

# Restarting Ramblers activities – quick guide

Restrictions are starting to ease, but it's clear that COVID-19 has not gone away.

Our priority remains to protect the health and wellbeing of Ramblers members, volunteers and staff, and to help suppress the spread of the virus.

We need to be sure that Ramblers activities can be carried out safely, and in line with the latest government guidelines in England, Scotland and Wales.



Remember – things are changing all the time, and some activities will be able to start before others.

## Our key principles

- We are using **five criteria** to assess activities and guide our decision-making.
- For an activity to re-start, it must meet all five criteria.
- We will review things regularly as government guidance changes in England, Scotland & Wales. **There may be differences across the nations.**
- Activities may be suspended again at short notice, in line with government guidance.
- Everyone needs to think about their individual circumstances, and consider the risks – to make a choice which is right for them. See **page 2** for more information.

## Our criteria



### Social contact

*Can the activity be carried out in line with the latest government guidelines?*



### Physical distancing

*Can the activity be carried out while maintaining 2 metres distance from others?*



### Health & safety

*Can the activity be managed safely, and whilst protecting the health of individuals?*



### Travel

*Can we travel to and from the activity, whilst following the latest government guidelines?*



### Acting responsibly

*Can the activity be carried out in a responsible way – is it the right thing to do?*

# Your volunteering – things to consider

Everyone has been affected by COVID-19 in different ways.

We recognise that many people are looking forward to walking and volunteering again, and that some people are understandably nervous about taking part in group activities.

It's essential that everyone considers the individual risks involved in taking part in Ramblers activities at this time – and that you **make a decision that is right for you**.

Before volunteering, you should ask yourself **three questions**:

## 1. Do you (or does someone else from your household) have COVID-19 symptoms?

*If so, you should self-isolate for 7 days. If another person in your household has symptoms, you should self-isolate for 14 days.*

*You must not take part in Ramblers activities during this time.*

*Symptoms include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste. Find out more about COVID-19, and what you should do if you have symptoms on [the NHS website](#).*

## 2. Are you 'clinically vulnerable'?

*If you (or someone you live with) are at higher risk of getting seriously ill from coronavirus, you should take extra care to minimise contact with others from outside your household.*

*Taking part in a Ramblers activity may put you and those around you at higher risk. **It may not be the right decision at this time.***

*Remember – everyone over 70, and those with certain underlying health conditions are considered to be 'clinically vulnerable'. You can find more information [on the NHS website](#).*

## 3. Do you want to volunteer, and do you feel safe and comfortable doing so?

*Volunteering is a personal choice. There will never be any obligation or pressure to volunteer or take part if you don't want to, or are not able to at this time.*

*There are lots of ways to get involved from home too – get in touch to find out more: [volunteersupport@ramblers.zendesk.com](mailto:volunteersupport@ramblers.zendesk.com)*

- For the latest updates on our response to COVID-19, visit: <https://www.ramblers.org.uk/volunteer-zone/coronavirus.aspx>
- If you have any questions about what this means for you or your group, please contact: [volunteersupport@ramblers.zendesk.com](mailto:volunteersupport@ramblers.zendesk.com)