

Aide memoir for leaders during COVID-19 restrictions.

Preparing for the walk:

Apart from all the usual preparation (walk-out etc), make sure that you have completed a **Risk Assessment form** which has to be kept for one year.

The following are also recommended by The Ramblers:

1. Carry a simple first Aid kit (dressings and antiseptic wipes for example)
2. Have a face covering, gloves and spares in case of incidents
3. Carry hand sanitiser and gloves (so that you don't have to touch gates and stiles etc)

At the start of the walk:

During your usual 'briefing', it is recommended that you:

1. Confirm that no one has any Covid symptoms and has not, to the best of their knowledge, been in contact with anyone who has.
2. Remind everyone about physical distancing and hygiene measures (avoid touching surfaces of stiles/gates etc - thus the gloves).
3. If there are any incidents that involve assisting a non family member, ensure that gloves and face covering are used.
4. Inform of any possible hazards and how they might be managed (such as narrow paths where you might be passing others and might have to stand aside to give way or, again, stiles and gates where people are likely to come into close proximity with each other)
5. Make sure you have list of all attendees and a contact number or email for contact tracing if that becomes necessary. This should be kept for 21 days, after which it must be destroyed.
6. Back marker needed on most walks due to distancing

After the walk:

Apart from the usual thanks etc, remind everyone that, **should they develop symptoms within 48 hours of the walk**, they should apply for a COVID-19 test and support the NHS contact tracing if necessary.