

COVID-19 'Rule of Six' statement - Group Sizes

TeamWalking Statement

TeamWalking is a professional business that provides outdoor skills training courses as well as guided walks ranging from challenge walks to multi-day walks. All walks are led by qualified, insured and First Aid trained Mountain Leaders, with the vast majority led by Mark Reid, who is a partner in the business. All of our walks are for the purpose of physical activity, and also include training and education. All of our walks are organised outdoor physical activity events, with Risk Assessments and Operating Procedures in place, including for Covid-19.

Group Sizes Statement

As from Monday 14th September 2020, UK Government legislation will prohibit social gatherings of more than 6 people indoors and outdoors in England.

<https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing/coronavirus-covid-19-meeting-with-others-safely-social-distancing>

'Section 2' outlines exceptions

These exceptions include:

- Organised sport or exercises classes or licensed outdoor physical activity.
- Education or training.

The Government guidance states:

*Businesses and venues following Covid-19 Secure guidelines can host larger groups. This is also the case for **events in public outdoor spaces that are organised by businesses**, charitable or political organisations and public bodies, provided they take reasonable steps to mitigate the risk of transmission in line with Covid-19 Secure guidelines and including completion of a risk assessment.*

You can continue to take part in organised sporting or licensed physical activity in groups of more than 6. This can be in any public place – indoors or outdoors – or a private outdoor space like a garden; but not inside a private home. These activities either need to be organised by a national governing body, club, registered instructor/coach, business or charity; and/or involve someone who has received an official license to use equipment relevant to the activity. In all cases, the organiser must conduct a risk assessment and ensure compliance with COVID-19 Secure guidance.

Additionally... where a group includes someone covered by such an exception (for example, someone who is working), they are not counted as part of the gatherings limit. This means, for example, a leader can manage a group of six without breaching the limit, if they are there for work.

Sport England states:

While social gatherings of more than six people will be banned in England from 14 September, the government's confirmed that organised sports and activities that have been through return to play protocols can continue... Outdoor sports played formally and under government-approved guidance, plus outdoor sport and physical activity events following event-organiser guidance, can continue. That's because these sports and activities have stringent plans in place to reduce the risk of Covid-19, and because these venues are classed as Covid-secure given the measures they've introduced. The importance of sport and physical activity to people's physical health and mental wellbeing has also been recognised by the government.

***Can organised sports and physical activity events take place?** Participation events and competitions are able to take place as long as the events and venues are Covid-secure and operate within government guidance. This includes organised sports and physical activity events (such as parkruns and organised group walks). These events are exempt from the new laws on social gatherings that came into force on 14 September and can proceed in groups of more than six, provided that organisers ensure that events are planned and delivered in accordance with the government's [organising outdoor sport and physical activity events' guidance](#).*

Why TeamWalking is exempt

TeamWalking's range of outdoor courses and walks fits within these exceptions (subject to our Covid-19 Code of Practice and Risk Assessments) because:

- Our walks are 'Organised Outdoor Physical Activity Events'
- Our courses are 'Education and Training'
- We are a professional business, with qualified Mountain Leaders (qualified, insured and First Aid trained)
- Mark Reid is a qualified Walking Group Leader, Hill & Moorland Leader & Mountain Leader (registration: 136445),
- We have a comprehensive Covid-19 Code of Practice and Risk Assessments in place
- Our events are 100% outdoors on public land (Rights of Way, Open Access Land etc)

We have received confirmation from Mountain Training England that the delivery of Mountain Training courses are now permissible (*TeamWalking offers accredited Mountain Skills courses*). Mountain Training is our National Governing Body. Other outdoor providers have also confirmed that they are exempt from the restrictions of social gatherings, including The Ramblers, Long Distance Walkers Association (LDWA), Walking for Health and BMC organised club meets.

14th September 2020. Updated 9th October 2020

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This Statement will be updated as and when necessary to adhere to current Government advice and/or legislation.

COVID-19 RISK ASSESSMENT - Guided valley, hill and mountain walking in the British Isles

This Covid-19 Risk Assessment is an additional Risk Assessment that complements and enhances our Generic Risk Assessment. This Covid-19 Risk Assessment takes precedence and must be adhered to during all activities undertaken by TeamWalking and its Freelance Instructors, and must be read and used in conjunction with TeamWalking's Generic Risk Assessment and Operating Procedures.

This Risk Assessment, and associated Operating Procedures and Code of Practice, takes into account that there are three variables of transmission.

- **Droplet transmission and aerosol generation:** The risk associated with each action during the activity, based on duration and proximity of participants.
- **Fomite transmission:** The risk associated with the handling and transfer of equipment during the activity
- **Population:** The number of participants likely to take part in the activity plus known risk factors of participants with underlying health conditions or high-risk groups, who wish to participate.



