

Polegate Ramblers: Additional Guidance for leaders re Covid 19

Our walking activities are insured by the Ramblers Insurance. The following safety measures are now required:

- 1 If you are over 70 you are deemed to be “clinically vulnerable”. Only lead walks if you are comfortable in doing so.
- 2 Do **NOT** lead a walk under any circumstances if you or anyone in your household has symptoms (high temperature, a new continuous cough and the loss, or change to, your sense of smell or taste). Inform the Rambles Secretary (Mick Kemp 07484 104460).
- 1 Complete a risk assessment and email/post to Mick* 48 hours before the walk at the latest ie. by 10 am Tuesday morning. The risk assessment can be downloaded from our website. **No Risk Assessment, no walk!**
- 2 If you are leading a walk, you will need to manage a booking system This can be downloaded from our website. Ensure you take a full name and contact details (telephone or email address). When the maximum number has been reached start a waiting list.
- 3 If anyone cancels offer the place to the 1st reserve etc.
- 4 Take the Booking list with you to the walk which becomes the Participant List. Amend if required and keep for 21 days.
- 5 Do NOT exceed the maximum agreed number of 15. Your back marker counts as one of these. Do NOT accept any extra walkers on the day (it is not fair to people on the reserve list) unless there is no waiting list AND you have spaces. Keep a note of anyone who books but does not appear!
- 6 Take hand sanitiser.
- 7 Take a face covering.
- 8 Please ensure you follow the Leaders Briefing Check List before starting your walk to cover the required safety information.
- 9 Because of car sharing restrictions, please start your walk within a 10 mile/15 minute radius of Polegate and ensure there is enough parking.

*Mick Kemp: 20 Walnut Walk, POLEGATE BN26 5AJ OR mick.kemp@btopenworld.com