

RWG Guidelines for Walking Safely During Covid-19 Restrictions

To enable all RWG walks to be completed safely, it is strongly recommended that members follow these guidelines:-

- Members **should not** join group walks if they feel unwell or under the weather.
- All walks to start within a 10 mile radius of Ross.
- While the rules for Wales are different from England, walks should take place entirely in England and not stray over the border during walks.
- 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 and gates to minimise contacts with surfaces.
- Straightforward walks only, avoiding obstacles such as ditches and fallen trees, as SD is not compatible with assisting fellow members.
- Due to SD, a middle marker may be required.
- Avoid popular locations, paths that go through private gardens and farmyards or pass schools.
- SD is currently 2 metres. As from 4 July 2020, the 1 metre plus rule applies but only where 2 metres is not possible, usually indoors such as in work places. **Government advice is that 2 metres should be maintained when outside.**
- Members to carry and use hand sanitiser after contacts such as touching stiles and gates or wear gloves.
- The First Aid Kits, whistles and hi viz jackets will **not** be carried by the leaders. Members should carry their own if required.
- A booking system will be introduced for members to book places on walks. The system will book 10 places on each walk in addition to the leaders and you will receive confirmation of the booking.
- 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.