

**BRADFORD HF**  
**Walking & Social Club**  
**Risk Assessment and Advice to Walkers**

Taking part in COVID-19 safe walks, information for walkers, leaders and members: -

Due to COVID-19 we have to change the way our group walks are organised. By taking a few extra measures, we can keep each other safe. This guide outlines the steps that everyone must take when joining an organised Bradford HF walk.

After much research we concluded that as an organised outdoor activity group we are exempt from the "Rule of 6". However, as of 22<sup>nd</sup> September things may well change again and we have no information on how that will affect walking groups. Accordingly, we intend to proceed with bookings and the rule of 6 until things are clarified. We will inform you about any changes as they become clearer.

Finding a walk, Check the current walking Schedule or Walking Program on the website. If you're unsure, or have any questions, please contact the walk leader or Ramblers Secretary. If appropriate, book onto the walk although this is not strictly required, as the leader will keep a record of who is in attendance. Our walks are currently limited to a maximum of 25 people, although some may be smaller. As an BHF member your contact details are already on file, do ensure that they are current and up to date, this is in order to support the NHS tracing system.

Avoid touching gates and stiles where possible, if you do, wash your hands as soon as you can. You can also use a disposable plastic bag, or latex gloves.

We recommend you carrying alcohol-based hand sanitiser, a face mask and basic first aid kit.

Do not share food & drink, or equipment with anyone other than your partner.

Walk responsibly and enjoy it! When other walkers are passing, stand back and give way.

Let the walk leader know if you are having problems, feel unwell, or need to slow down or even stop.

Please follow the Countryside Code – COVID-19 version.

If you have COVID -19 symptoms or suspect that you might have you PLEASE DO NOT attend a group walk. Wait and see what develops, there is always another one to go on.

Wear suitable clothing and footwear for the conditions – if in doubt, again ask the walk leader.

We would recommend also that the walk leader should carry a First Aid kit some basic PPE equipment together with some hand sanitizer all to be supplied by the club. They should also carry a document pack consisting of this Risk document, a current walking Program and a contact list for all members.

Plan how you will get to the walk, where possible, minimising the use of car sharing and public transport. Follow the latest government advice on travel.

On the walk Follow the government guidelines on physical distancing and any other requirement.

Listen to the walk leader's briefing so you know what to do and follow the latest guidelines.

If you develop symptoms AFTER the walk, do please contact the Club via the leader or the Ramble Secretary, apply for a COVID-19 test and support NHS contact tracing if requested.

