

Our Advice and Volunteering Manager Jane Bailey, has been in conversations with the Ramblers throughout the pandemic checking that we have both interpreted the government guidance on what walking groups can and cannot do at this time.

We will be adding this to the guidance on our website. To summarise we have our own procedures in place if a U3A walking group leader wishes to resume walking for groups larger than 6:-

1. Inform your committee of your plans and intentions.
2. Follow the Ramblers Covid-19 Risk Assessment requirements for walking group leader.
3. Organise and guide your members on what to expect and how to prepare for the walk.
4. Remind members to complete a personal assessment (pre-attendance) before attending.
5. Monitor and follow any regional and local restrictions at all times.

Please take a membership ID Card, and a copy of your risk assessment document should anyone question your right.

We have issued other general guidance for those who are shielding, and regarding travel to activities.

Other areas to consider in regards to walking :

1. Pick routes carefully – avoid popular routes & times. I would also suggest group leaders make sure that they avoid walking on routes with larger groups of people where there may be bottle necks that would challenge social distancing for themselves and others using paths. The risk is also extended to others ( public ) out walking .
2. Ensure at each session you brief and debrief and make a note for yourself as group leader. Advise all members participating in the walking group how they must comply with the Covid guidance when participating.
3. If you have people who are not following guidance , they are putting others at risk and the group.
4. Walking is a hugely beneficial activity but also people can let their guard down as they feel safe being outdoors. The virus is still outdoors.
5. There is higher risk when waiting around, so ensure this is kept to none or minimum.
6. Remind members not to participate if they are experiencing Covid-19 symptoms and complete their pre-attendance assessments.