RISK

Health declaration / symptoms / Government local restrictions

WHO - Participants, Instructors | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

- *Participant Declaration on the morning of the walk that they (and people in their household) are symptom free & not isolating either voluntarily or requested by NHS Test & Trace programme; that they (or anyone in their household) has not been in close contact with someone infected, suspected or diagnosed with COVID-19 in the last 14 days; that they have not recently returned from a country that is NOT on the UK Government's 'safe travel corridor' list and are required to quarantine. If this applies to any participant then they will be asked to leave and re-book on another date. Please see separate Covid-19 Code of Practice for details; this Code of Practice is sent to all participants.*
- *If a participant begins to display symptoms whilst on the walk, then they must wear a face mask for the remainder of the walk, and the rest of the group must ensure that they maintain social distancing of 2 metres or more, and observe good personal hygiene (hand sanitiser, avoid touching face). The Walk Leader to lead the group back to the start or finish point as quickly and as directly as is reasonably possible. All group members to use hand sanitiser at the end of the walk before driving home.*
- *To avoid the possibility that someone may feel compelled to attend even if they are showing symptoms, all participants will be offered a free transfer or 12 month credit note if they cannot attend due to ill health and/or isolating, even if it is very last minute.*
- *All participants to be informed that if they (or the Walk Leader) develop symptoms within 48 hours of a walk, then they must contact the NHS 'Test & Trace' service. If they are contacted by the NHS Test & Trace service, then they must comply with any requests. TeamWalking will keep a detailed list of all participants for 7 years (to comply with HMRC and insurance stipulations). TeamWalking has revised its Privacy Policy to include details of NHS Test & Trace.*
- *If the Walk Leader develops symptoms, then the Walk Leader will postpone any walks until they have either had a negative Covid-19 test or completed 10 days self-isolation and are symptom free and physically well.*
- **Areas with Local Restrictions** - *to ensure that we adhere to local, regional or national restrictions and/or lockdowns, all participants are asked before the course/walk and during the morning briefing to declare if they live in an area with Local Restrictions. They must check and follow the specific Government Guidance for their area, and can only attend if Government Guidance allows. It is their responsibility to check this information and comply with any restrictions. TeamWalking to keep up-to-date with areas with local restrictions by frequently looking at the Government website. If someone attends a course/walk from an area with local restrictions that do not allow to meet with people outdoors (in an organised physical activity group) from out of their household then they will be asked to leave and re-book on another date.*
- **Adaptive to change** - *The Walk Leader to regularly keep informed of the latest Government advice and be prepared to adapt to change at very short notice. Any changes that affect the delivery of guided walks, group sizes, local lockdowns, illness, health guidance etc must be taken into account and acted upon straight away, by informing participants of the changes and briefing them accordingly. This Risk Assessment will be regularly updated with the latest Government advice.*

Consent Forms - Known risk factors of participants with underlying health conditions or high-risk groups

WHO - Participants, Instructors | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

- *Consent Forms completed by all participants, which highlights age, sex and health conditions.*
- *Flag up anyone in the 'Clinically Extremely Vulnerable' category, and discuss with them whether they wish to attend.*
- *Note anyone in the 'Clinically Vulnerable' category (over 70 and those with certain underlying health conditions) and ensure social distancing of 2 metres as well as good hygiene throughout the event.*
- *Our events are open for people to freely choose to attend - it is a personal choice; participants make their own decisions whether they wish to attend, after having read our Code of Practice. There will never be any obligation or pressure to attend. Refunds, free transfers or credits notes are always available.*

RISK

Virus transmission on public transport

WHO - Participants, Instructors | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

Travelling

- Participants are requested to travel to the Meeting Point in their own private car, and only with members of their own household (if attending with them).
- Participants and Walk Leaders are requested to avoid using public transport where possible. If a person(s) does use public transport, taxi or car share, then this is to be done only in unavoidable, exceptional or emergency situations and then only after using hand sanitiser (before and after the journey), wearing a face mask and, in the case of a private car or taxi, to sit in the rear of the car 1+ metres from the driver and have the windows open for circulation. Journey times are to be kept to a minimum.
- If the vehicle is the responsibility of the Walk Leader then the Walk Leader to insist that all passengers use hand sanitiser before and after the journey, wear face masks and sit in the rear of the car 1+ metres from the driver and have the windows open for circulation. Journey times are to be kept to a minimum. The Walk Leader to open and close the car door. Any touch surfaces to be cleaned afterwards with disinfectant wipes. Such journeys should only be made in exceptional or emergency situations. The Driver to keep a record of who has travelled together.
- The Walk Leader will be mindful of potential honeypots, busy car parks, crowded areas and parking. Locations will be chosen that have plenty of parking and space available. National Park or National Trust car parks are usually ideal, although local knowledge is essential in choosing a suitable location.

RISK

Virus transmission in indoor spaces - pubs, cafes, public toilets

WHO - Participants, Instructors | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

- All of our events will be 100% outdoors in the open air. We will meet outdoors in a large public car park, parking area or village centre, with plenty of space for social distancing.
- All pre-walk briefings and learning that previously took place in pubs or cafes in the morning of the walk will be moved online before the walk, or briefed outdoors when we meet in the morning. For Navigation Courses, this will also include detailed tutorial videos that will significantly increase the amount of teaching done online and so reduce the need for as much teaching (and discussions) outdoors, which will mean that the outdoor day will be more practically focussed with an emphasis on practicing and consolidating skills whilst walking. NNAS, Mountain Skills and some multi-day walks will include a Zoom briefing that all participants will take part in.
- If a participant uses Public Toilets, a cafe, shop or pub then they must take mitigating measures such as wearing a face covering or mask, keep 2 metres away from other people and use hand sanitiser afterwards.
- During the walk, if participants wish to have refreshments at a cafe or pub, then we will only go indoors individually, whilst wearing face coverings, to place our order. We will then sit outside, with social distancing in place. It is important that participants remain hydrated during the physical activity. A decision must be made by the Walk Leader whether it is reasonable and/or prudent to use cafes, pubs or shops during the walk; this decision will depend upon weather conditions, whether participants are dehydrated or tired, distance/time/physical nature of the walk left to complete, and also how busy the cafe/pub/shop is and if there is space for social distancing of the group outdoors.

