

Health Walks

Covid-19 Guidance



It is clear that Coronavirus has not gone away, and we need to continue to help control the virus to save lives. If you have Coronavirus symptoms, you should self-isolate.

Unless you're self-isolating, you can still head outside and enjoy your daily walk. Just remember to keep your eye on government advice to ensure you're doing things safely.

Here's some further information and advice about keeping you safe:

- We will take a register as normal, and this will be made available to the NHS contact tracing team, if needed.
- Please maintain good hygiene and physical distancing. Try to spread out at the beginning of the walk, during rest periods and at the end of the walk. Take particular care when waiting at crossings, stiles, gates, and narrow footpaths.
- Try to avoid touching gates and stiles etc. where possible. If you do – wash your hands as soon as you can. We recommend carrying alcohol-based hand sanitiser.
- If you have any COVID-19 symptoms you must not attend a group walk. If you experience symptoms, you should self-isolate in accordance with government guidance. Apply for a COVID-19 test, and support NHS contact tracing if requested.

If you have any queries, please email healthwalks@lincolnshire.coop or telephone 01522 544 632. Please note that there isn't someone in the office at all times but we will endeavour to reply as soon as possible

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For more information contact:

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