

Note – Subject to change if Welsh Government Covid Restrictions alter

These guidance notes are provided for all Walkers and Walk Leaders and will be published on the Walkabout Wrexham website.

COVID-SAFE WALKS WITH WALKABOUT WREXHAM

Due to COVID-19, our Walkabout Wrexham group walks now have to be organised to include extra measures to ensure the safety of both walkers and walk leaders.

This guide outlines steps that **everyone** must take when joining one of our organised group walks.

To comply with current guidelines from the Welsh Government, our walks have to be limited to a maximum of 30 people. On some of our walks, there may be a lower limit depending on the availability of walk leaders, type of walk and location, ease of parking etc.

Choosing whether to join a group walk

If you (or anyone else from your household) have any COVID-19 symptoms (including a high temperature, a new continuous cough and the loss of, or change to, your sense of smell or taste) please do NOT attend a group walk.

If you (or someone you live with) are at higher risk of getting seriously ill from Coronavirus, please consider carefully whether it is wise to either join or continue to participate in a group walk at the present time.

You may wish to try a shorter or easier route if you haven't been walking as much as you normally would.

Before the walk

Plan how you will get to the walk – you may wish to avoid car-sharing where possible and to minimise the use of public transport.

Please be prepared to provide the Walk Leader with your contact details (name + telephone number/email address) to support NHS Contact Tracing should it be required.

As well as wearing suitable footwear and clothing for the walk and bringing water and perhaps a snack, we recommend that you also bring hand sanitiser, a face covering for when physical distancing is not possible, and a basic first aid kit. The walk leader should also have a first aid kit but for minor injuries, you may prefer to use your own.

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

On the walk

Walk responsibly and enjoy it!

Follow government guidelines on physical distancing, staying 2 metres away from other people. If this is not possible (eg when passing other walkers), stand back and be prepared to give way. You may also wish to put on a face covering.

Avoid touching gates where possible and keep the contact points on stiles to a minimum. Afterwards, wash your hands as soon as you can or use an alcohol-based hand sanitiser. Walk leaders may nominate one person to open and shut gates.

Avoid sharing things – eg food and drink, sun cream, equipment such as walking poles.

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

After the walk

If you develop symptoms in the 7 days after the walk, self isolate at home and apply for a COVID-19 test. Support NHS contact tracing if requested and please inform the walk leader.

FOR WALK LEADERS

These guidance notes are supplementary to current Walkabout Wrexham risk assessment processes and are for use during the current Covid-19 pandemic.

Please remember that volunteering to lead walks is a personal choice. You are not obliged to lead walks or to take part if you don't want to, if you do not feel it is safe for you or if you are not able to at this time.

If you do feel safe and comfortable to commence leading walks again, **please complete the usual walk risk assessment and then read and complete the extra Covid-19 risk assessment checklist for each walk.** This will help you plan any steps you need to take to avoid hazards found on a typical group walk and it will also help everyone to stay safe and reduce the risk of transmission of COVID-19.

As was done before the pandemic, you must complete a risk assessment for every walk you lead and keep a copy for 12 months after the date of the walk.

For the Covid-19 Risk Assessment Checklist -

- Don't collect more information about walkers than you need – just ask for names and a contact phone number or email address.
- Minimise the risk of passing on any infection by ensuring that just one person handles the pen and paper when filling in the walk register.
- Keep any paper list securely, where only you can access it. If you're keeping an electronic copy make sure it's password protected.
- Don't share the data with anyone, unless requested by NHS contact tracers.
- Don't forget to give walkers your contact details so they can report if they develop Covid symptoms after the walk.
- Destroy or delete the list **21 days** after the walk.
- Only use walkers' details to send messages about the arrangements for the walk.
- If you're emailing the group, either send it to everyone individually or use the 'Bcc' option so people don't see each other's email addresses.

The **Ramblers** provide information on Covid-19 precautions on their website which you may find of use -

<https://www.ramblers.org.uk/>

<https://www.ramblers.org.uk/advice/coronavirus/group-walks.aspx>

- **How to return to organised group walks in a COVID-secure way:** A guide for Ramblers Groups and Walking for Health schemes
- **Taking part in COVID-safe walks**
- **Group walks – risk assessment**

Some of these sources have been used to prepare these notes and the separate Covid-19 Risk Assessment Checklist.

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