

EPSOM AND EWELL HEALTH WALKS – SEPTEMBER 2020

Introduction

1. We had to stop health walks in March 2020 as a result of Government measures to stop the spread of Covid-19. We have now been given the OK to restart walks for up to 30 people but we need to make a number of changes – see below.
2. We plan to restart Wednesday walks from 9 September and Monday walks from 14 September. We have chosen venues with space to gather and without narrow paths. We do not plan to restart Sunday walks in September - the availability of our walk leaders and back markers is limited, particularly as not all are ready to resume these roles yet.

Booking your place on a walk

3. In order to ensure that the number of people on a walk does not exceed the permitted number **you must book your place on the walk in advance**. This may be done up to 1 week in advance and bookings will close 24 hours before the start of a walk so that the list can be compiled and E-mailed to the walk leader in time for them to print it and bring it to the walk. Booking more than 1 week in advance will not be allowed nor will booking for multiple walks.
4. To book your place send an E-mail to info@epsomandewellhealthwalks.org.uk and be sure to include a contact telephone number as this has to be available for Track and Trace should anyone attending subsequently develop Covid-19. If you are booking for other members of your household (husband, wife, partner etc) be sure to state how many people you are booking for and their names. Booking for members of other households will not be permitted.
5. We aim to respond to every booking request either confirming the places requested or advising that the walk is already full or has had to be cancelled but this will not be an automated process so please allow 24 hours for us to do so before chasing up.
6. If you are unable to book a place by E-mail, please do so by telephoning our Treasurer (Denis Fenton) on 020 8393 4638. If leaving a message, be sure to state the walk you are booking for, your name, the name of anyone else in your household for whom you are booking, your contact telephone number and E-mail address (if any).
7. If you or anyone in your household has any symptoms of Covid-19 you should not book a place. If you or they develop such symptoms after booking, you must not attend. If you no longer plan to attend for this or any other reason, it would be helpful if you sent a further E-mail advising us.
8. If you have not walked with us before, you should complete a Walker Registration Form. You can download one from our web site www.epsomandewellhealthwalks.org.uk or ask for one to be E-mailed to you when you book your first walk. It would be helpful if once you have completed it you could scan it in and E-mail it to info@epsomandewellhealthwalks.org.uk but, if not, please hand it to your walk leader.

At the start of the walk

9. The leader will bring the list of those who have booked to attend the walk and tick off those who are actually there. Please ensure that the leader knows that you are there.
10. You must observe social distancing at the start of, during and after the walk by keeping at least 2 metres away from people not in your household, wherever possible. Feel free to bring and wear a face covering if you wish, although this is optional.
11. We aim to have 2 walk leaders and 2 back markers on each day a walk is scheduled so that there can be 2 walks with no more than 20 on each. Please help the walk leaders by ensuring that those attending are split evenly between the two leaders. On Mondays 14 and 21 September we currently have only 1 walk leader and 1 back marker so will need to limit walker numbers to 20; if more walk leaders and back markers become available we shall be able to accommodate 30 walkers on 2 walks, as on the other days.

During the walk

- Remember to keep at least 2 metres away from people not in your household, wherever possible.
- When you meet oncoming walkers, cyclists or horse riders stand to the same side of the path as the walk leader (usually the left) to let them pass.

After the walk

- If you go for coffee after the walk, remember that social distancing still applies.
- If you develop any symptoms of Covid-19 book a test for it. If this proves positive, please let us know by e-mail or telephone (details as above) and tell Track and Trace that you were on our walk and give them our contact details.

Walks planned for September 2020

1 HOUR WALKS			
DATE	LOCATION	MEETING POINT	GRADIENT
WEDNESDAYS 10am			
9 Sep	Horton Country Park	Horton Country Park car park, Horton Lane.	(1)
16 Sep	Poole Road	Harrier Centre car park, Poole Rd.	(1)
23 Sep	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd.	(3)
30 Sep	Epsom Common	Stew Ponds car park, Christ Church Rd.	(1)

30 MINUTE WALKS			
DATE	LOCATION	MEETING POINT	GRADIENT
MONDAYS 10am			
14 Sep	Epsom Downs	Tea Hut, Tattenham Cr. car park, off Old London Rd.	(3)
21 Sep	Epsom Common	Stew Ponds car park, Christ Church Rd.	(1)
28 Sep	Horton Country Park	Horton Country Park car park, Horton Lane.	(1)

Gradient

(1) Relatively flat (2) Some small hills (3) Some hills

General advice on earlier walk programmes still applies.

You may wish to look at the Ramblers advice on walking with Covid-19 which can be found at:

[file:///C:/Users/keith/Downloads/Ramblers%20Restart%20for%20Walkers%2030%20July%20\(2\).pdf](file:///C:/Users/keith/Downloads/Ramblers%20Restart%20for%20Walkers%2030%20July%20(2).pdf)