

STROLLERS: RULES – 01.10.2021

The following rules have been updated to include the measures needed to allow H & E u3a Strollers to recommence activities post covid-19

- Walks will normally be approximately three miles and variations will be stated in the programme and reminder e-mail where possible. Dogs and children not normally permitted.
- There will normally be no advance cancellations and the leader and back up will meet at the starting point whatever the weather. At that point, the walk may be called off.
- Walkers should follow the arranged route and not deviate unless directed by the Leader/Backup. Anyone wishing to leave the walk at any point must inform the Leader/Backup.
- It is advisable for the Leader/Backup to carry a whistle on walks to warn walkers of approaching cyclists or for emergency situations. Whistles should not be shared!
- Public Transport to be used where possible. Meeting times for walks should normally be arranged so that people can use their bus pass. Current government guidance to be followed e.g., wearing of face coverings unless exempt on buses and trains
- Leaders should check that bus or train details relevant to the walk haven't changed.
- Leader and backups should where possible or appropriate check that the refreshment venue can cater for the relevant number of walkers.
- Walk Leaders should have people's emergency contact telephone numbers with them and should ask the coordinator to supply a list a week or so before their walk.
- Leaders and backups should ensure that a report (and a photo if possible) is provided for the files and this should include a list of the names of people attending the walk.
- New walkers to be H & E u3a members; one 'free walk' allowed. A completed Disclaimer Form is required. These 'Rules' will be given to new Strollers
- Leaders or potential leaders must thoroughly recce their walk, and are advised to do a risk assessment for each walk. Effectively this is normal practice. All the relevant walk details are to be given to the coordinator, as when the e-mail giving details of the walk is sent out by him to Strollers, it needs to include advice of any hazards or potential hazards which may be applicable. The list could include (but is not limited to) such things as: Mud; stiles; hills; steps; rough or slippery ground; narrow or busy or flooded paths, tracks, bridges or stream or river crossings; crowded areas; livestock.
- A list of people on the walk is to be kept, as is current practice. The number of people on the walk must not exceed government guidelines at the time of the walk. About 15 Strollers is usually considered to be the acceptable maximum number in any event.
- Walkers are advised to avoid touching gates, fences etc; also, to carry (and use) hand sanitiser and a mask to wear in crowded areas or wherever required by current Government guidance.
- Social distancing must take place in accordance with current government guidance.
- Suitable footwear and clothing to be worn.
- Unless exempt, it is expected that face coverings are worn in crowded public settings; also, you should not come on a walk if you are unwell, unfit for the walk, or have side-effects from new or changed medication. Also, if you or anybody else in your household has covid-19 symptoms, or indeed symptoms or diagnosis of any potentially infectious illness. Depending on the weather at the time of the walk, consider if you should attend if you have a medical condition which can be exacerbated by particularly hot or cold conditions.