

WALKING HEADINGS AND PROMPTS – NOTES

On obligation to start walk ~~is~~ down to the individual walk

Must do's - or else not covered by insurance

1 leader to 5 walkers (no more)

If additional people turn up they must be turned away or else the walk is not insured

Register taken by the leader - do not pass the register round

C19 – Risk assessment must be completed and sent into Maxine before the walk

No's

No car sharing

No social

No schedules to be uploaded~~Not uploading schedules~~ onto website

Unfortunately we can't accept new walkers - when ratio's/social distancing lifted we will advertise this on the MK walking for health website

Communications with walkers

Make sure you BCC – blind copy in when emailing for GDPR policy

Walks - things to consider

Numbers of leaders available? Therefore, per walking group how many groups of 6 will there be (incl. leader)?

Bookings? Emails or telephone calls – allocating walkers to a leader?

1st come 1st served? – (week 1)

Roaming walks rotas with walkers (week 1, 2, 3, 4) for month – maybe one location? (Bi weekly per bubble – this will vary walkers) - booking people for the month

Staggered times for larger walks

Maybe a slower pace as people haven't been out? – if the walk is so big, this should be the focus audience to begin with – However, the 'very' slow walks where people may need assistance are advised against due to 2m distancing rules.

Fast walkers have possibly been out - test the water with pace

Stay at home advised (especially if already active)

Briefing before the walk

PH statement - except vulnerable people by 6th July but ~~we we~~ encourage people to stay at home if they fall into the venerable groups for their own wellbeing

If anyone is feeling unwell during the walk please inform the leaders – send home if not well before walk

Cover usual Hazzard awareness speech – may want to share new risk assessment to provide walkers with confidence all safe

Don't share food water or equipment

Wash hands hand sanitiser (to be provided by walkers themselves – none provided)

Keep distance 2 meters

Showing symptoms please stay at home

Avoid touching gates and path furniture

If walkers are passing please step back and give way – may want to suggest facing other way as well away from other walkers passing

~~If anyone is feeling unwell during the walk please inform the leaders~~

Moving forward?

What app groups

Pop up walks

Eventbrite booking system - this may stop some people attending if they don't access to the internet

~~we will set a date to return when i have spokken to each leader~~

Track and trace more than 15 mins in 2m proximity?

We will set a date for walks to return once we have spoken to each leader

Maxine to send risk assessments to all