

## 12<sup>th</sup> April 2021 Lifewalks - COVID-19 Guidance

- 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](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)
- To avoid busy periods in our local open spaces we will not be running our weekend walks and our mid week walks will be starting at 9.30am until further restrictions are eased in the wider community and it becomes safe to do so.
- Walks will be available to book one week in advance, from Monday at 10am to Friday 11am and you will notice that the cut off dates have now been changed so you can book on as close as possible to the date of the walk. We can now offer both Prepaid and Pay as You Go Lifewalkers and volunteers the opportunity to book onto the walks.
- **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 4pm Monday to Friday)

Cut off for booking your walk *	Walk day
Fri 11am	Monday
Mon 11am	Tuesday
Wed 11am	Thursday

\*subject to change due to Bank Holidays e.g. If it's a Bank holiday Monday the cut-off date for Tuesdays walk will be the Friday before.

- There will be **28** spaces on each walk until the guidance changes.
- If you are unable to attend, please cancel your booking so that someone else can take your place. You can leave a message on 01992 564360 leaving your full name and the walk details that you wish to cancel: date and time.
- 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 are unable to attend a session due to the above then please inform us and any paid session will be credited to use within a one-month period
- 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](#)

DATE	TIME	LEADER	WALK NO	MILES	LEVEL
Mon 12 April	9.30am	EN & DC	24	2.9	B
Tues 13 April	9.30am	AO & DC	30	1.8	C
Thurs 15 April	9.30am	EN & DC	2	1.8	A
<b>Sat 17 April</b>	<b>No Walk</b>				
<b>Sun 18 April</b>	<b>No Walk</b>				
Mon 19 April	9.30am	EN & DC	19	2.34	B
Tues 20 April	9.30am	AO & DC	3	1.8	A
Thurs 22 April	9.30am	EN & DC	27	2.95	C
<b>Sat 24 April</b>	<b>No Walk</b>				
<b>Sun 25 April</b>	<b>No Walk</b>				
Mon 26 April	9.30am	EN & DC	26	2.75	C
Tues 27 April	9.30am	AO & DC	14	1.85	B
Thurs 29 April	9.30am	EN & DC	21	3	B
<b>Sat 1 May</b>	<b>No Walk</b>				
<b>Sun 2 May</b>	<b>No Walk</b>				
<b>Mon 3 May</b>	<b>No Walk BH</b>				
Tues 4 May	9.30am	AO & DC	29	1.9	C
Thurs 6 May	9am	EN & DC	13	1.75	B
<b>Sat 8 May</b>	<b>No Walk</b>				
<b>Sun 9 May</b>	<b>No Walk</b>				
Mon 10 May	9.30am	EN & DC	6	2.25	A
Tues 11 May	9.30am	AO	26	2.75	B
Thurs 13 May	9.30am	EN	16	2	B