



# BRITISH WALKING FEDERATION

## GUIDANCE FOR WALKERS

Due to Covid-19 there may be some changes to the way that BWF Clubs organise their walks. This guidance is to help walkers keep safe whilst participating in BWF Club Walks and Permanent Trails.

At all times, the latest government advice must be followed – please remember that this may be different in the different regions of the UK. Further information on what you can and can't do [Coronavirus FAQ](#)

### 1. Club Walks

- Check the [BWF Website](#) for any updated information on the event you wish to attend
- Contact the walk organiser at least 48 hours in advance as some clubs may require advance booking.
- The number of people on a walk may have to be limited, especially if it is a led walk, so please check with the walk organiser.
- If you have pre-booked to attend a walk and need to cancel, please contact the walk organiser so that your place can be given to someone else who wishes to attend.

### 2. Permanent Trails

- Check the [BWF Website](#) for any updated information about the trail you intend to walk.
- Check the government website for any [areas under local lockdown](#) which may impact on the trail location.
- If in doubt, contact the Permanent Trail organiser.

### 3. Travelling to/attending the walk

- You may be asked to provide contact details in the event that a fellow walker or organiser contracts Covid-19 and this will assist NHS Test and Trace to help contain clusters or outbreaks.
- It is highly recommended that you carry your own hand sanitiser, gloves, face covering and first aid supplies for minor incidents.
- It is recommended that walkers bring their own food/snacks and drinks as some cafes or pubs may still be closed.
- Check and follow the latest [government advice](#) on travel and transport when travelling to a walk. (eg the use of face coverings on public transport)
- Check and follow [government guidelines](#) on social distancing, limiting contact with others and group gatherings.
- It is recommended that walkers do not share food, drink or equipment such as rucksacks/walking poles.
- Enjoy your walk whilst complying with the latest government advice to control the spread of Covid-19.