LONG DISTANCE WALKERS ASSOCIATION
LDWA

Social Walk COVID-19 Risk Assessment & Rules

Route:					
Date Checklist Completed:		**Recce Date:**		**Time/Date of Walk**	
Walk Leader:		**Start GR/GPS:**		**Finish GR/GPS:**	
Distance:		**Parking Location**		**COVID-19 Officer (Scotland)**	

Hazards	**Considerations / Further Notes (not exhaustive)**	**Action Taken? (MUST click the box)**
General Hazards and COVID-19 Compliance		
Parking Area	Is there ample suitable parking given so that walkers will not lift share?	☐
Traffic/Roads/ Railways	Are there suitable places at roads/railways and ensure crossings take place in a safe place whilst maintaining good hygiene and social distancing guidelines?	☐
Terrain, paths, tracks and obstacles	Has the route been recced to assess the risks associated to COVID-19? Is the terrain taken into consideration? Any potential barriers to enable social distancing and good hygiene (especially on high touch surfaces)? Have narrow routes been minimised where social distancing is not possible? Can the social walk be held at a less busy time of the day/day of week to enable more effective social distancing and less disruption to the local community?	☐
Rest breaks, Refreshments & Amenities	Does the location for the coffee/lunch break allow for good hygiene, adequate social distancing and safe use of amenities?	☐

Hazards	Considerations / Further Notes (not exhaustive)	Action Taken? (MUST click the box)
Weather	Have extreme weather conditions been considered and its impact on good hygiene and social distancing? Will Met weather warnings be checked before commencing?	☐
Livestock	Is there danger to walkers that may prevent covid-19 compliance measures around social distancing?	☐
General COVID-19 Compliance		
Covid-19 General	Does the route allow for social distancing wherever practicable? No shared equipment? Have all walkers been briefed to carry PPE & hand sanitiser? High touch surfaces are avoided where possible to appropriately clean if they cannot be avoided? Have walkers been briefed they must not attend if they or member of their family/bubble is showing Covid-19 symptoms or awaiting test results? Are there any local lockdowns that could impact the walk? Has the impact on the local community/residents been considered?	☐
Participants	Assessing the hazards outlined within this risk assessment, as walk leader I am comfortable to lead a maximum group of:	Insert number
Register	Are arrangements in place to complete a Walkers' Register to enable Track and Trace / Test and Protect? Is it known how to upload the risk assessment and walkers register?	☐
Comments and additions to the delivery plan		

EACH SECTION MUST BE SELECTED TO CONFIRM ACTION HAS BEEN TAKEN

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LDWA Social Walks: Delivery Plan and NEC Rules

Effective Date: 21 September 2020

This section gives the LDWA Covid-19 generic event delivery plan and rules. Annex II gives additional Guidelines for Social Walk Leaders information and is an integral part of the delivery plan. The last section of Risk Assessment Form (Annex 1) notes any additions to the Delivery Plan in respect of a specific event.

The following guidance superseded all advice given by the NEC and must be followed at all times:

- Government guidance set out in the 'organising outdoor sport and physical activity events framework' outlined in the guidance for the public on the phased return to outdoor sport and recreation in England.
- 'Phase 3: return to sport and physical activity' guidance published by Sport Scotland.

When participating in organised sport or licensed physical activity, you must not gather in groups of more than six before and after the activity. This would include going to pubs, cafés etc.

Before the Walk

- In Scotland, a COVID-19 Officer must be nominated (usually a walk leader) who is responsible for ensuring the social walk adheres to the rules set out within this document. This nomination must be recorded on the uploaded walk register. Online training is available on Sports Scotland website to understand your responsibilities – Link to training.

Walk Leaders must ensure prior to the event all individuals have been briefed with the following information:

- **Walkers must not attend LDWA social walks** if they or a member of their permitted 'bubble' has recently been diagnosed with or show any COVID-19 symptoms, are awaiting test results or are self-isolating under current Government guidance.
- Walkers must not car share unless they from the same household or part of a permitted 'bubble' from another household.

- Walk leaders must ensure they have completed the COVID-19 risk assessment for groups of more than six in England. In Scotland the COVID-19 risk assessment must be completed for groups of more than 15 (from a max of 5 households). They must decide

on the maximum number of people that they are willing to lead based on the risk assessment (Maximum 30).

- Walk Leaders must ensure they keep referring to the government guidance set out in the introduction of this document for any relevant updates such as shielding or localised lockdowns.

- Walk leaders must retain copy of the NEC rules & guidance (for all social walks) and risk assessments, available to brief walkers at the start or to show to any member of the public or official (e.g. police) who asks what you are doing where appropriate to do so.

- Walk leaders must check with the group to ensure any individuals with additional needs or vulnerabilities can be accommodated.

- Walk leaders must take into account 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-19 perspective.

Numbers on social walks

- In England, no more than 30 walkers, including the walk leader to attend social walks and a risk assessment must be completed for groups of over six.

- In Scotland, no more than 30 walkers, including the walk leader to attend social walks and a risk assessment must be completed for groups of more 15 walkers (from up to a maximum of five households).

- In Wales, no more than 30 walkers, including the walk leader to attend social walks.

These numbers must not be exceeded in any circumstances

On the Walk

- Social distancing must apply where practicable throughout the walk between fellow walkers and members of the public.

- All walkers must carry an appropriate hand sanitiser, a face covering and a small first aid kit.

- All walkers must not share personal items or equipment during a walk.

After the Walk

- Walk leaders must send details of walk attendees (and risk assessment where applicable) to the Local Group representative to upload the documents to the LDWA walks register for Insurance and Track and Trace / Test and Protect purposes.

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Who are the LDWA?

The LDWA is an Association of people with the common interest of walking long distances mainly in rural, urban, mountainous or moorland areas. It is a Company limited by Guarantee. The Local Group Committees and the National Executive Committee (NEC) are all volunteers. https://ldwa.org.uk/

Contact: Risk Officer at datamanager@ldwa.org.uk
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