

## COVID-19 Code of Practice

### Statement of Participation

As we now understand, the risk of transmitting Covid-19 is much lower outdoors than indoors. Our Code of Practice is written in accordance with professional guidance to reduce this transmission risk as far as possible; however, there is still a low risk of virus transmission, which we cannot eliminate.

### Health Declaration

For the protection of all, you must NOT attend if:

- You, or anyone in your household, has any Covid-19 symptoms (*cough, fever, loss of or change in your sense of taste or smell*)
- You, or anyone in your household, has had a positive Covid-19 test in the previous 14 days.
- You have been contacted by the Government's 'test and trace' programme and told to isolate.

### Free Transfers - Peace of Mind

- If you are unable to attend due to Covid-19 symptoms or self-isolating, please let Mark Reid know before the walk begins, even if it is very last minute, and Mark will issue you with a credit note to be redeemed within the next 12 months. In this case, please contact Mark on 07711 264019.

### Pre-Walk Briefings

- Most of our pre-walk briefings for guided walks and outdoor courses will be done online via email information, website links and/or video tutorials (if appropriate). *Please ensure you read any emails carefully and fully.*
- Some of our Navigation Courses (NNAS, Mountain Skills) will have pre-walk briefings online using ZOOM before the course (Zoom is free and easy to use).

### 100% Outdoors - Meeting Point, Toilets, Facilities

- We will meet outdoors in a public car park or parking area, with toilet facilities if possible.
- The entire day will be spent outdoors in the open air.

### Social Distancing

- We will adhere to social distancing by staying 2 metres apart throughout the day. Where this is not possible, then we will stay at least 1+ metres apart, with mitigation measures in place\*
- Venue choice, teaching methods and how we guide our walks will be adapted to adhere to social distancing.

### Fabric Face Coverings

- If there are times when we need to briefly get closer than 2 metres then please wear a fabric face covering or face mask (*e.g. a busy section of narrow path*). These should be practical to wear in an outdoors setting, as well as quick and easy to put on and off, for example a 'Buff' neck gaiter, bandana or scarf.
- Please pull up and down your fabric face covering by touching the sides of the face covering; do not touch the front of your face covering with your hands.
- It is your choice whether you wear a face covering whilst walking and social distancing.

### Personal Hygiene

*We ask that you follow national guidance, as follows:*

- Wash your hands thoroughly with soap and water before and after our walk.
- Please bring hand sanitiser gel and use it regularly throughout the day, especially before eating food, after contact with surfaces or shared equipment.
- Avoid touching your eyes, nose & mouth; wipe your face with the inside of your bent elbow, rather than your hand or fingers.
- Make sure you follow good respiratory hygiene, which means covering your mouth and nose with your bent elbow if you cough or sneeze.

### Travelling

- Please travel to the Meeting Point in your own private car, and only with members of your own household (if you are attending the walk with them).
- Avoid using public transport where possible. If you do use public transport then a face covering should be worn.

### Sharing

- To minimise risk of transmission of infection, there is to be no sharing of food, drinks, clothing, pens or items of outdoor kit.

### Outdoor Clothing and Kit

- To minimise risk of transmission of infection, we regret that we are currently unable to provide outdoor clothing, gear or kit, such as waterproofs, rucksacks, boots and tents.

- Please bring all of your own necessary outdoor clothing, gear or kit you will need for the walk (waterproofs, gloves, fleeces, hats, rucksack etc) as well as food and water.
- Your Walk Leader will carry clean emergency clothing & equipment (e.g. shelters), as this is a safety requirement.

### **Maps and Compasses (Navigation Courses)**

- Please bring your own compass and Ordnance Survey map if you have one; we will let you know which map you will need prior to the course.
- Please bring a fine-tipped permanent marker pen, such as a Sharpie, so you can mark your map.
- If you don't have the correct map and/or a compass, then we will provide you with a laminated map of the area as well as a compass for you to borrow. These will be disinfected before & after our walk.

### **First Aid**

- We will endeavour to be self-reliant as much as possible, and undertake walks and choose venues that we know and that are within our limits.
- Please bring your own small personal First Aid kit, with antiseptic wipes, plasters, pain-killers, anti-inflammatories and anti-histamines as well as any personal medications you may require.
- Please bring your own Survival Bag if you have one. *If you do not have a Survival Bag then the Walk Leader will carry enough Survival Bags for each person.*
- In the extremely unlikely event that there is a serious accident and/or injury and the Walk Leader needs to administer First Aid, then the Walk Leader will wear PPE (gloves, apron, face mask and visor), whilst the casualty will also wear a face mask.

### **Respect local communities**

- We will be sensitive to the concerns of local landowners, residents, businesses and stakeholders (such as National Park Authorities, Mountain Rescue, conservation organisations) in our choice of parking, venues and use of local facilities. We will avoid popular venues, pinch points and routes which may force us to be close to other people.

### **Equipment Checklist**

Our Equipment Checklist can be found on our website for you to download.

[https://www.teamwalking.co.uk/wp-content/uploads/2019/02/Teamwalking\\_Essential\\_Kit.pdf](https://www.teamwalking.co.uk/wp-content/uploads/2019/02/Teamwalking_Essential_Kit.pdf)

Due to the Covid-19 pandemic, we are currently unable to provide any outdoor clothing, kit or equipment.

Please bring all of your own necessary outdoor clothing, gear or kit you will need for the walk.

Please take extra care to ensure you are fully prepared for the outdoors and the weather conditions.

*In addition to the items listed on this checklist, please also bring the following:*

- OS Map and Compass (*we can provide these if you don't have them*)
- Hand sanitiser gel
- Fabric Face Covering or mask
- Small personal First Aid kit
- Personal Survival Bag or small group shelter (*we can provide this if you don't have one*)
- Permanent Marker Pen, such as a Sharpie (*map reading & navigation courses*).

---

\* Mitigation measure for 1+ metres include: a) being outdoors b) face coverings if necessary c) standing or walking side-by-side, taking wind direction into account d) keeping the time spent at 1+ metres to a minimum.

**This Code of Practice will be updated as and when necessary to adhere to current Government advice, as well as advice from Mountain Training & NNAS.**

### **Government Website:**

<https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing>

### **WHO website:**

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

**Prepared:** 12th June 2020 / **Updated:** 6th July 2020  
**Mark Reid, TeamWalking, 102 Leeds Road, Harrogate, HG2 8HB**