



Ver Valley Society. Mayfly Walk General Guidelines

Walk Leaders will:

1. **Cancel the walk** (or find an alternative leader) if they think they may have **any symptoms linked to COVID-19**, or have been exposed to the virus in the 14 days prior to the walk.
2. As part of the pre-walk briefings, **remind participants that if they** have any symptoms linked to COVID-19, or have been exposed to the virus in the 14 days prior to the walk, they cannot participate.
3. As part of the pre-walk briefings, and during the walk if necessary, **remind participants stay at least 2 metres away from people they do not live with** or who are not in their support bubble and to stay alert and act responsibly.
4. **Follow current guidance and stay at least 2 metres away from participants.**

Walkers are asked to:

1. **Cancel your attendance** if you think you may have **any symptoms linked to COVID-19**, or have been exposed to the virus in the 14 days prior to the walk. A high temperature; a new, continuous cough; a loss of, or change to, your sense of smell or taste are all symptoms.
2. **Follow current guidance and stay at least 2 metres away from others.**
3. **Carry your own water**, food, personal first aid and hand sanitiser as you feel necessary
4. **Carry a torch** if you have one. **Wear high viz** or reflective apparel if you can. (We have a short stretch of a generally quiet public lane to walk where there is no pavement or verge.)
5. Take **extra care around the river.**

Our meet point is here:

Riverside Way Car Park, St Albans AL2 3TX. <https://goo.gl/maps/UWjzUyfwwz9q>

If you have any questions, please contact your walk leader.