

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 a maximum of 30 per walk this figure will be reviewed after 21st June.

Plan how you will get to the walk! Travel to and from walks must be undertaken as per the latest Government Covid travel guidance which can be found at

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#social-contact> from which you will see the guidelines under which car sharing is currently permitted.

Please note that parking limitations will sometimes mean we will have to restrict numbers!

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.

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 to 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.