



1. Warning	<ul style="list-style-type: none">• If you or any members of your household are displaying any symptoms of Covid-19 you must not attend any walks.• Similarly if you are required to self-isolate or quarantine then you must not attend.
2. Attendance	<ul style="list-style-type: none">• A maximum of 10 people are able participate in our group walks• When walking, the group will be split into smaller groups to aid social distancing.• All activities are held outdoors.
3. Travel	<ul style="list-style-type: none">• Where possible participants should walk or cycle to our walks and avoid travelling to our sites by public transport.• Currently people shouldn't travel in/out of Glasgow except for permitted purpose
4. Hygiene	<ul style="list-style-type: none">• Attendees must use hand sanitiser stations when entering and leaving our sites.• Please cover your mouth and nose with tissue or your sleeve (not your hands) when you cough/sneeze.• Avoid touching your eyes, nose or mouth if your hands are not clean.
5. Face coverings	<ul style="list-style-type: none">• You should wear a face covering (unless exempt for health or other reasons) in any situations where 2m physical distancing is not possible.• You should wear a face covering when accessing the community meeting room and facilities.• As we are outdoors, masks will not be mandatory for the walks, however you are welcome to wear one.
6. Physical distancing	<ul style="list-style-type: none">• Maintain 2m physical distancing at all times.• If for any reason physical distancing isn't possible, wear a face covering.• Take care to avoid potential congestion points at entrances/exits to our sites and when on narrow walk pathways.



7. Signing In	<ul style="list-style-type: none">• For group walks all places must be booked in advance.• You must provide emergency contact information when booking.• Walk leaders must keep an attendance record for who actually attended on the day as this may vary from who booked.
8. Toilet	<ul style="list-style-type: none">• You may use the toilet facilities in our community meeting room, please wear a mask when entering.• Face coverings must be worn when in the kitchen and toilet areas of our community meeting room.
9. Equipment & refreshments	<ul style="list-style-type: none">• Members of the public are encouraged to bring their own travel mugs and refreshments and should avoid sharing cutlery and food supplies with other people.
10. First aid and Covid tests.	<p>In the event of someone becoming unwell with Covid symptoms (a high temperature or fever, a new continuous cough or a loss of, or change in sense of smell or taste) – the workshop leader should take the following steps:</p> <ul style="list-style-type: none">• Isolate the ill person either in a separate area to other participants.• Ask other people to leave, making sure we have their contact details.• Inform person who is ill of procedures for booking Covid-19 test and self isolating – people can go online to www.nhsinform.scot to book a test. If they cannot get online they can call 0800 028 2816.• If necessary get advice from NHS Direct.• Make a written note of incident and speak to Katherine or Tim to discuss any additional measures required
11. NHS contacts	<p>NHS 24: 111 Test and Protect - https://www.nhsinform.scot/ 0800 028 2816</p>