

**Restarting Group/Social Walks**

Hello, all Essex & Herts Members

At last, some good news. Following the announcement by the National Executive Committee of the LDWA we are permitted to restart our social walks. (See our April 2021 Monthly Update or the LDWA website.)

Essex & Herts Group are erring on the side of caution and therefore plan to restart social walks for members (primary or associate) **from 12th April**. We are also recommending a limit of 15 members for each walk, although leaders can decide how many walkers they wish to take, and we expect some leaders will wish to limit their group to a total of 6.

**LEADERS - we need YOU**

If you would like to lead a walk, please email me details including date, area /starting place of walk, distance and the total numbers of walkers you wish to take. Any walks with more than 6 people (including the leader) will have to be risk assessed and I will send you the form when I confirm your walk. You do not need to complete a risk assessment if the total number on the walk is 6 or less. The usual register with contact details needs to be completed.

Experienced or new leaders are welcome. The distance can be the usual 15 - 20 odd miles or a shorter walk (or slower paced walk) of 8 - 15 miles. You will need to be very familiar with the route or have completed a recent recce with consideration to safety regarding Covid 19. The route doesn't have to be a new one or even your 'own' one - the choice is up to you.

**WALKERS - we will also need YOU**

Once I have a list of available walks, I will email all members with the basic details (these will also be on our website and in our Monthly Updates). We regret that non-members cannot come on our walks for the immediate future. You will then need to contact the Walk Leader requesting a place. WALKERS MUST HAVE RECEIVED CONFIRMATION OF A PLACE TO PARTICIPATE IN A WALK. The leader will supply you with further details and the exact starting point.

All walks will need to comply with Government restrictions (especially those regarding social distancing) in place at the time of the walk. You will need to bring hand sanitiser, a face mask and your own first aid kit - just in case! We would ask you to follow the advice to minimise travel and only consider applying for walks which are within reasonable travelling distance.

I know there are a number of leaders who have walks 'ready to go' - either ones that had previously been cancelled or ones that they have been exploring during lockdown - so there some exciting times ahead.

Hopefully if everyone is sensible and careful, we will soon be back to our 'normal' routines. If there are any questions, please email me.

Happy Walking

Rita Williams (Walks Secretary)

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