RISK

Organised Outdoor Events - groups sizes and social distancing (virus transmission)

WHO - Participants, Instructors | LIKELIHOOD - Medium | CONSEQUENCE - High

CONTROL MEASURES

- As our courses and walks are professionally Organised Outdoor Physical Activity Events with qualified Mountain Leaders, then we are exempt from the Government's 'Rule of 6' and are able to take out larger group sizes, subject to TeamWalking's Covid-19 Code of Practice and Risk Assessments. Courses & walks will adhere to Government guidelines with regards to maximum number of people allowed to gather outdoors (currently this is 30 people including instructors).
- To ensure social distancing can be maintained then we will work on a maximum ratio of 10 people per Walk Leader, with lower ratios according to the type of activity (e.g. outdoor courses, scrambling etc). The actual group size will depend upon the activity, location, weather conditions and purpose of the day. This ratio of 1:10 is a maximum number, and will often be less. Generally, we will be working on a ratio of 1:6, with some exceptions for larger group sizes up to 10 people per instructor.
- All participants 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 Events. Once our Organised Outdoor Event has finished at around 5pm then all participants 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. This will be briefed before the walk by email (Code of Conduct) and also at the beginning of the event.
- For multi-day walks, the TeamWalking event will finish each day at the end of the walk. Participants will then have free time during the evening and overnight at their accommodation until we meet again in the morning. No organised TeamWalking activities will take place indoors in the evening. All participants must arrange their own accommodation and evening meals. All participants must adhere to current Government Coronavirus Legislation, Regulations and Guidance at their accommodation or whilst in pubs or restaurants. Once our Organised Outdoor Event has finished at around 5pm then participants 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. Whilst at their overnight accommodation, we will strongly recommend that participants avoid socialising with people they do not live with. The Walk Leader will brief this to the group by email prior to the walk, and also at the end of the event.

- If a number of participants are staying at the same accommodation on multi-day walks then the Walk Leader will go into the accommodation first (whilst wearing a face covering) and ask the owner to brief the group outdoors to arrange keys, baggage, evening meals times etc. Each participant to enter the accommodation individually on their own to avoid any bottlenecks at reception. The Walk Leader will brief the participants about asking for staggered meal times (evening and breakfast), to behave as individuals whilst at the accommodation and to avoid socialising with other participants or people; if people do socialise in the evenings then they must adhere to current Government legislation, regulations and guidance. The Walk Leader will remind participants about maintaining social distancing, hygiene and the use of face coverings indoors in communal areas. Once they have entered the accommodation then the Organised Event has finished and people must adhere to current Government Coronavirus Regulations / Guidance at their accommodation or whilst in pubs or restaurants.
- Participants will be briefed prior to the walk to organise their own overnight accommodation and evening meals. Participants must adhere to current Government Coronavirus Regulations/Guidance at their accommodation or whilst in pubs or restaurants. Face Coverings must be worn indoors, unless people are in their bedroom or eating/drinking seated at a table. This is, however, the responsibility of the accommodation provider, pub or restaurant to enforce, as the Organised Outdoor Physical Activity Event will have ended.

RISK

Virus transmission in the outdoors - social distancing

WHO - Participants, Instructors | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

- Throughout the day we will adhere to the Government's social distancing guidance of staying 2 metres apart as much as possible (1+ metre minimum). The group will be managed so that each participant is treated as an individual with 2 metres of distance between each participant, unless they are with a member of their household or support bubble when this 'bubble' of two or more people will be treated as an individual with 2 metres of social distancing. Where 2 metres social distancing is not possible, then we will adhere to 1+ metres social distancing, with mitigation measures in place. Mitigation measure for 1+ metres include:
 - * Being outdoors
 - * Wearing face coverings, if necessary
 - * Standing or walking side-by-side, taking wind direction into account
 - * Keeping the time spent at 1+ metres to a minimum.
- During the Walk Briefing in the morning, the Walk Leader will demonstrate what 2 metres looks like. The group will stand in a large circle, and then the Walk Leader will outstretch one of their arms and ask the person next to them to outstretch their arms as well, so that their outstretched fingers are close (about 3 - 6 inches apart) but not touching. This is a good visual measurement of 2 metres. The Walk Leader will then explain that 1 metre (for the 1+ metres social distancing) is one outstretched arm, and to image outstretching their arms and NOT being able to touch the person next to them. This 1+ metres social distancing must only take place where mitigation measure are in place, such as walking side by side or one in front of another (taking the wind direction into account), wearing a face covering or keeping time spent at 1+ metres to a minimum.
- Courses & walks will adhere to Government guidelines with regards to maximum number of people allowed to gather outdoors; currently this is 30 people including instructors for Organised Outdoor Events. To ensure social distancing can be maintained then we will work on a maximum ratio of 10 people per Walk Leader, with lower ratios according to the type of activity (e.g. outdoor courses, scrambling etc). The actual group size will depend upon the activity, location, weather conditions, purpose of the day and predetermined ratios (e.g. NNAS courses of up to 8 participants). This ratio of 1:10 is a maximum number, and will often be less.
- For group sizes of more than the above ratios then additional Walk Leaders will be employed and the groups will be managed as separate 'bubbles' of up to 10 people (plus Walk Leader) throughout the day, with no merging or mingling of groups (unless in an emergency). Mitigation measures to reduce the risk of merging or mingling of groups will include:
 - * Separate meeting points (e.g. different sides of a car park or locations in a village)
 - * Different setting off times, by a minimum of 10 minutes will reduce the risk of walking as a larger group.
 - * Different meeting times (e.g. 9:15am and 9:30am)
 - * Group management throughout the day via observation and walkie-talkies so we avoid merging groups.

