

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 **19** + 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) and downloadable from our website 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 inform the walk leader if the result is positive so that Track & Trace can be implemented.
- 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](#)

Be prepared for last minute changes or cancellations!

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).
- 3 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!**
- 4 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.
- 5 If anyone cancels offer the place to the 1st reserve etc.
- 6 Take the Booking list with you to the walk which becomes the Participant List. Amend if required and keep for 21 days.
- 7 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!
- 8 Take hand sanitiser.
- 9 Take a face covering.
- 10 Please ensure you follow the Leaders Briefing Check List before starting your walk to cover the required safety information.
- 11 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