

Guide for project participants

We are very pleased to be able to offer small group activities after a break of several months. Due to COVID-19 we need to change the way we organise activities in order to keep everyone safe. We shall do this by:

- limiting the group size, (current guidelines allow 1 leader and 5 participants);
- limiting the length of the walk (45 minutes);
- taking additional hygiene measures;
- introducing steps to minimise risk.

PLEASE NOTE

Walks may be cancelled at short notice if conditions change or if there is no walk leader available to lead the walk.

This guide outlines the steps that everyone joining a group walk must take.

1. Booking to attend a walk

We need to limit numbers attending the walks so that we are in line with government regulations to keep everyone safe. To ensure that we can do this we are asking walk participants to book onto walks.

- We will offer places on a first come, first served basis. Please check the programme for dates, times and locations.
- To confirm your place, contact the walk leader directly using the information below. If the walk is already fully booked, we shall add your name to a waiting list and confirm any changes prior to the walk.
- For those that have been booked onto a walk, we shall confirm that the walk is going ahead the day before. Please ensure that you give us correct contact details and the your phone is switched on or you check your emails.
- Don't turn up to a walk without a confirmed booking
- Remember that you can't bring any additional people along if they haven't booked.
- At the time of registration and will ask you them again at the beginning of the walk, we shall ask you the following questions:

<p>Do you (or does someone else from your household) have COVID-19 symptoms?</p>	<p><i>If yes, you should not take part in the activity during this time, but you should self-isolate for 7 days. If another person in your household has symptoms, you should self-isolate for 14 days.</i></p> <p><i>Find out more about COVID-19, and what you should do if you have symptoms on the NHS website.</i></p>
<p>Are you 'clinically vulnerable'?</p> <p>Is taking part the right decision at this time?</p>	<p><i>If you (or someone you live with) are at higher risk of getting seriously ill from coronavirus, you should take extra care to minimise contact with others from outside your household.</i></p> <p><i>Taking part in an activity may put you and those around you at higher risk.</i></p>
<p>Do you want to participate, and do you feel safe and comfortable doing so?</p>	<p><i>Attendance is a personal choice. There will never be any obligation or pressure to take part and we are happy to keep you informed about future activities.</i></p>
<p>Do you need support to take part in the activity safely</p>	<p><i>As a result of the requirements for social distancing we are not able to offer any individual support as part of the session. (The type of support that we are referring to here is physical support such as pushing wheelchairs or guidance for people who have limited vision.)</i></p>

	<i>If you think that you will require this, you are welcome to bring a carer, someone from your household or someone from within your “social bubble” in order to support your needs, but you must tell us so that we can ensure that you are both able to attend.</i>
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2. Cancelling your booking

Let the walk leader know if things change and you can't attend the walk. Please let us know as soon as possible as this will allow us to offer your booking to someone else.

3. Before the walk

- Use the toilet to avoid having to use a public toilet – please be aware that there may not be one available in the park.
- Food & Drink - bring your own snacks and water if you think that you will need them, as cafes may still be closed.
- Clothing & Equipment - wear suitable clothing and footwear for the conditions – if in doubt, ask the walk leader.
- Hygiene - you may want to bring your own alcohol-based hand sanitiser, gloves and mask especially if you use public transport. The walk leader will have a first aid kit, but for minor incidents it may be better to use your own supplies.

4. Getting to and from the walk safely

- Plan how you will get to the walk start safely.
- Remember you are not allowed to share a car with someone outside of your household or social bubble.
- It might be safer to travel to the walk start and to return foot or cycle than to use public transport. If you must use public transport remember to wear a mask.

5. On arrival

- We shall check that everyone who said that they were coming has arrived. Only those who have registered will be permitted to join the walk.
- Hold a briefing to tell you about the proposed route, the procedures in place for safe walking and to remind everyone about the importance of social distancing. We will also tell you about any hazards to expect and how they will be dealt with.
- Ask everyone to introduce themselves
- Ensure that everyone has everything that they need to walk safely.
- Remind everyone about the importance of travelling home safely.

6. On the walk

- Listen to the walk leader's briefing so you know what to do.
- Maintain 2 metres distance from anyone outside your household or social bubble
- Follow the government guidelines on social contact and physical distancing
- Avoid touching gates and park furniture. If you do – wash your hands as soon as possible. We recommend carrying alcohol-based hand sanitiser or you might want to wear gloves.
- Do not share food & drink, or equipment
- If there is anything which you are unsure about, please ask.
- The walk will start on time, keep moving, and not stop for refreshments.

7. Walk responsibly

When other walkers are passing, remember to stand back and give way.

Let the walk leader know if you are having problems, feel unwell, or need to slow down or stop.