

# Guidance for Walk Leaders and walkers

## COVID-19: RETURN TO ACTIVITY

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Following the government announcement on 16<sup>th</sup> Aug, most of the remaining Covid restrictions have been removed from organised sport. Here are some other things to continue to bear in mind for your walks:

### COVID-19 Symptoms and Self-Isolation

You must still ensure that no one attends a walk if they have any covid-19 symptoms. If you or a walker/Leader (or someone in their household) has a new, continuous cough, a high temperature or a loss or change of taste or smell, they should self-isolate and get a test.

You can find more information on the government website in the [section on people who need to self-isolate](#) and about the main [symptoms of coronavirus here](#).

From 16 August, if you are fully vaccinated or under the age of 18 and 6 months, you do not need to self-isolate following close contact with someone who has COVID-19. You still need to take a PCR test and self-isolate if it is positive.

### NHS Test and Trace

While it is no longer a legal requirement, Walk Leaders may want to use the NHS Test and Trace app, and/or continue to take bookings and keep a register when running sessions, to support the test and trace system. You can download and display your own [QR code poster](#) here and encourage walkers over the age of 16 check-in before taking part in a walk.

Where walkers cannot scan QR codes, Walk Leaders would still record their attendance in accordance with GDPR regulations, keeping details of all walk attendees for 21 days and providing data to NHS Test and Trace if requested. There is [more information here](#).

### Take part safely

You should continue to follow good hygiene practices, and avoid sharing equipment where possible, to reduce the risk of transmission.

### Further resources:

Here is the [Government guidance for sport in England](#) and the Sport England [Frequently asked questions on the national coronavirus restrictions | Sport England](#) that may be useful for finding further information.

**Important: Please do not attend a walk if you are showing signs of coronavirus. Follow [NHS advice](#) to self-isolate and get a test.**

**DISCLAIMER:** This guidance is for general information only and does not constitute legal advice or replace any Government or PHE advice; nor does it provide any specific commentary or advice on health-related issues. Affected organisations/persons should therefore ensure that they seek independent advice from medical practitioners, or healthcare providers, prior to implementing any return to sport & physical activity, as required. While efforts have been taken to ensure the accuracy of this information at the time of publication, the reader is reminded to check the Government website to obtain the most up-to date information regarding social distancing and any other Government measures