

Summary: Key Requirements for Nat Ram Covid Safe Walks

Below is a summary of the extra steps that must be carried out when planning and leading a group walk – to ensure it is both COVID-safe and enjoyable for all.

BEFORE THE WALK

- Check your Walk Leaders' personal circumstances – that they are ready to lead.
- Manage the risks by completing a risk assessment for each walk.
- Ensure group size is limited to 30 people – by providing information ahead of the walk and putting systems in place to manage numbers on the day, where appropriate.
- Provide info to walkers to manage expectations and personal safety.

DURING THE WALK

- Record who is attending the walk and keep this record for 21 days to support NHS contact tracing.
- As a Walk Leader – be prepared to manage incidents by carrying a face covering.
- As a group – follow the government guidelines on social contact & physical distancing.

AFTER THE WALK

- Continue to maintain physical distancing, including in any facilities where groups of people congregate.
- Remind anyone who develops symptoms within 48 hours of the walk to apply for a COVID-19 test, and to support NHS contact tracing if requested.

The above summary is heavily based on the summary provided by the Ramblers. A link to the full Ramblers guide is given below:

<https://www.ramblers.org.uk/-/media/Files/Volunteer%20Zone/Coronavirus/Ramblers%20Restart%20for%20Group%20and%20WFH%20Schemes%2030%20July.ashx>