

Manor Walking Club

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

1. Until further notice, attendance on walks will be recorded in case the information becomes required for NHS contact tracing.
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. If it is necessary to call people together at the meeting point to give instructions, the leader should ask members to maintain social distancing and should consider wearing a mask.
7. You are advised to bring alcohol based hand sanitiser and a mask in case close attention to a casualty or entry to premises is required.
8. Do not handle other people's walking 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 should be maintained at all times.
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. Avoid pinch points where crowding may occur.
13. If car sharing, it is recommended that all the vehicle occupants be fully vaccinated. Passengers must comply with the driver's requests in terms of Covid safety (for example the wearing of masks)
14. 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.

13/05/2021