

## Attending Stride Walks

### Information for Members (Covid-19)

Future Stride Walks will be notified in the normal way with an updated web page and notice by E mail from either Tim Firth or Steven Kitching.

The number of walkers on Stride walks will be restricted to 16 per walk.

**Do Not just turn up on the day!**

**When a Stride walk is notified members MUST book their place in advance with the walk leader and be prepared to adhere to the following requirements.**

**The walk leader will keep a record of all people on the walk**

**Check for symptoms - if you have any Covid-19 symptoms you must not attend the walk**

If you pre-register and are then unable to attend please let the walk leader know as soon as possible so that someone else can take your place.

**Please bring with you Hand Sanitiser/wipes, Face Covering/Mask and disposable gloves for use in appropriate situations.**

Plan how you will get to the walk, following the latest Government advice on travel which can be found here!

Coronavirus (COVID-19): safer travel guidance for passengers - GOV.UK ([www.gov.uk](http://www.gov.uk)) which categorically states under car sharing:

**"In a tier 2 or 3 area car sharing is not permitted with someone from outside your household or your support bubble unless your journey is undertaken for an exempt reason. For example, if car sharing is reasonably necessary as part of your work." Unfortunately attending an organised walk does not constitute an exempt reason. So, car sharing is not permitted unless with your household or support bubble.**

During the walk maintain physical distancing in accordance with government guidelines especially on narrow pathways adjust your pace to the person in front of you!

Avoid touching gates and stiles where possible but if you do, remember to use your hand sanitiser/wipes as soon as you can afterwards.

When other walkers are passing remember to stand back give them as much room as possible.

Do not share food, drink or equipment.

**If you develop symptoms after the walk, apply for a COVID-19 test and support NHS Track & Trace if requested. Contact the Walk Leader/ Secretary for details of members who attended the walk.**