

## COVID-19 Code of Practice: 1st December 2021

With some simple policies, procedures and protocols then we can all continue to enjoy the Great Outdoors whilst minimising the risk of transmitting infectious diseases, including Covid-19. Valley, hill and mountain walking are extremely healthy activities, with plenty of space and fresh air to enjoy the beautiful landscapes. So, I respectfully ask to you to read through this Code of Practice and adhere to its recommendations. **Our priority is your safety, enjoyment and satisfaction.**

### Statement of Participation

As we now understand, the risk of transmitting Covid-19 is much lower outdoors than indoors. This Code of Practice is written in accordance with Government guidance to reduce this transmission risk as far as possible; however, I must make you aware that there is still a low risk of virus transmission when taking part in one of our walking activities, which I cannot eliminate.

### Covid-19 Health Declaration

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

- a) You have had a positive Covid-19 test in the previous 10 days.
- b) You have any Covid-19 symptoms (*cough, fever, loss of or change in your sense of taste or smell or generally feeling unwell*).
- c) Someone you live with or a close contact has Covid-19 symptoms or has tested positive for Covid-19 in the previous 10 days and you have **not** been fully vaccinated. *As a close contact, you may attend if you have been fully vaccinated, a recent negative PCR test, you have no Covid-19 symptoms and NHS Test and Trace have confirmed that you do not have to isolate.*
- d) You have been contacted by NHS Test and Trace and told to isolate in the previous 10 days.
- e) You have returned from abroad in the previous 10 days and are required to quarantine.
- f) Local, regional or devolved government travel or gathering restrictions apply to you.

*It is your responsibility to check Government Guidance and comply with any restrictions where you live.*

### Free Transfers - Peace of Mind

- If you are unable to attend due to Covid-19 symptoms, self-isolating or restrictions please let Mark Reid know before the walk begins, and Mark will issue you with a credit note to be redeemed within 12 months.

### Organised Outdoor Events & Group Sizes

- As our courses and walks are Organised Events then they are subject to this Covid-19 Code of Practice as well as our Operating Procedures and Risk Assessments.
- To ensure social distancing as much as possible, we are operating with a maximum group size ratio of 15 participants per Mountain Leader. This is a maximum number, and will often be less.
- You must adhere to current Covid-19 Legislation, Regulations & Guidance before & after our Organised Event.

### Lateral Flow Tests - multi-day walks

- For multi-day group walks and specific day walks, then we ask you to take a free NHS Rapid Lateral Flow Test (LFT) the day before the walk, irrespective of whether you have been vaccinated. These are quick and easy to do and give you a result within 30 minutes. **NB:** *We ask you to take a LFT in consideration of your fellow walkers. This is because a percentage of Covid-19 cases are asymptomatic, you can still catch Covid-19 after having had two vaccinations and some of your fellow walkers may be vulnerable to Covid-19.*
- We will verbally ask you to confirm your negative LFT at the pre-walk briefing.

### Multi-day Courses or Walks

- Our 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.
- Please organise your own overnight accommodation (excluding Wild Camping and Backpacking) and evening meals. You must adhere to current Coronavirus Regulations/Guidance at your accommodation or whilst in pubs/cafes/restaurants.
- We will sometimes organise indoor social activities, such as meals, quizzes or coursework. If we do arrange any indoor activities, then these will be arranged specifically for each event and participants will be notified by email or verbally. We will take into consideration how crowded the venue is, ventilation, group size, each individual's personal choice & Lateral Flow Tests. Table sizes of no more than 10 people, plus Walk Leader.

### 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).
- Some of our Navigation Courses and multi-day walks will have pre-walk briefings online using ZOOM.

### Meeting Point, Toilets, Facilities

- We will meet outdoors in a public car park, parking area or village centre, with plenty of space and toilet facilities if possible. The entire day will be spent outdoors in the open air. If we call into cafes, pubs or shops along the walk, then it is down to each individual to decide whether they sit inside or outside.

## Social Distancing

- Venue choice, teaching methods and how we guide our walks will be adapted to adhere to social distancing.
- We will adhere to social distancing by staying 1+ metres\* apart during the day. It is everyone's responsibility to maintain physical distancing and good hygiene throughout the day.

## Face Coverings

- There is no need to wear a face covering during the walk as we will be outdoors.
- For times when we need to briefly get closer than 1 metre, when you go indoors, shops or into a crowded area then you may be required to wear a face covering. 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.

## Personal Hygiene

- 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 maps, compasses).
- Avoid touching your face with your hand or fingers; wipe your face with the inside of your bent elbow instead.
- Make sure you follow good respiratory hygiene, which means covering your mouth and nose with your bent elbow if you cough or sneeze.
- Please avoid sharing items wherever possible, e.g. food, drinks, clothing, pens, kit etc.

## Travelling

- If you car share or use public transport to travel to the meeting point, then please wear a face covering, with good ventilation (open windows) and as much social distancing between you and other passengers as possible.

## Outdoor Clothing and Kit

- We ask that you bring all of your own outdoor clothing, gear and kit you will need for the walk (waterproofs, gloves, fleeces, rucksack etc) as well as food and water. *We can provide outdoor kit if required, as it is essential that all participants are suitably dressed and equipped for their chosen activity.*
- Your Walk Leader will carry emergency clothing & equipment (e.g. shelters), as this is a safety requirement.

## First Aid

- 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 provide a Survival Bag 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, conservation organisations) in our choice of parking, venues and use of local facilities.

## After the walk

- If you develop Covid-19 symptoms after the walk then apply for a COVID-19 PCR 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)

*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*)

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\* Mitigation measure for 1+ metres include: (A) keeping the time spent at 1+ metres to a minimum (B) being outdoors (C) face coverings if necessary (D) standing or walking side-by-side (E) taking wind direction into account

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

Prepared: 12th June 2020. Updates: 21st Aug, 12th Sept, 20th Sept, 25th Sept, 2nd Dec 2020 / 26th March, 13th May, 1st August, 1st Sept, 1st Dec 2021

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This Code of Practice will be updated as and when necessary to adhere to current Government legislation, as well as advice from Sport England, Mountain Training & NNAS.