



# Ramblers Restart: 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 Facebook walk listing**

Look at the walk listings to help you 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.

If you're unsure, or have any questions, please contact the walk leader or named contact.

- **Book onto the walk in advance**

Our walks are currently limited to a maximum of 15 people, although some may be smaller. Please sign up for the walk, contact the walk leader by text to confirm your place. If you can't make it, please cancel your place.

### 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.

### 5. Register your attendance

Provide the Walk Leader with your contact details to support NHS contact tracing.

## 6. On the walk

- **Follow the walk leaders instructions**

Listen to the walk leader's briefing so you know what to do and follow the latest guidelines.

- **Follow the government guidelines on physical distancing**

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

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

Let the walk leader or backmarker know if you are having problems, feel unwell, or need to slow down or stop.

- **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. If you have symptoms after the walk

Apply for a COVID-19 test and support NHS contact tracing if requested.