

# **Coronavirus - Guidance for members of Monmouth Rambling & Hillwalking Club**

## **28<sup>th</sup> November 2024**

Following the guidance notes below will help us to enjoy our walking safely.

1. All walkers must book in for the walk with the walk leader. The list will enable walkers to be contacted after the walk should any of the walkers test positive for coronavirus shortly after the walk.

Note: As a more general safety precaution, a minimum of 4 persons (including the walk leader) are required for a walk to take place.

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 let the walk leader know and not car share.
3. Whilst car sharing is encouraged from an environmental point of view, it is recognized that not everyone may be happy to share a car with persons outside of their household.  
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. Please use appropriate material to cover sneezing or coughing or sneeze or cough into your upper arm area to avoid potential virus spread.
6. Soap and water hand hygiene is recommended before leaving home and on returning home.
7. If you test 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.