COVID SECURE WALK / CYCLE LEADER CHECKLIST

Due to Covid 19 still being in the population and highly contagious, we need to organise and lead group walk / cycles in a safe manner. Understand and manage the risks by considering the following:

1. Check the weather forecast so you know what to expect.
2. Take a copy of the Risk Assessment from your recce
3. Take a copy of the Covid Secure Guide for Walkers/cyclists (people should have read this before the walk)
4. Take a fully charged mobile phone.
5. Carry a first aid kit, and water for emergencies.
6. Take a face covering and hand sanitiser.
7. Appoint a back marker.
8. Make sure you and the back marker have each other's contact numbers.
9. Any concerns about inadequate footwear or clothing, discuss with the person. If any doubt about safety, advise them not to participate.

Welcome Briefing Before Starting Walk

1. Welcome people to the walk/cycle.
2. Take names and phone numbers for track and tracing.
3. Remind people about the rules on social distancing.
4. Describe the route, places of interest, stops, toilets (if any) and any potential risks on the route.
5. Dog owners to control their dogs – on leads if livestock or narrow paths.
6. If any incidents or if people get lost, to contact the leader or back marker.
7. Walkers/cyclists to contact back marker or walk leader if leaving the walk/cycle or a toilet stop.
8. Check everyone has face covering.
9. People to follow government social distancing rules.
10. Don't share food, drink or equipment.
11. Wash hands when possible.
12. If you become unwell within 7 days after the walk/cycle, inform the walk leader for tracking purposes.