

# **Polegate Rambling Club**

## **Pre-walk COVID-19 Briefing Notes for Leaders**

1. I have completed a Risk Assessment and sent it to the Rambles Secretary.
2. Go home now if you or anyone in your household has COVID-19 symptoms.
3. If you develop symptoms within 48 hours of the walk apply for a COVID-19 test and support NHS contact tracing if requested. Inform Track & Trace of my contact details as I shall retain the Participant Register for 21 days. Consider informing me separately.
4. You are expected to carry a face covering in case of accident, but you don't have to wear it while walking.
5. Maintain physical distance as best you can, e.g. single file on narrow paths, while waiting at gates and stiles, and at refreshment stops.
6. If you feel someone is getting too close move away.
7. At pinch points, be prepared to give way to oncoming walkers and consider facing away from them.
8. Try not to touch gates and stiles more than necessary.
9. Use hand sanitiser regularly, especially before eating and drinking.
10. Do not share food, drink or equipment, e.g. walking poles.

You can then go on to give your usual pre-walk briefing, giving details of the walk, hazards and toilet stops, etc.