

1st July/ August 2021 Lifewalks -Covid 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
- All walks will continue to start at 10am.
- 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. But places are limited so we would always advice you book in as soon as possible to avoid disappointment.
- We offer both Prepaid and Pay as You Go Lifewalkers and volunteers the opportunity to book onto the walks.
- COST : Pay as You Go : £2.60. PRE PAID : 6 Months £32, 1 Year £62
- FIRST WALK FREE: If you have never attended Lifewalks before we are offering you the chance to attend your first walk free of charge please contact Karen Murray on kmurray@eppingforestdc.gov.uk
- **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
Sun 11am	Monday
Mon 11am	Tuesday
Wed 11am	Thursday
Fri 11am	Saturday
Sat 11am	Sunday

- 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 or email kmurray@eppingforestdc.gov.uk 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.
- 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

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DATE	TIME	LEADERS	WALK NO	MILES	LEVEL
Thurs 1 st July	10am	EN & DC	8*	1.75	A
Sat 3rd July	10am	CB & RN	4	2.25	A
Sun 4th July	10am	DC & SH	24	2.9	B
Mon 5 th July	10am	EN & DC	5	2.6	A
Tues 6 th July	10am	AO & DC	29	1.9	C
Thurs 8 th July	10am	EN & DC	14	1.85	B
Sat 10th July	10am	RN & KM	12	1.7	B
Sun 11th July	10am	SH & NJ	13	1.75	B
Mon 12 th July	10am	KM & DC	25	3	C
Tues 13 th July	10am	AO & KM	16New	1.9	B
Thurs 15 th July	10am	DC & KM	9*	2.34	A
Sat 17th July	10am	CB & RN	15	1.25to2.25	B
Sun 18th July	10am	SH & MM	26	2.75	C
Mon 19 th July	10am	EN & DC	30	1.8	C
Tues 20 th July	10am	AO & DC	10	1.7	B
Thurs 22 nd July	10am	EN & AO	19	1.8	A
Sat 24th July	10am	CB & RN	2	1.8	A
Sun 25th July	10am	SH & NJ	6	2.25	A
Mon 26 th July	10am	KM & AO	16New	1.9	B
Tues 27 th July	10am	SL & AO	3	1.8	A
Thurs 29 th July	10am	AO & EN	32	1.8	D
Sat 31 st July	10am	CB & RN	28	2.3	C
Sun 1 st Aug	10am	SH & MM	11	2	B
Mon 2 nd Aug	10am	Kevin M & EN	31	2.2	D
Tues 3 rd Aug	10am	AO & SL	7	2	A
Thurs 5 th Aug	10am	Kevin M & EN	18	2	B
Sat 7 th Aug	10am	CB & RN	12	1.7	B
Sun 8 th Aug	10am	SH & NJ	14	1.85	B
Mon 9 th Aug	10am	Kevin M & EN	24	2.9	B
Tues 10 th Aug	10am	AO & SL	26	2.75	C
Thurs 12 th Aug	10am	EN & Kevin M	1	0.8to1.6	A
Sat 14 th Aug	10am	RN & CB	2	1.8	A
Sun 15 th Aug	10am	SH & MM	4	2.25	A
Mon 16 th Aug	10am	KM & EN	20	2.25	B
Tues 17 th Aug	10am	AO & KM	21	3	B
Thurs 19 th Aug	10am	EN & KM	16New	1.9	B
Sat 21 st Aug	10am	CB & RN	15	1.25to2.25	B
Sun 22 nd Aug	10am	SH & NJ	12	1.7	B
Mon 23 rd Aug	10am	DC? & EN	25	3	C
Tues 24 th Aug	10am	DC? & AO	31	2.2	D

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Thurs 26 th Aug	10am	KM & DC?	24	2.9	B
Sat 28 th Aug	10am	CB & RN	14	1.85	B
Sun 29 th Aug	10am	DC? & SH	28	2.3	C
Mon 30 th Aug	Bank Holiday				
Tues 31 st Aug	10am	KM & DC?	20	2.25	B