditches and soft ground near the visitor boardwalk, always keep to the designated boardwalk and path. |
| **Borth Bog - Parking or manoeuvring****vehicle near steep sided ditch** | When parking at roadside always get an adult outside to guide when parking. When driving along track always drive along existing trackand do not drive around puddles as there is a risk of getting stuck in the soft unsurfaced edges or getting to close to the ditch. |
| **Borth Bog – Getting on and off coach at****the roadside** | The track leading to the bog is only suitable for vehicles the size of a minibus or smaller. Those parties who wish to visit by coach will have to walk approximately 800m along a track from the roadside. Care is needed when getting on and off the bus at the roadside and may require crossing the road. |
| **Authors** | **LUCY SWANNELL** Countryside Officer**JUSTIN LYONS** Senior Officer Land Management**HANNAH CRUTE**Officer Visitor Centre | Date 04/02/08Reviewed 18/01/10, 31/01/11, 25/01/2012, 5/3/22, 29/12/2024, 20/03/2025 |