

# Ramblers Restart: Taking part in COVID-safe walks

## Information for walkers

Due to COVID-19 we have to change the way Ramblers 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 Ramblers Group or Walking for Health walk.

### 1. Finding a walk

#### ✔ Check the walk listing

Look at the walk listings to help you choose a walk – you may want to try a shorter or easier route if you haven't been walking as much as you normally would.

If you're unsure, or have any questions, please contact the walk leader or named contact.

#### ✔ If appropriate, book onto the walk in advance

Our walks are currently limited to a maximum of 30 people in England & Wales, or 15 people from 5 households in Scotland - although some may be smaller. Groups may ask you to sign up for the walk, or you may need to contact the walk leader directly to confirm your place.

If things change and you can't make it, please cancel your place, or let the walk leader or contact person know as soon as possible.

### 2. Before the walk

#### ✔ Check for symptoms

If you have any COVID-19 symptoms you must not attend the group walk.

#### ✔ Clothing and what to take

Wear suitable clothing and footwear for the conditions – if in doubt, ask the walk leader. Bring your own food and plenty of water.

You may want to bring your own alcohol-based hand sanitiser, face covering and basic first aid kit.

We recommend that the walk leader also brings a first aid kit, but for minor incidents it may be better to use your own.

#### ✔ Getting to the walk

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 and transport in [England](#), [Wales](#) and [Scotland](#).

### 3. On the walk

#### ✔ Follow the government guidelines on physical distancing

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

✔ **Register your attendance**

Provide the Walk Leader with your contact details to support NHS contact tracing.

✔ **Avoid touching gates and stiles where possible**

If you do – wash your hands as soon as you can. We recommend carrying alcohol-based hand sanitiser.

✔ **Do not share food & drink, or equipment such as walking poles**

✔ **Walk responsibly and enjoy it!**

When other walkers are passing, remember to stand back and give way. Let the walk leader or backmarker know if you are having problems, feel unwell, or need to slow down or stop.

Please follow the [Countryside Code – COVID-19 version](#) or [Scottish Outdoor Access Code](#).

## 4. After the walk

✔ **If you have symptoms**

If you develop symptoms after the walk, apply for a COVID-19 test and support NHS contact tracing if requested.

If you have any questions contact us at: [coronavirus@ramblers.zendesk.com](mailto:coronavirus@ramblers.zendesk.com)

### Related resources

- Government travel advice in [England](#), [Wales](#) and [Scotland](#).
- [Countryside Code – COVID-19 version](#)
- [Scottish Outdoor Access Code](#)

