

Lifewalks October 2020

Lifewalks - COVID-19 Guidance

Please find below the guidance for the phased return of the Lifewalks for PREPAID MEMBERS ONLY.

- Due to COVID-19, everyone needs to take steps to stay safe. Please follow all safety advice given by the walk leader, and keep 2 metres distance from anyone outside your household or social bubble. https://www.ramblers.org.uk/volunteer-zone/coronavirus.aspx?utm_source=Chairs+%26+Secretaries+March+Update&utm_campaign=4833a2f0b4-Coronavirus+-+guidance+for+volunteers&utm_medium=email&utm_term=0_3b89ec9bef-4833a2f0b4-49837360
- Walks will be available to book one week in advance, from Monday at 10am to Friday 11am. Only Prepaid Lifewalk members and volunteers will be able to book onto the walks at the current time.
- Booking your place. If you would like to join a walk, please book a place on line at <https://eppingforestdc.bookinglive.com/> or call 01992 564226 (phone lines open 10am to 12.45pm Monday to Friday) **Booking closes the Friday before e.g for walks on the week of 05.10.20 to 11.10.20 booking closes at 11am on 02.10.20**
- There will be 28 spaces per walk until the guidance changes.
- If you are unable to attend, please cancel your booking so that someone else can take your place.
- Please do not turn up for a walk without booking as we will have to turn you away.
- Please be aware walks may be cancelled at short notice. All pre booked walkers will be informed.
- We recommend that walkers travel separately and ideally don't use public transport.
- You **MUST NOT** attend a walk if you are unwell or have any Covid-19 symptoms. Symptoms include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste. Find out more about COVID-19, and what you should do if you have symptoms on [the NHS website](#)
- If you (or someone you live with) are at higher risk of getting seriously ill from coronavirus, you should take extra care to minimise contact with others from outside your household. Taking part in an organised walk may put you and those around you at higher risk. **It may not be the right decision at this time.** Remember - everyone over 70, and those with certain underlying health conditions are considered to be 'clinically vulnerable'. You can find more information [on the NHS website](#)

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	TIME	LEADER	WALK NO.	MILES	LEVEL
Saturday 3 rd Oct	10.30am	EN&RN	28	2.3	C
Sunday 4 th Oct	10.30am	SH&NJ	14	1.85	B
Monday 5 th Oct	10am	EN&DC	17	2.25	B
Tuesday 6 th Oct	10am	DC&AO	26	2.75	C
Thursday 8 th Oct	10am	EN&DC	31	2.2	D
Saturday 10 th Oct	10.30am	EN&RH	10	1.7	B
Sunday 11 th Oct	10.30am	DC&SH	11	2	B
Monday 12 th Oct	10am	DC&EN	32	1.8	D
Tuesday 13 th Oct	10am	DC&AO	13	1.75	B
Thursday 15 th Oct	10am	DC&EN	29	1.9	C
Saturday 17 th Oct	10.30am	RN&EN	8	1.75	A
Sunday 18 th Oct	10.30am	SH&NJ	16	2	B
Monday 19 th Oct	10am	DC,EN &LL	25	3	C
Tuesday 20 th Oct	10am	DC&AO	1	0.8 to 1.6	A
Thursday 22 nd Oct	10am	DC&EN	20	2.25	B
Saturday 24 th Oct	10.30am	EN&RN	6	2.25	A
Sunday 25 th Oct	10.30am	AO&SH	24	2.29	B
Monday 26 th Oct	10am	EN&AO	5	2.6	A
Tuesday 27 th Oct	10am	KM&AO	13	1.75	B
Thursday 29 th Oct	10am	EN&AO	30	1.8	C
Saturday 31 st Oct	10.30am	EN&RN	17	2.25	B
Sunday 1 st Nov	10.30am	SH&NJ	28	2.3	C

* For key to walk number and level please look at current Lifewalks pdf