RISK

Virus transmission in the outdoors - pushing beyond abilities, experience or fitness.

WHO - Participants, Instructors | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

- To reduce the risk, the Walk Leader will endeavour to be self-reliant as much as possible, and undertake walks and choose venues that they know and that are within the limits and capabilities of the group as much as possible, and avoid taking unnecessary risks. The Walk Leader will avoid being too goal orientated. Mountain Rescue help may be slower to respond with reduced capability if we get into any difficulties.

- The Walk Leader must pay particular attention to the weather forecast and prevailing weather conditions, and take this information into account when planning routes as well as dynamic route choice on the walk. The route choice will be dependent on the purpose of the walk, experience and fitness of participants, time available, weather forecast plus other dynamic considerations.
- Dynamic & flexible group management by the Walk Leader is key. Monitor the group throughout the day & change plans accordingly. Consider easier options if available, but this must be weighed against purpose and group experience.

RISK

Virus transmission in the outdoors - briefings, group management and interactions during the walk

WHO - Participants, Instructors | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

- **Briefings** - when we meet at the start of the walk we will stand in a circle 2 metres apart. This will be either be measured by the Walk Leader taking 3 steps with cones laid out in a circle, so everyone can visualise 2 metres spacing, or use outstretched arms (as described above). The Walk Leader to remind participants throughout the day of social distancing, and will lead by example. Walk Leader to give clear, concise instructions, to avoid misunderstandings. Walk Leader to discuss 1+ metre mitigation measures (see above).
- The Walk Leader will brief TeamWalking's Covid-19 Code of Conduct to the group at the start of the event, to ensure everyone fully understands and accepts this Code of Practice.
- **Briefings, discussions or brief rest stops during the walk** - Briefings with the group will be in a circle 2 metres apart, as outlined above, or in a crescent or a straight line; this will depend on the location, weather conditions, wind direction and what is being briefed. Briefings with individual participants will be side-by-side wherever possible (1+ metres apart), to avoid face to face contact. Face to face contact must NOT take place at closer than 2 metres. This must take into account wind speed and direction, to avoid wind blowing from one person towards another. The Walk Leader must take weather conditions into account, and find somewhere sheltered with enough space for social distancing to take place. This is important so that people can hear and understand instructions from the Walk Leader. Keep any side by side 1+ metre discussions very brief to reduce length/duration of exposure.
- **Food Breaks / Lunch** - we will sit 2 metres apart at lunchtime, in a sheltered place that is away from busy or popular area with plenty of space for social distancing. No shared food or drink. Remind participants to use hand sanitiser before eating. In poor weather conditions, then the Walk Leader will manage shorter but more regular food and drink breaks, to avoid people getting cold.
- **Spotting (stiles, rock steps etc)** - Good route planning and route choice is important to avoid narrow, technical and/or steep ground as much as possible, choosing more 'straight forward' routes in the hills and mountains if appropriate (see separate assessment; Grade 1 scrambles may be appropriate with some groups). When crossing large/awkward/broken stiles and/or rock steps that require spotting, the Walk Leader will first of all demonstrate good practice and safe crossing techniques. After demonstration, if the Walk Leader feels it important to 'spot' participants to avoid a slip or fall, then the Walk Leader will explain what they will be doing - the Walk Leader will wear a face covering/mask, and stand 1+ metres behind the participant with arms outstretched to prevent a slip becoming a fall. This will be for just a few moments whilst the participant crosses the stile or climbs the rock step. If any contact takes place, then Walk Leader and Participant to use hand sanitiser. If participants use their hands to touch a stile post or rock step, then remind them not to touch their face and to use hand sanitiser afterwards.
- **Close contact** - Some specific outdoor mountain activities have situations where close contact, at key moments when the activity is being undertaken, is unavoidable and physical distancing may not be possible. These generally involve the participants undertaking a process that is essential to the safe conduct of the activity or dealing with an unforeseen safety critical event. The key mitigation measure is to foresee and avoid such events happening through route planning, checking weather forecasts, dynamic and adaptive route choice during the day and general group management. If close contact becomes necessary (spotting, emergency use of the rope, confidence roping etc) then the following mitigation measures will be implemented:
 - a) Contact to be kept as brief and dynamic as possible.
 - b) Ensure all participants wear a face covering
 - c) Good hand hygiene pre and post contact
 - d) As soon as practically possible resume physical distancing.
 - e) If participants are spotting each other, then the Walk Leader will implement 'contact training' to familiarise participants with their specific 'close contact' guidelines before undertaking the activity.
- **Gates (including small stile gates)** - Walk Leader to brief the group that whoever goes through a gate first must then hold the gate open for everyone to pass, whilst maintaining social distancing. The walk Leader will demonstrate this technique to the group at the first gate (hold the gate open with an outstretched hand, whilst facing away). This is to avoid multiple people touching the gate, and also getting closer than 1 metre when passing the gate to another person. They then use hand sanitiser afterwards.
- **Path furniture** - Walk Leader to brief the group to avoid touching path furniture wherever possible, and use hand sanitiser afterwards if they do.
- **Pinch Points (gates, stiles, ladder stiles, road crossings, busy locations, narrow paths etc)** - the Walk Leader to be aware of potential pinch points. Manage the group to ensure social distancing, for example one person to cross a stile at a time and to wait until each person has crossed before the next person starts to cross; holding gates open to avoid multiple people touching the gate; walking in single file 1+ metres apart along narrow paths; splitting into two smaller groups of up to 5 people (separated by around 25 metres) whilst walking through busier areas, tourist honeypots or along narrow paths.

