

CEDU3A Longer Walks Group - Information for walkers

Due to COVID-19 we have to change the way that the Longer Walks are organised, in order to keep each other safe.

This document outlines the steps that everyone must take when joining a walk organised on behalf of CEDU3A

Before the walk

- Walks will be listed and described on the web-site as they become available and need to be booked in advance. If you have any questions or are unsure about any aspect of the walk, then please contact the walk leader or named contact before booking.
- To begin with, walks will be limited to a maximum of 12 people, although each walk will be repeated. When booking you will be asked to indicate your preferred date. If your circumstances change and you can't make it, let the walk leader or contact person know as soon as possible.
- Initially you will be allocated a provisional place on the walk and will be sent a copy of the risk assessment/activity checklist.
- All members taking part on the walk must confirm they have read the activity checklist and have signed Part. 2. (Personal Checklist Outcomes). **Please note that unless you have signed part 2 you will not be allowed to join the group on the walk.**
- **On the day of the walk, check for symptoms. If you have any COVID-19 symptoms you must not attend the group walk.**
- Wear suitable clothing and footwear for the conditions – if in doubt, ask the walk leader. Bring your own food and plenty of water.
- The walk leader will give advice on getting to the walk, minimising the use public transport.
- All walkers are expected to follow the latest government guidance on travel and transport
- **It is now compulsory for anyone travelling on public transport in England to wear a face covering (unless you have a health exemption) at all times. If you are not prepared to follow this guidance please do not book a place on a walk.**
- As well as a face covering you should bring your own **alcohol-based hand sanitiser**
- You might also want to bring a small first aid kit. Although the walk leader will be carrying one, for minor incidents it may be better to use your own.

On the walk

- Listen to the walk leader's briefing so you know what to do and follow the latest guidelines on physical distancing

- The Walk Leader will keep a register of attendance including contact details to support NHS contact tracing, should it be necessary
- Avoid touching gates and stiles where possible. If you do – use alcohol-based hand sanitiser or wash your hands as soon as you can.
- Do not share food & drink, or equipment such as walking poles
- When other walkers are passing, remember to stand back and give way.
- Let the walk leader or backmarker know if you are having problems, feel unwell, or need to slow down or stop.
- Please follow the Countryside Code – COVID-19 version

After the walk

- If you develop symptoms after the walk, apply for a COVID-19 test and support NHS contact tracing if requested.
- If you have any questions contact the walk leader

Related resources

- Government travel advice in England, Wales and Scotland.
- • Countryside Code – COVID-19 version

Adapted from 'Ramblers Restart: Taking part in COVID-safe walks' published by Ramblers (31/07/20)