

VADRC - Covid-secure rambling guidelines - Issue 3A – effective 14/09/2020

- 1) Walks will be limited to a maximum of 6 walkers - 1 leader and 5 walkers. Two additional groups of 6 may also be arranged subject to the availability of extra leaders. There will be a 15-minute gap between groups. Social distancing measures should be observed by each group.
- 2) The additional group leaders will receive information about the route to be taken and will be given a list of walkers for their group. The official walk leader (as indicated in the walks' programme) will advise all groups prior to the walk which group they have been allocated to and the correct starting time for each group. Walkers should try to avoid any mixing of the groups in the car park before or after the walk.
- 3) Members wishing to book a place should telephone the official walk leader and leave their name and contact phone number. They should also indicate if they would be willing to lead an additional independent group. If the walk is fully booked, the leader will add names to a reserve list in case additional leaders become available, in which case the walk leader will ring back and confirm the booking.
- 4) Bookings can only be made within one week of the date of the walk. Having made a booking, if the walker is unable to walk for whatever reason, they should phone and cancel the booking to free up the slot for someone on the reserve list.
- 5) Walk leaders should maintain a record of all their walkers' contact details to enable tracing should any participant subsequently develop Covid-19. These records will be destroyed after 21 days.
- 6) Upon arrival at the meeting point, please look for your walk leader. If you have been allocated a place in the second or third group you should have been given a later departure time for your group and should try to arrive just before that time. Each group will set off at 15 minute intervals.
- 7) If you feel you may be developing Covid-19 like symptoms, please do not come on the walk but follow the advice given here [https:// www.nhs.uk/conditions/coronavirus-covid-19/symptoms/](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/). Please advise the walk leader you will not be attending the walk thus freeing up a place for someone on the reserve list.
- 8) If you develop Covid-19 like symptoms within 48 hours of being on a walk, please follow the guidelines here <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/> and arrange a test. If your test is positive, you will be contacted by NHS Test and Trace and asked to provide details of anyone you have been in contact with. In this case, please contact the walk leader who will provide appropriate names and phone numbers for you to report. This link provides details of how to proceed <https://www.nhs.uk/conditions/coronavirus-covid-19/testingand-tracing/nhs-test-and-trace-if-youre-contacted-after-testing-positive-for-coronavirus/>