



Guidance for Health Walks Participants

COVID-19: RETURN TO ACTIVITY

Version 12 – published 24th March 2021

Important: If you are showing symptoms of the virus or have been in contact with someone displaying symptoms within the last two weeks, then you should stay at home until a NHS practitioner advises you that you no longer need to remain in isolation.

INTRODUCTION

These guidelines have been produced in line with the Government announcement on 22nd February 2021 on the Spring roadmap out of lockdown restrictions and the subsequent Government guidance on [gatherings, public spaces, and outdoor activities](#) and the [phased return of outdoor sport and recreation](#) published on the Gov.uk website

Organised outdoor sport and physical activity for adults and children can return from 29th March 2021, it is exempt from the legal gathering limits. The threshold on participant numbers will be decided by each national governing body (NGB) or organising organisation and will follow Covid-secure guidance.

All Somerset Activity and Sports Partnership (SASP) guidance will be updated as per Government guidelines when they are made available or as soon as possible thereafter.

The safety and wellbeing of all our participants, staff, volunteers, coaches, and the wider community is paramount within the guidance that SASP is distributing. We know that several people will be keen to resume sport and physical activity as soon as it is safe and appropriate for them to do so. SASP recognises that wish BUT at the same time wants to ensure that the safety and wellbeing of everyone in the sport and physical activity community, facility providers and the wider community is considered as the priority.

The safe and timely exit from lockdown places a heavy burden of responsibility on all participants to fully adhere to the following measures. Failure to do so will at least lead to adverse public reaction and subsequent loss of trust, and at worst result in a resurgence of the virus necessitating in a further lockdown

As the weeks progress, Government restrictions may or may not be eased further. If they are, SASP will update its advice accordingly. It is essential everyone is clear about the restrictions and works together to manage social distancing and strict hand hygiene.

SECTION 1: BEFORE & AFTER ACTIVITY

STAY UP TO DATE

Government information around social distancing is available [here](#) and should be read in full

- Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of SASP guidelines for participants
- Those with an underlying health condition which makes them 'clinically extremely vulnerable' and who have been advised to shield must follow specific UK Government advice – refer to current [UK Government guidance](#). If unsure, please follow medical guidance from your GP. It has been confirmed that from 2nd December 2020 shielding will not be required.

BEFORE LEAVING HOME & AFTER YOU RETURN

- Wash your hands with soap and water for at least 20 seconds before leaving home (or use an alcohol gel if washing hands is not possible).

BOOKINGS

- New walkers will be required to complete and sign a health commitment statement (HCS) form (available from your walk leader) before booking onto a walk. If an individual has been shielding, they need to follow medical advice from their GP.
- Ensure you have booked your session in advance, either with your walk leader or on the SASP website at <https://www.sasp.co.uk/events> if your Walk Leader uses this site.
- Do not turn up to a walk without booking, we need to limit numbers and take each walkers details (name, email & contact number) for NHS track & trace to ensure everyone's safety. Remember you cannot bring any additional people along if they haven't booked
- This information (name, address & contact number) will be destroyed after it is no longer required for NHS track and trace. Please contact SASP if you require any further information on our GDPR procedures.
- Let the walk leader know if things change - If things change and you can't make it, please cancel your place or let the walk leader know as soon as possible so that someone else can go
- If your medical conditions have changed since you completed a health walks consent form, please ensure that you discuss this with your walk leader before attending

EQUIPMENT

- Take hand sanitizer with you
- Walkers are recommended to use their own equipment. Do not share equipment, such as walking poles
- Walkers should not share items such as clothing & towels
- High vis jackets should not be shared at any point during a session. Walk Leaders should bring their own.
- Bring a full water bottle, and do not share food or drink with others
- Ensure you take all your belongings with you at the end of the walk

TRAVELLING TO AND FROM THE SESSION

- Avoid using public transport if possible
- Please remember you are **NOT** allowed to share a car with someone outside of your household or social bubble
- Arrive as close as possible to when you need to be there
- Use alcohol gel after touching any gates, fences and path furniture. Avoid doing so where possible
- Allow space at walk meeting point / car park for other walkers and members of the public to use the space while maintaining social distancing. If you need to wait then do so clear of any entrances/gates
- Ensure you leave the walk finish point / car park soon after the end of the walk and avoid congregating so that it is accessible for other users

SECTION 2: DURING YOUR SESSION

ACTIVITY

- Official Health Walk sessions should be limited to individuals or groups of no more than 30 people, including the Walk Leader(s). This is a maximum and not a target, your Walk Leader may choose to start with smaller groups.

- Any equipment sharing should be avoided, such as walking poles
- Walk responsibly - when other walkers are passing, remember to stand back and give way
- Always follow the [Countryside Code](#). Know where you can and can't walk and be considerate to others

MAINTAIN SOCIAL DISTANCING

Other than where participants are from the same household:

- Stay at least two metres away from other participants (including during activity, when taking breaks and before and after the session)
- Do not make physical contact with other participants (such as shaking hands)
- Pay careful attention to the instructions of the Walk Leader

HYGIENE

- Hand hygiene is imperative - use alcohol gel to clean your hands after touching a shared surface
- If you need to sneeze or cough, do so into a tissue or upper sleeve
- Avoid touching your face

EQUIPMENT & FACILITIES

- Walkers are recommended to use their own equipment if possible.
- If you are sharing equipment such as fold out chairs, you should wash or sanitise your hands before and after use, and all contact points on the equipment should be cleaned after each session using a suitable cleaning solution or antimicrobial wipes.
- Be aware that onsite toilet facilities may not be open. Where they are open, walkers are advised to take particular care when using them and clean hands thoroughly after use
- Ensure you leave the walk finish point / car park soon after the end of the walk and avoid congregating so that it is accessible for other users. Please follow Government guidance and social gatherings after walks. Social gatherings after walks of up to 6 people outside are allowed from 29th March and in more than 6 people from 17th May (subject to change).

FIRST AID

Walk leader volunteers do not have to be first aid trained and are under no obligation to offer first aid. However, should a Walk Leader or participant be first aid trained and wish to perform first aid then the following must be observed:

- Walkers are requested to indicate as soon as possible if they do not require assistance
- If you get injured or require first aid, a member of your household can assist you, if present. But others will still need to socially distance unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care.
- If there is a first-aider or other medical personnel present, they should be equipped with the appropriate PPE (face mask, gloves etc) to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance
- For guidance on First Aid during Covid-19, please refer to [St John's Ambulance](#)

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