

ACTIVITY CHECKLIST OUTCOMES

- A) Current Government regulations and advice permit groups of up to six people from different households to meet outside with social distancing. We will limit each walk to six members, including the walk leader, and emphasize, in advance of the walk and at the start of the walk the importance of maintaining social distancing during the walk. The purpose of the walk is predominantly exercise, which is a permissible out-of-door activity. There will be a booking system where members can sign up for the walks. No one who has not booked will be allowed to join a walk.
- B) There is no shared equipment on the walks. Members will bring their own food and drinks. Members will be required to bring their own hand sanitisers and to use them as necessary.
- C) Walks are 'recced' in advance by walk leaders. Narrow paths will be avoided where possible. Stiles and gates will be carefully negotiated to maintain social distancing.
- D) Car sharing will not be allowed except by members of the same household. Members must make their own way to the start of the walk.
- E) All potential walkers should review their own health and fitness. Members who are shielding, members who live in households with vulnerable people, members who have health conditions should consider carefully whether the walk is appropriate for them. Members who have any symptoms of Covid-19 or live in a household where another person has symptoms of Covid-19 should not join the walk. Information will be provided in advance about the length and difficulty of each walk. Walkers should ensure that they are fit enough to do the walk and, in particular, are capable of using stiles unaided. The walk leader has the power to cancel any walk due to adverse weather conditions or any other suitable reason and also has the power to disbar any individual who appears to be unsuitable for the walk.
- F) The outcomes of the Activity Checklist will be shared with members of the group by posting on the website or by emailing directly those who have booked onto a walk. Participants will be required to state that they have completed their personal checklist in line with the information provided here.