

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

As you are aware we have had 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 updated 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.

**Please note:** 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 was agreed by the committee during a meeting on Tuesday, 20<sup>th</sup> April 2021, that the maximum number of walkers allowed on any walk will be 30 (i.e. the maximum number currently being allowed by the Welsh Government for any outdoor activity) and this number will include the walk leader and the back marker. **However**, it was also agreed that walk leaders may use their discretion to set a **lower maximum number** for their walk which will be stated clearly in the walk details. **Please note** that a lower maximum number may be set for a variety of reasons, such as availability of car parking space at the start of the walk, the terrain and/or hazards along the route, narrow paths which may not be very conducive to social distancing, as well as the personal outlook of the walk leader who will be responsible for conducting the walk with the safety of the group uppermost in his/her mind.

**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 and booking information given in the advertisement. You are also asked to provide a contact number (*please note ... if you are a member of the Ramblers you are asked to check that your phone number is up to date on their records as it may be needed for contact tracing purposes*). Your walk 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 for the walk (which includes the walk leader and back marker) has been reached, a reserve list may be kept by the walk leader. 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 to minimise the use of public transport and to not share cars, which the Ramblers organisation states is 'off-limits for now'.
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 and during breaks). 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 you are advised to 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. If NHS contact tracers ask for the details of anyone on the walk, you are asked to put them in touch with the Ramblers on telephone number 020 3961 3180.

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 (guidance document dated 07/04/2021).*