

ECROW Walks

COVID-19 Rules

Due to COVID-19 we have to change the way ECROW group walks are now organised.
By taking a few extra measures, we can keep each other safe.

These guidelines outline the steps **everyone** must take when joining an organised ECROW Group walk.

Before the Walk

IF YOU FEEL ILL or display symptoms of Covid-19 infection, please do not come on the walk.

Look on our Website Events page to see the Monday walks on offer
(<https://www.canderamblers.org.uk/events-diary/>)

Wear suitable clothing and footwear for the conditions.

It is recommended you bring your own alcohol-based hand sanitiser.

Bring a face covering - It is now mandatory you wear one when entering premises (refreshment break).
Consider bringing a pair of gloves and your own first aid kit.

On Arrival

You must register your attendance with the Walks Organiser and provide your contact details to support NHS contact tracing. **Personal details will be kept secured and destroyed after 21 days.**

There will be up to 3 walks on offer starting from Crockenhill Village Green.

The meeting point for each walk will be clearly marked.

Walkers are not to gather in groups of more than 6 and **MUST NOT** mix with people from other groups.

Each walk will be limited to a maximum 12 people – thus ensuring 2 groups of 6 under the ‘Rule of 6’.

On the Walk

Follow the government guidelines on physical distancing

Listen to the walk leader’s briefing so you know what to do and follow the latest guidelines.

Avoid touching surfaces (post, railings, gates and stiles etc.) **where possible**

Try to tackle these using the same hand – avoid touching your face. If you do – wash your hands as soon as you can. You may wish to use gloves.

Do not share food & drink, or equipment such as walking poles

Refreshment Break

If we use premises abide by their rules and the ‘rule of 6’ when seated to consume refreshments.

Walk responsibly and enjoy it!

When other walkers are passing, remember to stand back and give way. Let the walk leader or backmarker know if you are having problems, feel unwell, or need to slow down or stop.

Please follow the **Countryside Code – COVID-19 version**

(<https://www.gov.uk/government/publications/the-countryside-code/the-countryside-code>)

After the Walk

If you develop symptoms after the walk, apply for a COVID-19 test and support NHS contact tracing if requested.

Let the walk organiser know

This can be done via our website at: <https://www.canderamblers.org.uk/contact-us/>

25th September 2020