

## COVID-19 Code of Practice

### Statement of Participation

As we now understand, the risk of transmitting Covid-19 is much lower outdoors than indoors. Our Code of Practice is written in accordance with professional guidance to reduce this transmission risk as far as possible; however, there is still a low risk of virus transmission, which we cannot eliminate.

### Covid-19 Health Declaration

For the protection of all, you must NOT attend if:

- You, or anyone in your household, has any Covid-19 symptoms (*cough, fever, loss of or change in your sense of taste or smell*)
- You, or anyone in your household, has had a positive Covid-19 test in the previous 14 days.
- You have been contacted by the Government's 'test and trace' programme and told to isolate.
- You, or anyone in your household, has been in close contact with someone infected, suspected or diagnosed with COVID-19 in the last 14 days
- You have recently returned from a country that is NOT on the UK Government's 'safe travel corridor' list and you are required to quarantine.

### If you live in an area with Local or Regional Restrictions

- If you live in an area with Local or Regional Restrictions then you must check and follow the specific Government Guidance for your area. If Government Guidance allows, then you are welcome to attend one of our Outdoor Courses or Guided Walks, subject to this Code of Practice. It is your responsibility to check Government Guidance and comply with any restrictions.

### Organised Outdoor Events / Group Sizes

- As our courses and walks are 'Organised Outdoor Physical Activity' Events, then we are exempt from the Government's 'Rule of 6', subject to this Covid-19 Code of Practice and our Risk Assessments.
- To ensure social distancing as much as possible, we are operating with a maximum group size ratio of 10 participants per Mountain Leader. This is a maximum number, and will often be less.
- You must adhere to current Government Legislation, Regulations and Guidance (including Face Coverings, Social Distancing, good hygiene and the Rule of 6) before and after our Organised Outdoor Event.
- Once our Organised Outdoor Event has finished at around 5pm then you must adhere to current Government Legislation, Regulations and Guidance (including the Rule of 6, Face Coverings, Social Distancing and good hygiene), *subject to any local or regional restrictions that may be in place.*

### Multi-day Courses or Walks

- For multi-day courses or walks, the TeamWalking event will finish each day at the end of the walk, usually at around 5pm. You will then have free time during the evening and overnight at your accommodation until we meet again in the morning.
- Once our Organised Outdoor Event has finished at around 5pm then you must adhere to current Government Coronavirus Legislation, Regulations and Guidance (including the Rule of 6, Face Coverings, Social Distancing and good hygiene) until we meet again in the morning, subject to any local or regional restrictions that may be in place. *We strongly recommend that whilst at your overnight accommodation you avoid socialising with people you do not live with.*
- Please organise your own overnight accommodation and evening meals. You must adhere to current Government Coronavirus Regulations/Guidance at your accommodation or whilst in pubs or restaurants. Face Coverings must be worn indoors, unless you are in your bedroom or eating/drinking seated at a table.

### Free Transfers - Peace of Mind

- If you are unable to attend due to Covid-19 symptoms, self-isolating, quarantine or Local Restrictions please let Mark Reid know before the walk begins, even if it is very last minute, and Mark will issue you with a credit note to be redeemed within the next 12 months. Contact Mark on 07711 264019.

### Pre-Walk Briefings

- Most of our pre-walk briefings for guided walks and outdoor courses will be done online via email information, website links and/or video tutorials (if appropriate). *Please ensure you read any emails carefully and fully.*
- Some of our Navigation Courses and multi-day walks will have pre-walk briefings online using ZOOM.

### 100% Outdoors - Meeting Point, Toilets, Facilities

- We will meet outdoors in a public car park, parking area or village centre, with plenty of space for social distancing and toilet facilities if possible.
- The entire day will be spent outdoors in the open air.

### Social Distancing

- We will adhere to social distancing by staying 2 metres apart throughout the day. Where this is not possible, then we will stay at least 1+ metres apart, with mitigation measures in place\*
- Venue choice, teaching methods and how we guide our walks will be adapted to adhere to social distancing.
- It is everyone's responsibility to maintain physical distancing throughout the day

### Face Coverings - during the walk

- If there are times when we need to briefly get closer than 2 metres (1 metre +) or when you go indoors then please wear a fabric face covering or face mask (*e.g. a busy section of narrow path, pinch points at gates or stiles, public toilets, shops etc*). These should be practical to wear in an outdoors setting, as well as quick and easy to put on and off, for example a 'Buff' neck gaiter, bandana or scarf.
- Please pull up and down your fabric face covering by touching the sides of the face covering; do not touch the front of your face covering with your hands.
- It is your choice whether you wear a face covering whilst walking and social distancing.

### Sharing

- To minimise risk of transmission of infection, there is to be no sharing of any items, e.g. food, drinks, clothing, pens, kit etc.

