

## CEDu3a Longer Walks Group – Taking part in COVID secure group walks

### 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 convenor before booking.
- Group walks will be limited to the number of participants specified in the risk assessment
- Initially you will be allocated a provisional place on the walk and will be sent a copy of the risk assessment.
- All members taking part on the walk must confirm they have read the risk assessment and have signed Part 2. **Please note that unless you have signed part 2 you will not be allowed to join the group on the walk.**
- If your circumstances change and you can't join the walk, let the convenor know as soon as possible so your place can be re-allocated.
- **On the day of the walk, if you have any COVID-19 symptoms you must not attend.**
- 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 the best way to travel to and from the walk.
- **It is a condition of taking part in a CEDu3a walk that all members wear a face covering when on public transport (unless of course they have a valid health exemption).**
- **If you are unable to comply with this requirement then please do not request 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 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.

### After the walk

- If you develop symptoms after the walk, apply for a COVID-19 test and follow NHS advice and guidance.
- If you have any questions contact the walk leader