- **Walking through villages** - If the village is busy with people or there are narrow pavements etc then consider splitting into two smaller groups of up to 5 people (separated by around 25 metres) as you walk through the village. This will reduce the risk of the group mingling with other people to create a larger group, especially if there are any pinch points.
- **Multi-day walking meeting points** – The Walk Leader must ensure that the location of the morning meeting point has plenty of space for social distancing, will not block Rights of Way or pavements, and does not involve standing in a road. The Walk Leader to brief the group about this location the evening before (at the end of the event), and also ask the group to stand in two small groups if more than 6 people. This will help ensure social distancing and reduce the risk of the group mingling with other people to create a larger group.
- **Cafes, shops or pubs** (refreshments and/or food) - face covering to be worn indoors. Only takeaway food and drink permitted, to be consumed outdoors. Ensure the group maintains social distancing from each other and members of the public. Use hand sanitiser afterwards.
- **Locating position on a map (Navigation Courses)** - To avoid sharing maps and map contact with others, then the Walk Leader will use the following techniques:
 - a) Use map symbols, wordings or Grid References to describe locations on the map.
 - b) The Walk Leader puts a red dot with a marker pen on their map, and place the map on the ground in a sheltered place so participants can each individually come up to look at the location on the map.
 - c) Participants bring permanent marker pen to mark their own map with, and then hold out their map at arm's length for the Walk Leader to view at arm's length for just a few seconds (1+ metres).
- **Pairing of participants** - There will be NO pairing of people together to learn navigation skills. Participants must work on their own as individuals. Pairing can take place if the participants are from the same household.
- **Dogs** - If there are dogs in the group, then brief everyone NOT to stroke the dog, as having multiple people touch the dog's fur is a transmission risk.
- **Social interactions** - Walk Leader to brief the group that they must not ask other participants to help adjust their rucksacks, get a drinks bottle out for them, take a photo for them etc. Everyone will need to be self reliant. Walk Leader to constantly monitor the group interactions throughout the walk, and intervene to remind people if necessary.

RISK

Virus transmission in the outdoors - Use of Face Coverings during the walk

WHO - Participants, Instructors | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

- All participants asked to provide a suitable face mask or covering (e.g. Buff, bandana or neck scarf) for when two or more members of the group adhere to 1+ metres, for example whilst 'spotting' (see separate assessment), narrow paths, busy areas, pinch points, indoors (e.g. public toilets, cafes) etc.
- These face coverings should be practical to wear in an outdoors setting, as well as quick and easy to put on and off.
- The Walk Leader will demonstrate how to use their face mask or covering - pull it up and down by touching the sides of the face mask or covering only; do not touch the front of the face mask or covering with your hands.
- It is important that the Walk Leader explains to all participants that the face mask or covering is a potential transmission risk. At the end of the walk the face mask or covering must to be placed in a plastic bag after use to either be disposed of (single-use) or washed (reusable), and the person then washes their hands or uses hand sanitiser.
- There is no need to wear a face mask when adhering to social distancing, unless the participant wishes to do so.
- Walk Leader to carry spare single use face masks in a sealed bag.

RISK

Virus transmission in the outdoors - Personal Hygiene

WHO - Participants, Instructors | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

Personal Hygiene

- All participants and Walk Leader to use hand sanitiser gel regularly throughout the day, especially before eating food, after contact with surfaces or shared equipment.
- All participants to be briefed to avoid touching eyes, nose and mouth with their hands (fomite transmission risk).
- All participants to be briefed to follow good respiratory hygiene, which means covering mouth and nose with a bent elbow if they cough; wipe their face with their bent elbow, rather than hands/fingers.
- Participants briefed to wash their hands with soap and water for 20 seconds when they get home.
- Walk Leader to carry spare hand sanitiser, with a dispenser pump so can dispense directly onto people's hands.

RISK

Virus transmission in the outdoors - Shared clothing, equipment, printed material etc

WHO - Participants, Instructors | LIKELIHOOD - Medium | CONSEQUENCE - High

CONTROL MEASURES

Outdoor Clothing, Kit & Equipment

- **Summary** - all participants are asked to provide their own clothing, kit and equipment if possible. This will significantly reduce the amount of clothing and kit we have to lend out and then clean. To ensure people bring their own outdoor clothing, kit & equipment then extra items to bring will be added to the Kit List.
- Walk Leader to wash/sanitise their hands before and after touching any shared equipment. The Walk Leader may also need to wear disposable gloves / face mask as appropriate.

