

<p>ACTIVITY CHECKLIST</p> <p>STAGE1 PLANNING THE WALK</p> <ul style="list-style-type: none"> • Check the availability and personal circumstances of the walk leader. • Do they or someone in their household have COVID symptoms? • (If so, they should not lead a walk under any circumstances) • Are they 'clinically vulnerable'?(everyone over 70 and those with certain underlying health conditions) • (If so, is volunteering the correct decision at this time ?) • Walk leader to plan travel to/from walk to follow best practice • There should be a designated 'second' to support the leader and able to take over should that be necessary • Off peak journey times • Reduce number of changes • Avoid 'busy' stations • Walk leader to plan route and walk it in advance (the 'recce') as close to the date as possible to inform risk assessment. To include: • Lunch/break stops • Are there opportunities to avoid stiles or narrow footpaths • Escape route if walk has to be cut short. • Access to toilet facilities • Group size limited to 16 plus 2 leaders to minimise risk of transmission and reduce impact on public transport <p>STAGE 2 BOOKING PLACES</p> <ul style="list-style-type: none"> • Walkers to book place directly with convenor via CEDU3A web-site • All members wishing to take part on the walk must assess their own health and fitness to take part • All members must confirm they have read the activity checklist and have signed Part. 2. (Personal Checklist Outcomes). No one is permitted on a walk unless this is completed. <p>STAGE 3 ON THE DAY of the WALK</p> <ul style="list-style-type: none"> • The walk leader will complete a lateral flow test on the morning of the walk. If this test proves positive the walk may be cancelled. • Members taking part on the walk are also encouraged to carry out their own LFT. • All walkers must exercise caution and take personal responsibility for complying with the guidance provided. • U3A members travelling to and from a Long Walk must wear a face covering while on any type of public transport (unless they have a legitimate exemption).This should be observed at all times • Walkers must not take part if: <ul style="list-style-type: none"> a: they or a close contact have recently tested positive for Covid-19 or shown any Covid-19 symptoms b: they are awaiting Covid-19 test results • If government Covid advice changes prior to walk then walk may be cancelled at short notice • Convenor/walk leader to carry a list of contact details and emergency phone numbers and complete a register of attendance. • Convenor/walk leader to carry a first aid kit and emergency blanket 	<p>Yes (✓)</p> <p>No</p> <p>No</p> <p>y</p> <p>y</p> <p>y</p> <p>y</p> <p>y</p> <p>y</p> <p>y</p> <p>y</p> <p>y</p> <p>y</p> <p>y</p> <p>y</p>
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	<p>STAGE 4 DURING THE WALK</p> <ul style="list-style-type: none"> • Walk leader to brief participants at start of walk to include: <ul style="list-style-type: none"> • Details of the route and known hazards • Shared responsibility to ensure all follow the guidance • Emergency arrangements • Appointing a backmarker • Taking particular care when crossing stiles or at busy roads • Walking at an appropriate pace so they remain in visual contact with leader and backmarker at all times. • Members to inform walk leader of any problems during the walk asap • Leader (and others) to use face mask in case of any incidents where physical distancing is no longer possible. • Any injuries or illness on the walk to be dealt with by following the group protocols. • Leader to: <ul style="list-style-type: none"> • Maintain visual contact with backmarker at all times • Check the route frequently • Set an appropriate pace for the group • Periodically count the number in the group • Constantly be alert to changes in level of risk 	
Signed and dated (Group Organiser):		

Before Activity Personal Checklist:	Yes (✓)
<p>Key questions to consider:</p> <p>Taking account of the length and difficulty of the route, will you be able to complete the walk and maintain the pace set by the leader?</p> <p>Do you have any underlying health issues or take any medication that may affect your ability to complete the walk?</p> <p>Do you (or someone else from your household) have COVID-19 symptoms? Have you tested positive for COVID-19? If so, you should not attend a walk under any circumstances.</p> <p>Are you (or someone in your household) 'clinically vulnerable'? If you and/or someone you live with is in this higher risk category, be especially careful with your personal assessment.</p> <p>All participants to:</p> <p>A) Review their own health and physical fitness, taking into account their age and any existing medical conditions.</p> <p>B) Review the risk check list for the activity (above) and consider if they can complete the walk without adverse risk to themselves or other household members.</p>	

	<p>c) If you conclude you are able to take part then sign and date part 2 of this form and confirm to the walk leader that you have done so.</p>	
<p>Part 2. Personal Checklist Outcomes:</p>		<p>Yes (√)</p>
	<p>I consider that my health and physical fitness enables me to complete the walk.</p> <p>My fitness means that I will be able to maintain contact with the main group at all times.</p> <p>I have read the activity checklist and agree to adhere to the measures described.</p> <p>I consider that I can take part in the activity without adverse risk to myself or others.</p>	
<p>Signed</p>		<p>Dated</p>