

Chester Rambling & Hill Walking Club

COVID-19 Safety Policy

Guiding principles

To minimise risk, and operate as a COVID-19 safe walking Club, we need to assume that at least one member attending our walks has the virus infection, albeit asymptotically. We therefore have a duty of care to advise and put systems in place to limit the transmission of the infection to other members and to quickly notify specific individuals should a particular member develop symptoms.

Advice on walking with the Club ⁱ

To all members

1. You must not come on a Club walk if you or anybody in your household has COVID-19 symptoms.
2. To book a walk contact the leader, give your contact details and receive the travel arrangements.
3. Keep a 2m distance between yourself, other members who are not in your household and any other walkers you may pass. On narrow paths, face away from oncoming walkers.
4. Avoid touching gates, stiles and fences where possible and use hand sanitiser where not possible.
5. Do not share food, drink or equipment such as walking poles.
6. Carry a face covering in case of need.
7. Should you develop COVID-19 symptoms within 48 hours of a walk, please let the leader know, apply for a COVID-19 test and support the NHS contact tracing if requested.
8. Regarding car sharing, the Government guidance for passengers is clear ⁱⁱ :
“You should try not to share a vehicle with those outside your household or support bubble.
If you need to do this, try to:
 - share the transport with the same people each time
 - keep to small groups of people at any one time
 - open windows for ventilation
 - travel side by side or behind other people, rather than facing them, where seating arrangements allow
 - face away from each other
 - consider seating arrangements to maximise distance between people in the vehicle
 - clean your car between journeys using standard cleaning products - make sure you clean door handles and other areas that people may touch
 - ask the driver and passengers to wear a face covering”

Therefore, members who need to car share should form “car bubbles”, remain in the **same** “car bubble” and travel together **each** time. Staying in the same “car bubble” helps limit the spread of the virus and should an individual from a “car bubble” show symptoms, the other individuals most at risk will be more easily identified. Lastly, consider safer ways of contributing towards the cost of travel to avoid handling cash directly and please do not ask leaders to arrange car sharing.

To walk leaders

1. Consider the walk and its car park to decide on the maximum number of cars and members you can comfortably manage.
2. On the record sheet, list the names and contact details of all members who book your walk. Keep this securely and delete or destroy after 21 days.
3. At the start of the walk remind members it is everyone’s responsibility to maintain a 2m distance between themselves and other walkers they should pass.
4. Should you be contacted afterwards by a walk’s member who develops COVID-19 symptoms, please let all walk participants know, and the Rambles Organiser.

14 August 2020

ⁱ This COVID-19 specific advice has been taken from the Ramblers website <https://www.ramblers.org.uk/volunteer-zone/coronavirus/volunteering.aspx>

ⁱⁱ <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#private-cars-and-other-vehicles>