



Walk East Norfolk

Walking for fun and fitness

Taking part in COVID-safe walks - Information for walkers

Due to COVID-19 we have to change the way our group walks are organised. By taking a few extra measures, we can keep each other safe.

This guide outlines the steps that everyone must take when joining an organised Ramblers Group or Walking for Health walk.

1. Finding a walk

Check the walk programme

Look at the walk programme to help you choose a walk - you may want to try a shorter or easier route if you haven't been walking as much as you normally would.

If you're unsure, or have any questions, please contact the Walks Co-Ordinator (walkscoordinator@walkeastnorfolk.co.uk) or General Secretary (generalsecretary@walkeastnorfolk.co.uk) who will be pleased to assist,

Our walks must, for safety purposes, be limited to a maximum of 30 people - although many of our gatherings will be smaller. If larger numbers do attend be prepared for the group to be split with a time delay between starting.

2. Before the walk

- (i) If you have any COVID-19 symptoms you must not attend the group walk.
- (ii) Clothing and what to take - Wear suitable clothing and footwear for the conditions. Bring any medication or food you may need and plenty of water.
- (iii) You may want to bring your own alcohol-based hand sanitiser and face covering. A face covering is, at the present time, not a legal requirement. As first aid will be difficult to minister for minor incidents it may be beneficial to bring your own first aid kit.
- (iv) The walk leader also brings a first aid kit, but for minor incidents it may be better to use your own and 'perform' your own 'repairs' to minimise personal contact.
- (v) Getting to the walk - where possible, minimise the use of car sharing and public transport unless you are in your personal bubble.

3. On the walk

Follow the government guidelines on physical distancing at all times as it is too easy to get closer to people when walking and could make them feel uncomfortable.

Listen to the walk leader's briefing so you know what to do and follow the latest guidelines.

Provide the Walk Leader with your name and register any changes to your contact details. These will support NHS contact tracing should any of the walkers later test positive for Covid-19.

Avoid touching gates and stiles where possible.

If you do - wash your hands as soon as you can. It is recommended each walker carries alcohol-based hand sanitiser.

Do not share food & drink, or equipment such as walking poles

Walk responsibly and enjoy it!

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

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

If you have Covid-19 symptoms

If you develop symptoms after the walk, apply for a COVID-19 test and support NHS contact tracing if requested and provide them with the email address of the General Secretary (generalsecretary@walkeastnorfolk.co.uk).