COVID SECURE GUIDANCE FOR WALKERS AND CYCLISTS

Due to Covid-19 we need to approach our walking and Cycling in a safe manner. We also need to keep the group size within limits. The following guidance to manage the risks is based on advice from Ramblers and Cycling UK.

1. Look at the trip sheet or website and choose a walk/cycle suitable for your fitness level and convenience of travel. Instructions for booking with the leader will be on the trip sheet or website.
2. If you need to cancel, please inform the leader.
3. Please do not turn up for a walk or a cycle if your booking has not been registered. The leader may only accept the names on their booking list.
4. **Please do not go to a walk or cycle if you are feeling unwell or have any coronavirus symptoms.**
5. Lift sharing and public transport are high risk; it is the law to wear a mask on public transport.
6. Bring your own food and drink.
7. Be prepared – in addition to your normal kit, it is advisable to carry:
   a. A fully charged mobile (switched on)
   b. A first aid kit (your own is safer than using the leaders)
   c. Food and drink
   d. Face covering
   e. Hand sanitiser
8. During the walk/cycle follow the latest government guidelines on social contact and physical distancing.
9. Avoid touching gates, stiles and seats etc where possible. Gloves can help with this and regularly use hand sanitiser.
10. Do not share food, drink or equipment.
11. Follow the instructions and guidance of the leader.
12. Walk responsibly and follow the countryside code.
13. Make a note of the leader's mobile number before the walk/cycle in case you lose touch with the group. It will be on the trip sheet for the walk/cycle you are on.
14. Enjoy your walk/cycle and remember to wash your hands afterwards.
15. If you become unwell with coronavirus within 7 days after the walk/cycle, please inform the leader for contact tracing reasons.
16. If you are in the government shielding category, it is not advisable to walk or cycle with people you don't live with.