**Ramblers/Walking for Health Restart: Taking part in COVID-safe walks**

**Due to COVID-19 we have to change the way Ramblers/Walking for Health 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. Before the walk**  
Check for symptoms. If you have any COVID-19 symptoms you must not attend the group walk.  
Clothing and what to take. Wear suitable clothing and footwear for the conditions – if in doubt, ask the walk leader. Bring your own food and plenty of water. You may want to bring your own alcohol-based hand sanitiser, face covering and basic first aid kit.  
Getting to the walk. Plan how you will get to the walk – where possible, minimising the use of car sharing and public transport. Follow the latest government advice on travel and transport in England

**2. On the walk**  
Register your attendance. Provide the Walk Leader with your contact details so that we can provide this to NHS contact tracers if needed. Listen to the walk leader’s briefing so you know what to do and follow the latest guidelines. Follow the government guidelines on physical distancing.  
Avoid touching gates and stiles where possible. If you do – wash your hands as soon as you can. We recommend carrying 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. Please follow the Countryside Code – COVID-19 version.

**3. After the walk**  
If you have symptoms. If you develop symptoms after the walk, apply for a COVID-19 test and support NHS contact tracing if requested. If NHS contact tracers ask for the details of anyone on the walk, please put them in touch with us: johnandlynda26@gmail.com or 07910 138 699.  
At the start all walkers will need to give their names and telephone contact numbers (which may be required for any possible track and trace).

Unfortunately we will have to say no to any walkers that refuse to give this information.