

FDHWC General Guidance on Covid-19 and Good Practices

With the easing of restrictions, we are all excited to be getting back to what we love doing - hill walking as a club. For many of us this will be the first time back in the hills for a long time and possibly the first group activity for many months. With this in mind, the club felt it would be helpful to collate some general information that would help remind us what we need to do to be safe but also how to be a considerate hill user. If we all play our part, then we can all have a safe but grand day out in the hills.

General Guidance

- Please always keep 2m apart.
- Do not attend if you have any symptoms of Covid-19 or have been in contact with anyone displaying symptoms of Covid-19.
- Carry a face mask and a spare (in case a mask is lost), hand sanitiser, antibacterial wipes and personal first aid kit (including gloves) always including any required medication. Please do not share any of these with other members.
- Please keep all litter in a separate bag and take it home to dispose of.
- Clean your hands on a regular basis and especially before eating.

Travel

- When travelling to a meet remember that you must be travel compliant and not car share with those outwith your household, extended household or bubble.
- The 5-mile rule is not applicable to formal meets so no one outside Angus can attend meets until 26th April when travel within mainland Scotland is allowed.

On the Hill

- Avoid high touch points while walking e.g., gates, stile. If you do need to touch any item, please ensure that you use an antibacterial wipe to clean up.
- Cough/sneeze into a tissue or sleeve.
- Remember not to share any sweets, flasks, etc.
- Move off the path for others and slow down if you are getting too close to other walkers.
- Walk within your own abilities and take it easy. It has been a while since we have been out!

Club Covid Officers

- The club Covid Officers are there to ensure that the club is compliant with current guidelines. Please make sure you listen to any advice given. We have a duty of care to meet to ensure that we keep everyone safe – and that the club insurance remains valid!
- Anyone who does not comply with the Covid safety guidance will not be permitted by the Covid Officer/s to walk with the group on the day's walk.
- Those attending must accept that by attending a meet they may have to self-isolate following any potential exposure.
- In accordance with the guidelines all walks shall be risk assessed.
- **And above all be kind. Remember everyone has different feelings and while we are all in the same storm, we are all in different boats.**