

17th May 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
- To avoid busy periods in our local open spaces we will be starting our weekend walks at 10am to match the mid week start times.
- 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 |
| Fri 11am | Saturday and Sunday |

*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, if possible please give a mobile phone as your contact when booking.
- 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](https://www.nhs.uk)

- 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. 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 17 th May | 10am | KM & DC | 24 | 2.9 | B |
| Tues 18 th May | 10am | AO & DC | 30 | 1.8 | C* |
| Thurs 20 th May | 10am | KM & DC | 7 | 2 | A |
| Sat 22nd May | 10am | EN & RN | 3 | 1.8 | A |
| Sun 23rd May | 10am | DC & SH | 15 | 1.25 to 2.25 | B |
| Mon 24 th May | 10am | EN & DC | 25 | 3 | C |
| Tues 25 th May | 10am | AO & DC | 19 | 2.34 | B |
| Thurs 27 th May | 10am | EN & DC | 31 | 2.2 | D |
| Sat 29th May | 10am | RN & EN | 29 | 1.9 | C |
| Sun 30th May | 10am | SH & NJ | 26 | 2.75 | C |
| Mon 31st May | No Walk BH | | | | |
| Tues 1 st June | 10am | AO & KM | 1 | 0.8 to 1.6 | A |
| Thurs 3 rd June | 10am | EN & KM | 21 | 3 | B |
| Sat 5th June | 10am | EN & RN | 17 | 2.25 | B |
| Sun 6th June | 10am | SH & KM | 28 | 2.3 | C |
| Mon 7 th June | 10am | EN & DC | 14 | 1.85 | B |
| Tues 8 th June | 10am | AO & DC | 13 | 1.75 | B |
| Thurs 10 th June | 10am | EN & DC | 9 | 2.34 | A |
| Sat 12th June | 10am | EN & RN | 29 | 1.9 | C |
| Sun 13th June | 10am | SH & NJ | 12 | 1.7 | B |
| Mon 14 th June | 10am | EN & DC | 25 | 3 | C |
| Tues 15 th June | 10am | DC & AO | 26 | 2.75 | B |
| Thurs 17 th June | 10am | DC & EN | 8 | 1.75 | A |
| Sat 19 th June | 10am | EN & RN | 6 | 2.25 | A |
| Sun 20 th June | 10am | SH & NJ | 11 | 2 | B |
| Mon 21 st June | 10am | DC & EN | 18 | 2 | B |
| Tues 22 nd June | 10am | AO & DC | 32 | 1.8 | D |
| Thurs 24 th June | 10am | EN & DC | 31 | 2.2 | D |
| Sat 26 th June | 10am | EN & RN | 2 | 1.8 | A |
| Sun 27 th June | 10am | SH & NJ | 21 | 3 | B |
| Mon 28 th June | 10am | DC & EN | 20 | 2.25 | B |
| Tues 29 th June | 10am | AO & DC | 10 | 1.7 | B |