



Covid 19 : Guidance For Walk Leaders

We are now able to resume organising group walks, but there are additional measures to put in place to ensure the walks are Covid secure:

- Your walk must be advertised and bookings must be made in advance. Contact sundaywalks@merseysidehframblers.org.uk if you wish to lead a walk for a group of more than six people.
- Prepare a risk assessment form before and during the walk (the club will assist with this) - this will be retained by the club for 12 months.
- When carrying out your walk recce, take note of the availability of facilities such as toilets, as many of these are closed due to Covid.
- Restrict your group size to a number you are comfortable with, taking into account the additional requirement to ensure compliance with Covid restrictions.
- The participants will be informed of the meeting point for the walk. Try to minimise the time spent at the meeting point and as far as possible locate the group where contact with other people can be avoided.
- Remind your group to observe social distancing at all times when walking with people outside their household or bubble.
- Plan the walk to avoid narrow pathways and other areas where social distancing may be difficult. For a larger group, consider dividing into sub-groups and leaving a longer distance between each group, to enable other walkers to pass by more safely.
- Appoint a back marker and possibly a mid-marker for larger groups, to help ensure that the group are walking safely.
- Carry hand sanitiser and a face covering to enable you to deal with incidents.
- Remind the group at the start of the walk of other Covid- safety measures – there should be no sharing of food, drink or equipment, hand gel should be used before and after touching stiles or other objects, a face covering should be used at any point where social distancing is difficult.
- A group of more than six is only permitted for the duration of the organised activity – remind walkers at the end of the event that they must return to the “rule of six”. This applies to travel and when using hospitality.
- If you or a member of your household is in a high-risk group for Covid, be especially careful about social distancing and hand hygiene.
- If you experience any Covid symptoms, do not lead the walk. If you experience Covid symptoms up to 48 hours after the walk, inform the club immediately and seek a Covid test.

Merseyside 
HF Ramblers

Thank you for offering to lead group walks for the club.