

## Valeways Walkers Covid-19 Guidelines (Version 2 Dated 11<sup>th</sup> August 2020)

- It is every walker's responsibility to comply with the Welsh Government's Covid-19 regulations and guidelines on any led-walks attended.
- If anyone is feeling unwell, they should not attend a led-walk.
- Social distancing must be maintained at all times from other walkers and members of the public.
- If a walker suffers any symptoms within 7 days of the led-walk attended, they need to contact [info@valeways.org.uk](mailto:info@valeways.org.uk) or ring Paul on 07974 772102 and state the walk leaders name and date of walk., We recommend you request a Covid-19 test. Walk leaders will confirm contact details before the walk commences.
- Wearing gloves is recommended to avoid cross contamination on stiles and gates.
- Walkers using gloves should wash these regularly.
- The wearing of face masks is optional unless the regulations change to require them.
- If other walkers are encountered on a path, this should be communicated by shouting (in the same way as we call attention to oncoming vehicles) and making space for social distancing by backtracking if necessary.
- Hands should be sanitised with an alcohol-based sanitiser if any food or drink is to be consumed on the walk.
- If walkers choose to take a photo or use a phone, it is recommended to first remove potentially contaminated gloves, take the photo, store the camera/phone, and replace gloves. Sanitise the phone/camera the earliest opportunity.
- Walk leaders/first aiders will supply medical materials (e.g. plasters) maintaining the social distancing but if the injury is more serious they will administer any treatment necessary using disposable gloves, and face masks will be worn by the first aider and the patient.