

Coronavirus - Guidance for members of Monmouth Rambling & Hillwalking Club

21 August 2021

Restrictions on our walking activities have eased considerably although there are still differences between regulations and guidance on the Welsh and English sides of the border. However, we believe that the following guidance notes will help us to enjoy our walking safely.

1. We can now walk in groups of any size. To assist with track and trace and to pre-empt issues with car parking, we will continue to request that you book in with the walk leader. A record of all those on a walk will be kept for 21 days after the walk.
2. All members should self-check their well-being on the day of the walk and only join the group if they feel physically well. Walkers aware they have been in close contact with coronavirus-positive people must not walk with the group and should self-isolate in accordance with the Government guidelines.
3. If you car share with others who are not from your household or extended household you will, of course, be within 2 metres of each other so you should take precautions to reduce the risk of transmission. You should avoid physical contact, wear a face covering, try to face away from others and keep the time you spend in the car with others as short as possible. Keeping the windows open will also help.

The decision whether or not to offer lifts rests entirely with the driver. If you need a lift to and from the start of a walk, you should ensure beforehand that someone is willing to give you a lift. You must be willing to comply with the driver's wishes in terms of face covering, ventilation and so on.

Please respect a driver's right to decline to take you.

4. Although there is now no social distancing requirement outdoors, you can still exercise your own personal choice to distance if that is what you want to do. If other people want to keep their distance, you should respect their choice also.
5. Personal and walking equipment should not be shared.
6. Bearing in mind that some paths may not be as clear of obstacles and vegetation as we would normally expect, members must satisfy themselves that they are comfortable joining an organized walk. When navigating obstacles such as stiles and gates allow each walker to pass through without assistance. Consider the use of hand sanitizer after negotiating these obstacles.
7. Personal protective equipment (ppe) is not currently advised for walking outside but may be worn if desired.
8. It would be helpful if all walkers could carry a mask/face covering, a pair of disposable gloves and hand sanitizer for their own use or for use during emergency first aid.
9. Greater care is advised to prevent accidents.
10. Please use appropriate material to cover sneezing or coughing or sneeze or cough into your upper arm area to avoid potential virus spread.
11. Soap and water hand hygiene is recommended before leaving home and on returning home.
12. If you are tested positive for coronavirus shortly after attending one of our walks please let the walk leader know so that we can notify others in that group.