

Walking Group Checklist

We want to walk using methods which are safe and sensible for everyone taking part, and know people will use their common sense. We need to make sure everyone is comfortable with the guidelines we are using, and importantly we are within the Government requirements, which may change over time.

The walk leader has to be confident when leading a walk, and it is their decision on the number of people joining their walk.

As we have done, and prior to the walk, the walk leader will email with details of the walk, incl. styles/slippy ground etc.

Just before the walk an email will remind everyone about social distancing, mask wearing, sanitising, not sharing cars and refreshments.

We already have a contact sheet, with emails and phone numbers. If walk leaders could confirm to the group coordinator (by email) the names of walkers then a "register" is available if anyone falls ill with the virus. This will be our track and trace document.

Below are the check lists provided by U3A

- A) All participants to review their own personal health and circumstances and refer to current Government guidance for different risk categories in Covid19 and what measures are recommended for people over 70 and/or with various medical conditions.
- B) Consider the health risk category of anyone else you are isolating with in your household.
- C) Review the risk check list for the activity above completed by the group organiser and consider if you can take part without adverse risk to yourself or household.

- A) Consider the current Government and Public Health advice in relation to your location and the feasibility of carrying out this activity safely adhering to present social distancing requirements and permissible indoor and outdoor group sizes.
- B) Consider whether your activity involves the sharing of any equipment or shared spaces and make suitable arrangements to have antiviral cleaning products available.
- C) Advise all wishing to take part that they should allow group leaders take a register with contact details of participants to share with NHS Contact and Trace service if required.
- D) Where necessary inspect area prior to starting activity to ensure adequate social distancing can be maintained throughout and to remove/isolate any hazards.
- E) Ensure travel arrangements also meet the necessary requirements
- F) Consider the general hazards related to this type of activity, the impact accommodating Covid19 requirements may have on the way it is organised.
- G) Record outcome of these considerations in writing prior to the activity and share with participants so they can complete their personal checklist in line with the information in your checklist.

Do not take part if you or someone else from your household have covid-19 symptoms – these include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste.