



Stockport Walkers

100 years and more of the great outdoors



Taking part in COVID-safe walks / events

Information for walkers

Due to COVID-19 we have changed the way our walks are organised, by taking a few extra measures, we can keep each other safe and trust Members will do their best to follow this guidance.

Although risks have diminished to fully vaccinated Members it remains important that we protect each other from infection. Unvaccinated Members should consider their enhanced risk of infection and transmission before attending a walk or club event.

This guide supplements the normal walking 'Guidance for Walkers' in the Club Handbook / on Club Website

1. Before a walk / event

If you have any COVID-19 symptoms you **must not** attend any of our walks / events. Equally if someone else from your household has COVID-19 symptoms you **must not** attend.

Consider enhanced risks if you are 'clinically vulnerable'

Plan how you will get to the walk / event and follow the latest Government guidance on car sharing and public transport.

Look at the walk programme to help you choose a walk – you may want to try a shorter or easier route if you have not been walking as much as you normally would.



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2. On a walk

Bring your own alcohol-based hand sanitiser. Carry a face covering in case of incidents.

Avoid touching gates and stiles where possible. If not possible, wash your hands as soon as you can with alcohol-based hand sanitiser.

Do not share food & drink.

Follow the government guidelines on physical distancing.

When other walkers are passing, remember to stand back and give way.

Let the walk leader or backmarker know if you are having problems, feel unwell, or need to slow down or stop.

3. After a walk / event

If you develop symptoms after the walk / event, apply for a COVID-19 test and support NHS contact tracing if requested.

If tested positive, immediately advise the Walk Leader / Event Organiser and the Chairperson, who will consider how best to advise Members who attended the walk / event of the risk of transmission. They will either arrange to contact the individual walkers or for a warning to all Members by email.

It is important that Walk Leaders / Event Organisers request the contact details of any Non-Members (New walkers or Guests), in case of any need to make contact as above, stating for what purpose it will be used, so as not to contravene our Data Protect Policy

It is no longer a requirement for the Club (Leaders / Organisers) to keep records for NHS Track & Trace, however we do want to keep our Members safe and be able to contact Members and Visitors, should the need arise, by following the above procedures.

It is the Members responsibility to comply with the latest Government Guidance on testing / isolation.