- **Clothing and kit** - To avoid sharing items of clothing or equipment, all participants asked to provide all of their own outdoor clothing, kit and gear they will need (waterproofs, walking boots, gloves, fleeces, hats, rucksack). We will only provide outdoor clothing, gear or kit as an 'emergency' on the day if that clothing, gear or kit is deemed to be PPE, such as waterproofs, boots etc. The Walk Leader will have a bag of clean spare outdoor clothing and kit (PPE) in their car for 'emergency use' on the day of the walk, e.g. if someone has forgotten to bring their waterproofs. The provision of PPE such as waterproof clothing is necessary to ensure everyone is appropriately equipped for the outdoors. This is important as the risks of coldness, discomfort, hypothermia etc are a significant risk in the outdoors and must be mitigated against (see below for cleaning).
- **Camping Equipment** - to avoid sharing items of camping equipment, all participants asked to provide all of their own camping equipment if possible. We will provide camping equipment such as tents, rucksacks, sleep-mats, stoves, gas and dry-bag if required, as such kit is deemed to be PPE, e.g. a suitable backpacking tent. See below for cleaning.
- **Camping Sleep-mats** - The Walk Leader must disinfect their hands before touching the sleep-mat. The sleep-mats are to be inflated using an 'Inflating Bag', which uses fresh air to inflate the mat. See below for cleaning.
- **Emergency Clothing** - the Walk Leader will carry in their rucksack some spare warm clothing for emergency situations (hypothermia). This clothing to be only used in an emergency. See below for cleaning.
- **Emergency Equipment - confidence rope & helmets** - the Walk Leader will carry emergency equipment as required, such as a confidence rope in the mountains, or give out helmets for Grade 1 scrambles and steep technical ground. See below for PPE cleaning.
- **Survival Bags / Shelters** - Participants will be asked to bring their own single-person Survival Bag or small Group Shelter if they have one. In the event the participants do not have a Survival Bag, then the Walk Leader will bring enough Survival Bags for each individual person to use in an emergency situation. These will be given out by the Walk Leader and then wiped down after use with disinfectant wipes (they are in sealed plastic bags).
- **Maps**. As we run navigation courses, then Maps & Compasses are essential kit, which can easily & safely be cleaned. All participants asked to bring their own Ordnance Survey map if they have one. If they don't have the correct map, then the Walk Leader will provide laminated OS maps. See below for cleaning.
- **Compasses**. All participants asked to bring their own compass if they have one. If they don't have a compass, then the Walk Leader will provide compasses. See below for cleaning.
- **Handling Printed material** - All printed material, such as course notes and marketing material, will now be sent as a PDF by email after the course.
- **Loyalty Card** - The Walk Leader will sanitise their hands, and then stamp the required number of Loyalty Cards, and then place them in a box for people to individually collect a stamped Loyalty Card. The Walk Leader to ensure people just touch one individual Loyalty Card. If participants have an existing Loyalty Card, then they place it on a flat surface and the Walk Leader will stamp their card without touching it.
- **Kendal Mint Cake** - Untouched box of Kendal Mint Cake available for people to individually collect a wrapped bar of Kendal Mint Cake. The Walk Leader to ensure people just touch one individual wrapped bar. This has a similar risk as shopping in the supermarket.
- All equipment, clothing or kit that is loaned out will be given out at the beginning of the day and will remain in the participant's possession all day. At the end of the day, the equipment, clothing or kit will be either cleaned or stored in a sealed bag or container for cleaning later or quarantine for 72 hours.

RISK

Virus transmission in the outdoors - First Aid & Emergency Procedures

WHO - Participants, Instructors, Public | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

- The priority for the Walk Leader is themselves and their group. When dealing with members of the public in distress then the Walk Leader will provide verbal help, advice and incident management as much as possible so that the member of public (and their walking companions if they have any) can assist themselves. The Walk Leader will only provide First Aid assistance to a member of the public if it is a life-threatening situation, and only if it is deemed safe to provide assistance. The Walk Leader must consider the situation very carefully, as if they provide emergency assistance to a member of the public then this contaminates their PPE, which then cannot be used for their group.
- Most First Aid is for minor injuries such as cuts, grazes, aching muscles etc. To minimise the risk of contact, then all participants will be asked to bring their own small personal First Aid kit, with antiseptic wipes, plasters, pain-killers, anti-inflammatories and anti-histamines as well as any personal medications they may require. This will allow them to self administer minor First Aid.
- Participants will be asked to bring their own single-person Survival Bag or small Group Shelter if they have one. In the event the participants do not have a Survival Bag, then the Walk Leader will bring enough Survival Bags for each individual person to use in an emergency situation. These will be given out by the Walk Leader and then wiped down after use with disinfectant wipes (they are in sealed plastic bags).
- Walk Leader to carry spare single use face masks and hand sanitiser
- The Walk Leader will also carry a 2 or 4-person Group Shelter, which will only be used if absolutely necessary during an emergency First Aid situation, and will only be used by the Walk Leader and the casualty, subject to the Walk Leader wearing PPE and the casualty wearing a face mask.
- In the extremely unlikely event that the Walk Leader needs to administer First Aid, then the Walk Leader will provide and wear PPE as follows:

a) Hand sanitiser

- b) Disposable gloves & apron
- c) Face mask & Visor
- d) Face Mask for casualty
- **UPDATED CPR PROTOCOLS** - The Walk Leader (as the First Aider) to wear PPE as listed above before contact with the patient. Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth. If in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives. Make sure an ambulance and/or Mountain Rescue is on its way. Walk Leader to place a One-Way Valve Resuscitation Shield over the patient's mouth and nose and begin compression-only CPR until the Mountain Rescue team arrives. After performing compression-only CPR, all rescuers must use hand sanitiser. They should also seek advice from the NHS 111 coronavirus advice service. Source: **Resuscitation Council UK**

RISK

Virus transmission - Cleaning of PPE, clothing and equipment

WHO - Participants, Instructors | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

