

Polegate Ramblers: Additional guidance for walkers re Covid 19

Normal club rules will apply to all walks with the following additional safeguards:

- 1 If you are over 70 you are deemed to be “clinically vulnerable”. Only participate in walks if you are comfortable in doing so.
- 2 Numbers on all walks will now be limited to **15** + leader. This number will be strictly applied for the safety of all.
- 3 A **Booking System** will be implemented for both Long and Short Walks. Please contact the leader by email/telephone/text message to book your place. **DO NOT** turn up unless you have booked.
- 4 Booking will open at **0900** the Friday before the walk. If you are unable to go once you have booked please let the leader know who can then offer your place to someone else.
- 5 If you are not able to get onto an official club walk, consider contacting other members for an informal shared walk.
- 6 The booking form (with contact details) will also be used as an attendance register on the day of the walk. This will be used for Track & Trace if required and destroyed after 21 days.
- 7 Take hand sanitiser with you and use before eating and drinking. Do not share food, drink or walking poles.
- 8 Take a face covering.
- 9 If you develop symptoms within 48 hours of a walk apply for a COVID 19 test and support NHS contact tracing if requested. Inform Track & Trace of walk leaders contact details. Consider informing the Walk Leader separately.
- 10 Limited car sharing is now allowed*. All occupants will be required to wear a face covering. Windows should be open to maximise ventilation and journeys should be as short as possible. Anyone not comfortable with car sharing should make their own way to the start point.

* [Government Car Sharing Guidelines](#)
- 11 Be prepared for last minute changes or cancellations!
- 12 Please listen to the walk leaders briefing so you know what to do and follow the latest guidelines. Walk responsibly and enjoy the experience.