



COVID-19 GUIDANCE FOR HEARTBEAT WALKS

This guidance has been issued in line with the English Government's COVID-19 guidelines.

All HEARTBEAT walks have been suspended since 24th March 2020.

The HEARTBEAT Trustees have agreed to reintroduce HEARTBEAT walks from 8th August, subject to the following HEARTBEAT guidance.

The HEARTBEAT guidance applies to all HEARTBEAT walks and aims to provide a framework which protects walkers and allows HEARTBEAT members to join HEARTBEAT walks once again for health reasons. However, some members may decide they do not wish to recommence group walks until the current COVID situation improves and/or Government advice changes, which is understandable.

Although the Trustees have allowed HEARTBEAT walks to restart, this permission will be reviewed if the Government sets new restrictions, e.g. in response to new outbreaks of the virus. Government guidance supersedes all advice given by the Trustees and must always be followed .

Before the Walk

- Walk leaders must ensure they have a copy of this HEARTBEAT guidance available to brief walkers at the start and to show to any member of the public or official (e.g. police) who asks what you are doing. This will demonstrate that you have thought about what to do in advance.
- Walk leaders should consider any situation when the walk may not go as expected, e.g. the need to support an injured walker whilst maintaining social distancing (see On the Walk below).
- Walk leaders must recce a route or an area with which they are familiar and apply a COVID perspective. This includes thinking of how to apply social distancing, how to avoid difficult terrain and how to minimise the use of narrow paths where practical and possible. Consider routes which have some flexibility to allow for any last-minute changes.

The numbers attending each walk should be limited to six walkers, including the walk leader. This is the current limit set by the English Government.

- Possible options on how to manage numbers are:
 - Participants must register in advance with a contact e-mail address provided for registration and only members of HEARTBEAT will be accepted. Priority will be given to existing walkers. As each walk is limited to six walkers only and to stop members turning up without prior registration, the Walk Leader may decide to give only general details of the walk initially and give specific details, e.g. start point and time, at registration.
 - It is not possible to have multiples of six on the same walk, so to manage demand, a second walk could be hosted at a different location and/or time with another walk leader. A waiting list could be used to ensure that all members who want to walk are given a chance to do so on different walks.
- Please do not attend HEARTBEAT walks if you have recently been diagnosed with or show any COVID-19 symptoms, are awaiting test results or are self-isolating under current Government guidance.
- Do not car share unless you are from the same household or part of a permitted 'bubble' from another household.

On the Walk

- Social distancing should apply throughout the walk between fellow walkers and to avoid members of the public. Social distancing is currently set at two metres unless it is mitigated by personal protective equipment when the one metre plus guidance can be applied.
- All walkers should consider carrying hand sanitiser (alcohol-based gel), a face covering, gloves, wet wipes and a small first aid kit. The walk leader should consider carrying extra items to use as back-ups.
- Use hand sanitiser if you have to touch communal surfaces, e.g. gates and stiles, and wash your hands at home.
- Bring your own food and drink and do not share.
- Public toilets may have restricted access or not be open, so be aware and consider any alternatives.
- Do not share personal items or equipment during a walk.

HEARTBEAT Trustees 14/07/2020

Charitable Incorporated Organisation registered in England & Wales with charity number 1156951