

Manor Walking Club

Covid19 Safety Rules - to be followed by all members, in addition to the general safety rules.

Until further notice, our walking groups are limited to a maximum of 6 members per group.

1. Members may only attend walks if they have pre-booked a place and provided contact details for NHS contact tracing if it is required.
2. Do not come on a walk if you feel unwell, and/or have a high temperature, and/or have recently developed a persistent cough, and/or lost your sense of smell and/or taste.
3. Do not come on a walk if a member of your household has developed the above symptoms
4. Do not come on a walk if you have been advised to isolate by NHS contact tracing (obviously).
5. Do not come on a walk if you are waiting for the results of a Covid19 test.
6. The leader should wear a mask for the briefing pre start if it is necessary to call people together to hear instructions.
7. You are advised to bring alcohol based hand sanitiser and, in case of emergencies, a mask.
8. Do not handle other people's equipment unless they are from your household. Do not share food or drink.
9. Be fit enough to climb stiles unassisted unless accompanied by someone from your household or bubble.
10. Safe distancing must be maintained at all times, that is two metres, or one metre with mitigating measures (masks) if the two metre distance is not possible.
11. You are advised to wear a glove or gloves for gates and stiles, to avoid cross infection. Most routes go through gates and over stiles that other people may have touched. Wash your hands as soon as you can.
12. There may be narrow sections of the walk where you might pass close to other people. When passing, stand or walk to one side.
13. If you develop symptoms within 14 days after a walk, apply for a Covid19 test and cooperate with NHS contact tracing if requested. Please also inform the Club secretary who will contact the other walk participants. (It may be that this action is more speedy than the NHS contact tracing.)