

RWG Guidelines for Walking Safely During Covid-19 Restrictions

To enable all RWG walks to be completed safely, members **must** follow these guidelines:-

- Members **should not** join group walks if they feel unwell or under the weather.
- If you are leading or joining a walk outside Herefordshire, e.g. Wales, Forest of Dean/Gloucestershire, please check the latest guidance and/or lockdown status for the area before the walk.
- To allow for social distancing (SD) and/or members preferences on car sharing, walks must start from a point with sufficient car parking e.g. village halls.
- No or few stiles, gates or obstacles such as ditches and fallen trees, to minimise contacts with surfaces and other walkers.
- Members to carry and use hand sanitiser after contacts such as touching stiles and gates, or wear gloves.
- Avoid popular locations, paths that go through private gardens and farmyards or pass schools.
- SD is currently 2 metres and **Government advice is that 2 metres should be maintained when outside.**
- The First Aid Kits, whistles and hi viz jackets will **not** be carried by the leaders. Members should carry their own if required.
- The temporary booking system will be used for members to book places on walks. The system will book up to 10 places on each walk in addition to the leaders and you will receive confirmation of the booking.
- The group will be split into 2, up to 6 in each group, walking **at least 100 metres apart.**
- Members should remain in the same group throughout the walk. If a member subsequently had a positive Covid diagnosis, all 12 would have to self-isolate if the groups had mingled.
- Walks can be submitted for any day of the week and leaders can repeat the walk as often as required, to overcome the restriction on numbers on each walk.