

## **Covid-Secure Events Guidance**

We are delighted to be offering indoor and outdoor events again but these may look a bit different as we have put new measures in place to keep everyone safe.

- We recommend to socially distance from anyone not in your household.
- Indoor events will have at least 1 metre spacing between family groups.
- By registering a place on an event, 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

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

You will need to book in advance – if you just show up, unfortunately we will be unable to accept you, even if we have spaces.

If things change and you can no longer make the event, please let us know as soon as you can so we can offer your place to someone else.

Donations are always welcome to support our work but please note we can no longer take cash on the day, so please use our online donation facility.

### **2. Before Attending**

Check for any updates from the Trust before setting off.

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

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

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

### **3. On the Event**

Listen to the walk leader's safety briefing at the beginning of the event.

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, use hand sanitiser immediately afterwards.

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

If you are having problems, feel unwell or need to slow down, please let the event leader know. They will be first aid trained but may not be able to attend to you in the event of a minor scrape or cut so it's a good idea to carry your own small first aid kit. They will have a fully charged mobile phone to call for emergency assistance if required.

### **4. After the Event**

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

Leave feedback using the anonymous feedback survey link we will send you. This will help us improve our events for all.