- The Walk Leader will either clean their hands with sanitiser, wear single-use disposable gloves and/or a face covering when touching or disinfecting any PPE items, depending on what item(s) of PPE they are cleaning.
- Sharing of clothing and equipment to be kept to a minimum.
- Survival Bags - These are in sealed plastic bags and so can easily be wiped down after use with disinfectant wipes.
- 2 or 4 person Group Shelter - the shelter will be packed in a plastic bag, and then left for 72 hours. It will then be washed and left to air dry outdoors.
- Maps and Compasses - disinfected before and after the walk by the Walk Leader using disinfectant wipes and/or spray.
- Emergency Clothing - to be stored in a sealed large plastic bag, and only handled whilst wearing disposable gloves and face covering. After use, this clothing to be stored in the large plastic bag for 72 hours, then washed and left to air dry outdoors.
- Emergency Equipment - confidence rope and helmets. The Walk Leader will only touch such equipment after having washed/sanitised their hands and wearing a face covering, to either pack in their rucksack or give out to participants to carry. After use, this equipment will be either be wiped down with disinfectant wipes and/or spray by the Walk Leader whilst wearing disposable gloves and face covering OR stored in a bag for 72 hours and then wiped down with disinfectant wipes and/or spray.
- Camping Equipment -The Walk Leader will only touch camping equipment after having washed/sanitised their hands and wearing a face covering, to either pack in their rucksack or give out to participants to carry. After use, this equipment will either be wiped down with disinfectant wipes and/or spray by the Walk Leader whilst wearing disposable gloves and face covering OR stored in a bag for 72 hours and then wiped down with disinfectant wipes and/or spray. With regards to tents, these will be stored in a plastic storage box for 72 hours and then air-dried outdoors for 48 hours before being packed away for future use (thus giving the tents 5 days minimum in between uses).
- Walk Leader to have plastic storage box and/or bags in boot of their car for any used PPE, emergency clothing or equipment. Also, a heavy-duty plastic bag for any used disposable gloves, masks, First Aid equipment etc.
- Walk Leader to check all reusable PPE equipment after cleaning and drying to ensure it is still in good working order.
- Mark Reid (Walk Leader) takes full responsibility for checking that all communal or provided kit has been cleaned and/or quarantined and stored appropriately. We do not lend out much clothing and/or equipment and so this is easy to administer.

RISK

Virus transmission in the outdoors - interactions with members of the Public

WHO - Participants, Instructors, Public | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

- **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, such as toilets.
- **Popular areas** - we will avoid popular venues, busy times, crowded places, pinch points and busy routes wherever possible which may force us to be close to other people. We will avoid stopping at popular summits, wind-breaks, seating areas, viewpoints etc where other members of the public may congregate or come into close contact with us. Other mitigation measures may include splitting the group into two smaller groups as we walk through the busier areas.
- **Narrow paths** - the group will walk in single file, 1+ metres apart. The Walk Leader to look ahead, and if other walkers are approaching then the Walk Leader shall wait with the group in a wide area or to the side of the path to let others pass. If this is not possible, then group members to pull face coverings up as they walk past. In more open areas, then simply give members of the public a 2 metre wide berth.
- **Group photos** - ensure group members adhere to social distancing.

RISK

Virus transmission in the outdoors - Overnight Stays: Wild Camping, Backpacking and Valley Camping

WHO - Participants, Instructors, Public | LIKELIHOOD - Low | CONSEQUENCE - High

CONTROL MEASURES

- The only overnights stays TeamWalking organises are camping trips, either wild camping or backpacking in valley campsites. Each participant will have their own individual tent, unless sharing with a member of their household or support bubble. Social distancing can easily be maintained by pitching the tents at a safe distance apart.
- **Camping Equipment** - All participants asked to provide all of their own camping equipment to avoid sharing items if at all possible. We will continue to provide tents, rucksacks, sleep-mats, stoves, gas and dry-bags, as these are essential items of kit (PPE) and can be cleaned more easily (see above).
- **Tents:** We ask all participants to use their own individual tent, camping equipment and outdoor kit, unless they are sharing with a member of their own household or 'support bubble'.
- **Tent Pitching** - We will pitch our tents 6 metres apart (campsites), with a minimum of 3 metres distance between tents (wild camping). 6 metres = 8 paces; 3 metres = 4 paces. Consider wind direction, so tents are not downwind of each other.
- **Kit List** - A detailed Wild / Backpacking Camping Overview and Kit List to be sent to all participants, along with a 15% Cotswold Outdoor Discount Code.
- **Emergency Shelters** - as each person is carrying their own tent and sleeping bag, then there is no need for the Walk Leader to carry individual survival bags or a group shelter.
- **Campsites:** Pre-book pitches beforehand to reduce time spent in the campsite office.
- **Campsites:** To reduce the risk of transmission, participants and Walk Leader to use communal facilities (toilets, showers etc) at quieter times, check that no-one else is in the building and wear a face covering indoors. Observe social distancing if other people come into the building. Wash hands with soap and water or use hand sanitiser afterwards.
- Everyone to observe social distancing of 2 metres whilst at the campsite or wild camping location.
- We operate a strict 'Leave No Trace' policy - everything we bring with us is taken back out by us.

RISK

Adherence of this Risk Assessment

WHO - Participants, Instructors | LIKELIHOOD - Medium | CONSEQUENCE - High

CONTROL MEASURES

- Walk Leader to regularly read through this Risk Assessment and Covid-19 Code of Practice.
- Walk Leader to demonstrate good practice and social distancing throughout the day.
- Walk Leader to observe the group throughout the day to ensure social distancing is taking place, and actively intervene to remind people. As the group gets to know each other over the course of the day, particularly with multi-day walks, then there is an increased risk that people will 'drop their guard' and forget about social distancing; it is imperative that the Walk Leader is aware of this risk and intervenes to ensure social distancing and hygiene measures are maintained by everyone in the group for the duration of the walk.

