

## **VADRC - Covid-secure rambling guidelines - Issue 7 – effective 1 August 2021**

1. Government guidelines on social distancing measures should be observed at all times, taking particular care in confined spaces and when passing others walking the other way.
2. Walk leaders must take a register of all walkers to enable tracing should any participant subsequently develop Covid-19. These records will be destroyed after 21 days. As a back-up, contact phone numbers are kept on record by the Membership and Walk's secretaries.
3. Carry a face covering in case of incidents.
4. Avoid touching gates and path furniture where possible. Carry a hand sanitiser for use when this is not possible.
5. Do not share food, drink or equipment such as walking poles.
6. 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/).
7. 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/](https://www.nhs.uk/conditions/coronavirus-covid-19/testingand-tracing/nhs-test-and-trace-if-youre-contacted-after-testing-positive-for-coronavirus/)

Verwood & District Rambling Club Committee

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