

Leicester and District Ramblers Walk Leaders Guide August 2020

This Walk Leaders Guide, developed and approved by the L&D Ramblers Committee, is designed to protect the health and wellbeing of Walk Leaders and walkers during the COVID-19 outbreak and to ensure compliance with current Ramblers UK Directives and Insurers Requirements.

Ramblers UK use five criteria to assess all activities and guide decision making:

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?

Before volunteering to lead a walk you should ask yourself:

Do you or someone else from your household have Covid 19 symptoms? If yes then you must self isolate and not lead a walk.

Are you “clinically vulnerable”? If you, or someone you live with, are at higher risk of contracting coronavirus you should take extra care to minimise contact with others from outside your household. Taking part in a Ramblers activity at the moment may put you and those around you at higher risk. It may not be the right decision at this time.

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.

Walk Leader Insurance. When you are leading a walk, make sure you are covered by Ramblers UK Insurance by meeting these conditions:

1. **You must be a recognised Ramblers UK “Volunteer”.** Ask your Walk Organiser.
2. **Your planned walk must be a part of the L&D Publicised Program.**
3. **If there is an incident on your walk it must be reported to the L&D Committee using a Ramblers UK Incident Report Form.**
4. **It is recommended that:**
 - a. **You wear a hi-viz tabard** so that you are instantly recognised and visible in hazardous situations eg crossing roads.
 - b. **You appoint a “backstop” who must be a member of Ramblers UK.** The Walk Leader should provide the Backstop with an emergency contact number, map and details of the walk.
 - c. **You carry out a recce of your proposed walk** to identify risks and hazards associated with your walk. These risks and hazards should be checked out against the L&D Risk Assessment document, and relevant adjustments made and signed off on *The Risk and Register Form*
 - d. **All walkers should carry a face covering, surgical gloves, hand sanitiser and a basic first aid kit to deal with everyday cuts, bruises and sprains.**

L&D Walk Booking Procedure.

1. A maximum of six people are allowed on any one walk including the Walk Leader.
2. Walkers must book a place by phoning the Walk Leader in the week before the date of the walk.
3. Places are allocated on a first come, first served basis.
4. On some days more than one group of six may be walking from nearby locations.
5. These are separate walks and the groups should not mingle or gather at the same place.
6. If different groups of six are following the same route there should be at least a 30minute gap between departure times.

If you have not booked you cannot join the walk.

Walk Protocol: The usual requirements pertain, such as the wearing of appropriate clothing. Walkers should maintain “social distancing”. Households may walk together but maintain “social distancing” from others.

Walk Incidents: The usual requirements pertain, such as the wearing of a facemask and surgical gloves; an appropriate person may initiate contact with Emergency Services if required.