PEOPLE WITH DISABILITIES

- Walk Leader to discuss with the participant:
 - a) accessibility needs with regards to hygiene, physical distancing, face coverings etc
 - b) what functional support may be required, and the implications for physical distancing
 - c) Reasonable actions will be taken to mitigate the risks and accommodate people with disabilities, whilst also taking into account the health and safety of all participants taking part. The Walk Leader will produce a specific risk assessment for the event, with appropriate mitigating actions.

This Risk Assessment is very dynamic, and requires the Walk Leader to be very adaptive to change at short notice.

Risk Assessment prepared by Mark Reid: **12th June 2020**

Updated: 6th, 21st, 30th July; 27th August; 12th, 20th & 25th September 2020

This information will be updated as and when necessary to adhere to current Government advice.

Mark Reid is responsible for overseeing compliance (Covid-19 Officer).

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:

- a) You, or anyone in your household, has any Covid-19 symptoms (*cough, fever, loss of or change in your sense of taste or smell*)
- b) You, or anyone in your household, has had a positive Covid-19 test in the previous 14 days.
- c) You have been contacted by the Government's 'test and trace' programme and told to isolate.
- d) 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
- e) 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

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

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.

COVID-19 OPERATING PROCEDURES

Additional Operating Procedures specific for COVID-19.

This to be used in conjunction and alongside our current Operating Procedures and Risk Assessments.

PRE-WALK - Consent Forms, Confirmation Email, Walk Overview, Covid-19 Code of Practice

- All participants to be sent our Covid-19 'Code of Practice', which highlights the key Action Points from our Covid-19 Risk Assessment.
- A revised Consent Form and Health Declaration must be signed by everyone taking part.
- Our Terms & Conditions have been updated to include a revised cancellation policy for clients and provider (TeamWalking) offering a free transfer or 12 months Credit Note for the full amount they paid due to Covid-19 infection prior to the walk, even if it is last minute.
- Change locations of walks to venues with large public car parks and toilet facilities wherever possible.
- Group size to be no more than 10 participants per Mountain Leader. This a maximum, and will often be less.



PRE-WALK - Covid-19 Risk Assessment

- Read through the Covid-19 Risk Assessment before the walk, so the Walk Leader can familiarise themselves with policies and procedures.
- Write a site specific Risk Assessment, if necessary.
- Write briefing notes, specific to the event, to be read out at the Meeting Point.
- Ensure Walk Leader has all necessary PPE, maps and equipment in suitable containers/boxes that are easily accessible in their car boot.



PRE-WALK - Send 'Final Walk Summary' email to participants

To be sent a week or more before the event if possible

- Include as much information as possible in the 'Final Email' to minimise briefing time in the morning of our walk, including weather forecast, kit list, possible routes etc. This to be done online via email information, website links, video tutorials or Zoom briefings (if appropriate).
- For our Navigation Courses (NNAS, Mountain Skills) then the pre-walk briefings will include video learning tutorials and online ZOOM webinars before the course.
- This will move all of the briefing time that we previously spent in the pub/cafe in the morning of the walk to online information and/or learning prior to the walk.
- Ensure all participants have received the Confirmation Email and Final Walk Summary email, as well as the Covid-19 Code of Practice. This is also clearly displayed on our website.
- Send the most up-to-date Covid-19 Code of Practice to all participants prior to the course/walk
- It is essential that all participants complete and return a Consent Form prior to the course/walk (NHS Test & Trace)



MORNING OF WALK / CAR PARK

- Brief the Covid-19 Code of Practice to the group; observe its policies and procedures throughout the walk.
- Verbal confirmation for: Understood Covid-19 Code of Practice; Health Declaration; legally able to attend.
- Use an area of the car park away from members of the public, with space for social distancing.
- Ask participants who intend to use public toilet facilities or other indoor spaces to use a face mask & hand sanitiser.
- Summarise the pre-course briefing information, to ensure everyone has read and understood it (weather, kit, route etc)



DURING THE WALK

- To reduce the risk, the Walk Leader will endeavour to be self-reliant as much as possible, and undertake walks and choose venues that they know and that are within the limits and capabilities of the group as much as possible. Mountain Rescue help may be slower to respond with reduced capability if we get into any difficulties.
- The Walk Leader must pay particular attention to the weather forecast and prevailing weather conditions, and take this into account when planning routes as well as dynamic route choice on the walk. The route choice will be dependent on the purpose of the walk, experience and fitness of participants, time available, weather forecast plus other dynamic considerations.
- Dynamic and flexible group management and Risk Assessment by the Walk Leader is key to manage unforeseen circumstances, hazards, appropriate route choice, achievability, timings, capabilities etc, and to reduce risk of accident or injury as much as possible. Monitor the group throughout the day and change plans accordingly. Consider easier options if they are available; avoid taking unnecessary risks; avoid being too goal orientated.
- Dynamic, adaptive and flexible route choice during the walk to avoid popular areas, pinch points etc.



POST-WALK

- Post walk debrief will be completed outdoors.
- How is everyone feeling? What feedback is there from people about the Covid-19 Code of Practice.
- Explain to participants what to do if they experience Covid-19 symptoms within the following 48 hours. If they develop symptoms after the walk, apply for a COVID-19 test and support NHS contact tracing if requested. If NHS contact tracers ask for the details of anyone on the walk, contact TeamWalking