

Restarting group walks

Quick Guide for Walkers

What's changed?

Due to COVID-19 we need to change the way Ramblers group walks are organised – by limiting the group size, and taking extra measures to keep each other safe.

This guide outlines the steps that **everyone** must take when joining a Ramblers Walking for Health group walk.

1. Booking onto a walk

✔ Check the walk listing

Look at the walk listings to help you choose a walk – you may want to try a shorter or easier route if you haven't been walking as much as you normally would.

The walk listing will include details of how to book a place. If it doesn't, contact the walk leader or Scheme coordinator.

✔ Book onto the walk in advance

Some groups may ask you to sign up for the walk on a site like Facebook, Meetup or Eventbrite, or you may need to contact the walk leader directly to confirm your place.

✘ Don't turn up to a walk without booking

We need to limit numbers for everyone's safety. Remember you can't bring any additional people along if they haven't booked.

✔ Let the walk leader know if you need to cancel

If things change and you can't make it, please cancel your place or let the walk leader know as soon as possible so that someone else can go.

2. Before the walk

✔ Food & Drink

Bring your own food or snacks and plenty of water, as cafes may still be closed.

✔ Clothing & Equipment

Wear suitable clothing and footwear for the conditions – if in doubt, ask the walk leader.

You may want to bring your own alcohol-based hand sanitiser, gloves or first aid supplies. The walk leader may have a first aid kit, but for minor incidents it may be better to use your own supplies.

✔ Getting to the walk

Plan how you will get to the walk. Remember you are not allowed to share a car with someone outside of your household or social bubble, and it may not be possible to use public transport.

3. On the walk

✔ Follow the government guidelines on social contact & physical distancing

Listen to the walk leader's briefing so you know what to do, and maintain 2 metres distance from anyone outside your household or social bubble.

✔ Avoid touching gates and path furniture

If you do – wash your hands as soon as possible. We recommend carrying alcohol-based hand sanitiser. You might want to wear gloves too.

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

✔ Walk responsibly

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