

# **INFORMATION AND GUIDANCE FOR WALKERS – 1 May 2021**

## **Before the Walk**

- If you have changed address, phone number or email since your last walk with the group then please let any committee member have your new details.
- If you or anyone else in your household has any Covid-19 symptoms you must not go on the walk.
- All walkers are advised to bring their own hand sanitiser, and face coverings with them.

## **Getting to the walk**

- For the time being minibuses will not be used to get you to and from the walk starting point, so you will need to make your own arrangements for getting to the walk.

## **On the walk**

- A register will be taken at the start of the walk of all the walkers who have turned up.
- Walkers must follow all safety advice given by the walk leader.
- Walkers should maintain physical distancing.
- Walkers should avoid touching gates, stiles etc. where possible, if you do, then sanitise your hands afterwards.
- Walkers should not share food and drink or equipment such as walking poles.
- Walkers should stand back and give way to let other walkers pass.

## **After the walk**

- If you develop Covid-19 symptoms after the walk please contact an AWG Committee member as soon as possible.

**Finally ..... Relax and enjoy the walk!**