

## **Llanelli Ramblers: Guidance for Walkers**

As you are aware we have to make changes to the way in which we organise our group walks so that group walking is conducted as safely as possible. This applies to **ALL** our walks which take place on a Monday (Homers and Roamers), Wednesday and at the weekend. The following guidance outlines what we must all do to ensure that we are all able to walk safely.

**Please note: Please do not come out on a walk if you or anyone else within your extended family is showing symptoms of having the COVID-19 virus, is self-isolating or is in quarantine.**

1. Walks will be advertised regularly on the group's website and via the group's emailing system. There will be a restriction imposed on the number of members who can walk at any one time and this will be stated clearly in the walk details. It has been agreed by the committee that the **maximum number of walkers allowed on any walk is 15** and this number will include the walk leader and the back marker. However, walk leaders may use their discretion to set a **lower maximum number** and this will be stated clearly in the walk details.

**Please note:** The start point for the walk will **not** be stated in the advertisement. If you are interested in going on one of the walks advertised you **MUST** therefore contact the walk leader to book a place on the walk, using the contact details given in the advertisement once the booking period has opened. You are also asked to provide a contact number. (Your registration details will be kept by the walk leader for 21 days after the walk in case they are needed for NHS contact tracing purposes. After the 21 days they will be destroyed.) When the maximum number of walkers (which includes the walk leader and back marker) has been reached, the website will be updated accordingly and a reserve list will be kept. If you later find that you cannot go on the walk, please would you let the walk leader know so that s/he can invite a member on the reserve list to join the walk. (If there is sufficient demand for the walk then the walk leader may decide to repeat it at a later date.)

**Please note:** You are asked **not** to travel to the start of the walk if you have not booked a place with the walk leader **as you will not be allowed to walk**. We do not wish to cause offence to anyone by turning someone away and therefore request that we all follow the agreed procedures. Thank you.

2. Travel and transport to the start of the walk should be considered carefully. You should follow the latest guidance from the Welsh Government and are strongly advised not to use public transport or car share (which is currently limited to members of the same household and extended household).
3. You should wear appropriate clothing and footwear for the walking conditions. You should also take your own food and drink as well as hand sanitiser, a face covering and a basic first aid kit.
4. You should follow the Welsh Government Guidelines on social distancing (2 metres) throughout the walk (e.g. at the start, along the route, at stiles and gates). Please follow the advice given by the walk leader during the walk.

5. You should avoid touching 'path furniture' such as stiles, gates and fences along the route if possible. If you do happen to, then please wash your hands as soon as you can or use hand sanitiser.
6. You are advised not to share food and drink (including sweets!) or equipment such as walking poles, mobile phones, maps and dog leads.
7. You are asked to walk responsibly, to practise social distancing (2 metres) and to stand back and give way when you meet other groups of walkers along the route.
8. If you are having any problems on the walk, or are feeling unwell, please let the walk leader know.
9. If you develop symptoms of COVID-19 after the walk has taken place, it is important that you apply for a COVID-19 test and support the NHS contact tracing procedures if requested. You must also inform the walk leader.

We hope that you will have a lovely walk and enjoy being back walking again with other group members.

*This guidance has been drawn up in accordance with the guidance issued by the Welsh Government and by Ramblers Cymru.*