



Lincolnshire Co-op health walks are categorised as 'outdoor organised group activities' which are exempt from the rule of six restrictions on social gatherings. We have already met the protocols and put extra measures in place to reduce the risks of COVID-19.

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

- We will take a register as normal, but this will be made available to the NHS contact tracing team, if needed.
- Please maintain good hygiene and physical distancing. Try to keep at least 2 metres away from people you do not live with. Ensure you 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.
- Carry a face covering in case of any unforeseen incidents. These are not needed whilst walking but you're welcome to wear a covering if you feel happier doing so.
- If you have any COVID-19 symptoms you must not attend a group walk. If you, or anyone in your household experiences symptoms, you should self-isolate in accordance with government guidance. Apply for a COVID-19 test, and support NHS contact tracing if requested.
- The walks do still have limitations on numbers so some of the better attended walks may ask you to register in advance.
- If you need to register and you can't make it, please cancel your place as soon as possible.
- Please do not car-share with those outside your household or support bubble

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.