## Personal Hygiene

We ask that you follow national guidance, as follows:

- Wash your hands thoroughly with soap and water before and after our walk.
- Please bring hand sanitiser gel and use it regularly throughout the day, especially before eating food, after contact with surfaces (such as stiles or gates) or shared equipment (such as OS maps and compasses).
- Please do not ask other participants to help adjust your rucksack, get a drinks bottle out, take a photo for you etc.
- Avoid touching your face; wipe your face with the inside of your bent elbow, rather than your hand or fingers.
- Make sure you follow good respiratory hygiene, which means covering your mouth and nose with your bent elbow if you cough or sneeze.

## Travelling

- Please travel to the Meeting Point in your own private car, and only with members of your own household (if you are attending the walk with them).
- Avoid using public transport or car sharing where possible. If you do use public transport or car share then a face covering must be worn, with good ventilation (open windows) and as much social distancing between passenger(s) and driver as possible.

## Outdoor Clothing and Kit

- To minimise risk of transmission of infection, we regret that we are currently unable to provide outdoor clothing, gear or kit, such as waterproofs, rucksacks, boots and tents.
- Please bring all of your own necessary outdoor clothing, gear or kit you will need for the walk (waterproofs, gloves, fleeces, hats, rucksack etc) as well as food and water.
- Your Walk Leader will carry clean emergency clothing & equipment (e.g. shelters), as this is a safety requirement. Any emergency clothing & equipment will be disinfected before & after use.

## Maps and Compasses - Navigation Courses

- Please bring your own compass and Ordnance Survey map if you have one; we will let you know which map you will need prior to the course.
- Please bring a fine-tipped permanent marker pen, such as a Sharpie, so you can mark your map.
- If you don't have the correct map and/or a compass, then we will provide you with a laminated map of the area as well as a compass for you to borrow. These will be disinfected before and after our walk.

## First Aid

- We will endeavour to be self-reliant as much as possible, and undertake walks and choose venues that we know and that are within our limits.
- Please bring your own small personal First Aid kit, with antiseptic wipes, plasters, pain-killers, anti-inflammatories and anti-histamines as well as any personal medications you may require.
- Please bring your own Survival Bag if you have one. *If you do not have a Survival Bag then the Walk Leader will carry enough Survival Bags for each person.*
- In the extremely unlikely event that there is a serious accident and/or injury and the Walk Leader needs to administer First Aid, then the Walk Leader will wear PPE (gloves, hand sanitiser, face mask), whilst the casualty will wear a face mask.

## Respect local communities

- We will be sensitive to the concerns of local landowners, residents, businesses and stakeholders (such as National Park Authorities, Mountain Rescue, conservation organisations) in our choice of parking, venues and use of local facilities. We will avoid popular venues, routes and times which may force us to be close to other people.

## After the walk

- If you develop Covid-19 symptoms after the walk then apply for a COVID-19 test and support NHS contact tracing. If NHS contact tracers ask for the details of people on the walk, contact Mark Reid at TeamWalking.
- We will keep your contact details (name, phone, email) for 21 days after the walk, which may then be shared with NHS Test and Trace. Please see our [Privacy Policy](#)

## Equipment Checklist

Our Equipment Checklist can be found on our website for you to download.

[https://www.teamwalking.co.uk/wp-content/uploads/2019/02/Teamwalking\\_Essential\\_Kit.pdf](https://www.teamwalking.co.uk/wp-content/uploads/2019/02/Teamwalking_Essential_Kit.pdf)

**NB: Due the Covid-19 pandemic, we are currently unable to provide any outdoor clothing, kit or equipment.**

Please bring all of your own necessary outdoor clothing, gear or kit you will need for the walk. Please take extra care to ensure you are fully prepared for the outdoors and the weather conditions.

*In addition to the items listed on this checklist, please also bring the following:*

- Hand sanitiser gel
- Fabric Face Covering or Face Mask
- Small personal First Aid kit
- Personal Survival Bag or small group shelter (*we can provide this if you don't have one*)
- Permanent Marker Pen, such as a Sharpie (*map reading & navigation courses*).

*\* Mitigation measure for 1+ metres include: a) being outdoors b) face coverings if necessary c) standing or walking side-by-side, taking wind direction into account d) keeping the time spent at 1+ metres to a minimum.*

Government Website: <https://www.gov.uk/coronavirus>

Prepared: 12th June 2020 / Updates: 21st August; 12th, 20th & 25th Sept 2020 / Mark Reid, TeamWalking, 102 Leeds Road, Harrogate, HG2 8HB  
*This Code of Practice will be updated as and when necessary to adhere to current Government advice, as well as advice from Mountain Training & NNAS.*