

Taking part in COVID-safe walks

Information for walkers

The following information has been adapted from the advice currently issued by the Ramblers Association to its members on how to take part in COVID-safe walks. For further information please see the Ramblers links at the end of this document.

Due to COVID-19 we have to change the way group walks are organised. By taking a few extra measures, we can keep each other safe.

This guide outlines the steps that **everyone** must take when joining an organised group walk.

1. Choosing a walk

Check the walk route information

Look at the walk route details to help you choose a walk – you may want to try a shorter or easier route if you haven't been walking as much as you normally would.

If you're unsure, or have any questions, please contact the named contact/walk leader or email enquiries@tamarvalley.org.uk.

Book onto the walk in advance

Walker numbers may be limited and you may be asked need to sign up for the walk – see the walk information for more details.

If booking is required, you will be asked to provide your contact details to support NHS contact tracing. If you've booked and you can't make it, please cancel your place or let the walk leader know. Alternatively, please email enquiries@tamarvalley.org.uk as soon as possible.

2. Before the walk

Check for symptoms

If you have any COVID-19 symptoms you must not attend the group walk. Please notify the walk leader or email enquiries@tamarvalley.org.uk, as soon as possible.

Clothing and what to take

Wear suitable clothing and footwear for the conditions. Bring your own food and plenty of water.

You won't be required to wear a mask on the walk but please bring your own alcohol-based hand sanitizer and face covering (in case needed).

You may want to bring your own basic first aid kit for minor incidents. The walk leader will also bring a first aid kit but may not be a trained first aider.

Getting to the walk

Plan how you will get to the walk and follow the latest government advice on travel and transport including car sharing.

3. On the walk

Follow the government guidelines on physical distancing

Listen to the walk leader's briefing so you know what to do and follow the latest guidelines.

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.

Do not share food & drink, or equipment such as walking poles

Avoid touching gates and stiles where possible

If you do – wash your hands as soon as you can. We recommend carrying alcohol-based

hand sanitiser.

Please follow the Countryside Code.

Walk responsibly and enjoy it!

4. After the walk

If you have symptoms

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

If NHS contact tracers ask for the details of anyone on the walk, please put them in touch with us at enquiries@tamarvalley.org.uk.

Related resources

- Government travel advice in England

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

- NHS Covid-19 symptoms information

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

- Ramblers Association

<https://www.ramblers.org.uk/advice/coronavirus/group-walks.aspx>

- Government Countryside Code

<https://www.gov.uk/government/publications/the-countryside-code>