

## **Chess Valley Challenge 2021 – Essential Information**

We are delighted to be offering this event and have put the following measures in place to keep everyone safe.

- Walking group size is restricted to a maximum of six (dependent on restrictions at the time)
- You'll need to physically distance from anyone not in your household
- By registering a place on this walk, your contact details will be collected in line with our [Privacy Policy](#) and may need to be used in support of the Government's Test and Trace system
- Be aware of any localised lock-down or other movement restrictions that might affect your ability to attend

### **1. Booking a Place**

You will need to book in advance to register for the challenge.

Registration fees are non-refundable but you can transfer your place to another walker. Please advise us of their details before they walk the route.

Full refund of registration fee given if Rickmansworth, Chesham or surrounding area is subject to a local lockdown or attendees are coming from an area of local lockdown.

### **2. Attending the Walk**

If you have any of the Covid-19 symptoms, however slight, you must not attend the walk.

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Wear suitable clothing and footwear for the conditions. Sturdy walking shoes or boots are recommended for most walks. Bring water and something to eat. It is recommended to bring your own hand sanitiser, face covering and small first aid kit.

### **3. On the Walk**

Maintain social distancing from people outside your family group. When other walkers are passing, please step aside and leave enough room whenever possible.

Avoid touching gates and stiles whenever possible. If you do, wash your hands with sanitiser immediately afterwards.

Do not share food or drink, or equipment such as binoculars or books.

Have a fully charged mobile phone with you to call for emergency assistance if required. In the event of an accident where you need help, the life-threatening emergency number is 999 or for non-life-threatening use 111.

The footpaths are mostly very good, but there are the usual outdoor trip hazards to be found – fallen branches, exposed tree roots, stones etc. The paths may be muddy and slippery after rain so please take care. The steps leading to the road crossing at Loudwater Lane have deteriorated and the bank may be slippery. In a couple of places trees have recently fallen across the path but the route is accessible.

There are several roads to cross and in a couple of places, the walk runs along farm trackways and narrow roads. Please take extra care and look out for vehicles at all times. Keep to the side of oncoming traffic so you can see vehicles approaching.

Crossing Latimer Road as you enter Chesham is particularly hazardous. Turn left along Latimer Road and cross to head up Hollow Way Lane. Look out for cars from all direction! Rejoin the footpath at the first house at the bend in the road.

At the time of the risk assessment walk, there were no livestock in any fields the route passes through. However, there were some signs on entrances to fields, warning of the possibility. Do not approach animals and take a wide berth if they are on the pathway. Detours are possible at most points along the route – please refer to your map.

Keep dogs under close control at all times. If livestock is present please keep dogs on a lead while passing by.

There are various refreshment options: Waitrose is very close to the start point, next to Rickmansworth Station. There are pubs at Sarratt Bottom and Chenies village, and Van Hage garden centre has a cafe. These detours are off the main route and you

may need a detailed map to find them. Both Chesham and Rickmansworth have a variety of cafes and pubs for a welcome end-of-walk refreshment stop.

#### **4. After the Walk**

Please advise us you have completed the walk (we'd love to see a photo of you, your dog, the view or something interesting you found along the way!) We will then post out your branded metal water bottle as a thank you.

Don't forget to collect and send us your sponsorship money afterwards and shout about the challenge on social media using #chessvalleychallenge

Participants must bring a face covering for use on public transport (if using the train to return to the start point), unless medically exempt.

If you develop Covid-19 symptoms after the walk, you should apply for a Covid-19 test and follow advice on NHS contact tracing.

#### **Useful Links**

[Countryside Code – Covid-safe poster](#)

[UK Government Travel Advice](#)

[NHS Coronavirus Information](#)

[Chess Valley Walk Map](#)

[Just Giving Fundraising Page](#)

