



COVID 19 GUIDELINES for Breathe in the Forest walks and workshops

Your safety and well-being are paramount to me and please be assured that I will take all measurements necessary to comply with government and industry guidelines.

Please take time to read about these measurements below, before attending any BITF event

* Please do not come to a session if:

- you or any member of your household feels unwell or is displaying any symptoms of Covid 19. These symptoms are highlighted on the government websites.
- you or anyone in your household is self isolating
- you have returned from a country not on the governments green list of destinations in the last 14 days.

If you are in any doubt about whether you should participate, please ring me to discuss!

I will be keeping a register of your attendance as usual, but I will be making this information available in the advent of any track and trace requirement. Therefore, please ensure I have your latest contact number.

* If you display Covid 19 symptoms within 7 days of a BITF walk please contact your guide so that other walk members can be informed.

* Keep your social distance of 2 metres within your group.

* Whilst we shall stop for our usual break about halfway into the walk, please bring your own drinks and snacks.

* Bring your own hand sanitiser and use it regularly.

* Guides generally carry a First Aid pack with them for emergencies but are not qualified first aiders. It is advised to bring your own mini pack to include anti-bacterial wipes, plasters, disposable face mask and gloves.

* Be careful when opening gates etc not to touch surfaces; use your elbow or a covered hand to protect yourself and others.

* It is advisable not to car-share when attending walks as social distancing in an enclosed space is not possible.

* Groups will be kept to a maximum of 6 people (including the guide). If the group is larger than 6 a second or third guide will be required. In these cases, groups of 6 will walk separately from each other.

The full Government Guidance on outdoor sport and recreation dated 17th July 2020 can be found here:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation>

Kate Care - August 1st 2020