



## **Covid-19: Guidance for participants in group walks.**

We are now able to resume organised group walks, but additional precautions need to be taken to ensure that the walks are “ Covid- secure”. Please therefore take note of the following guidance to be followed before, during and after taking part in group walks.

- Before booking on a walk, take care to select the appropriate level of difficulty – you may want to try a shorter or easier route if you haven’t been walking as much as usual.
- Practice social distancing if walking with people outside your own household or bubble. This means staying two metres from other people wherever possible. Please carry a face covering to use in situations where you may come closer to other walkers, such as on narrow pathways. Stand back when other groups of walkers are passing if possible, to allow them room to pass safely.
- Make every effort to arrive at the designated meeting point on time to minimise the time the group will have to congregate. Contact the walk leader if you become aware that you may not be able to arrive on time.
- Minimise contact with objects on the walk including gates and stiles. Carry hand sanitiser to use in situations where you need to touch anything – use it before and after coming into contact with stiles etc. Wash your hands as soon as possible after the walk.
- Note that groups of more than six are only permitted for the duration of the organised activity. You must follow the “rule of six” when travelling to and from the walk and when using any hospitality during or after the walk.
- Do not share food, drink or equipment (e.g. walking poles) with anyone outside your household or bubble.
- Listen carefully to the instructions given by the walk leader and follow them. Do not walk ahead of the leader at any time.
- Although the walk leader will carry a full first aid kit, it would be advisable to carry a small kit of your own for minor incidents to avoid unnecessary contact.
- If you, or anyone you have had close contact with, have any Covid symptoms do not take part in the activity. If you develop symptoms after the walk or test positive for Covid, inform the club as soon as possible using the contact details used when booking. Contact details of

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participants will be taken on booking and used to support NHS contact tracing if appropriate.

**Enjoy the walk and stay safe.**