Eryri Ramblers - Taking part in COVID-safe walks

Information for walkers

Due to COVID-19 we have to change the way Ramblers group walks are organised.
By taking a few extra measures, we can keep each other safe.

This guide outlines the steps that **everyone must take** when joining an organised Eryri Ramblers Group Walk.

1. Finding a walk

- **Check Eryri Website and Facebook**

Look at the walk listings to choose a walk – you may want to try a shorter or easier route if you haven't been walking as much as you normally would.

- **Book the walk in advance**

Our walks are currently limited to a maximum of 15 people, although some may be smaller.
Please book for the walk via the Eryri Website
If you can't make it, please cancel your place by email to eryriramblers@gmail.com

2. Before the walk

- **Check for symptoms**

If you have any COVID-19 symptoms you must not attend the group walk.

3. Clothing and what to take

Wear suitable clothing and footwear for the conditions.
Bring your own food and plenty of water.
Bring your own alcohol-based hand sanitiser, face covering and first aid kit.

4. Getting to the walk

Plan how you will get to the walk – no car sharing. Follow the latest government advice on travel and transport in Wales**.**

6. On the walk

- **Follow walk leader's instructions**

   Listen to the walk leader's briefing so you know what to do and follow the latest guidelines. Let the walk leader or backmarker know if you are having problems, feel unwell, or need to slow down or stop.

- **Follow government guidelines on distancing**

   When other walkers are passing, remember to stand back and give way.

- **Walk responsibly and safely, respect the safety of others**

   Rambling involves certain risks and is based on self-reliance. You are responsible for your own actions, decisions and safety and the safety of those around you.

- **Avoid touching gates and stiles**

- **Do not share food & drink, or equipment such as walking poles**

- **Follow the Countryside Code**
  (COVID-19 version)

- ## Finally relax and enjoy it!

7. After the walk

   If you have symptoms apply for a COVID-19 test and support NHS contact tracing if requested.

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