



## **Covid Policy**

Although restrictions are now gradually being relaxed, we're still committed to implementing all recommended precautionary measures with regards to Covid-19. We regularly review current Government guidance as well as guidance from the British Mountaineering Council, relevant National Park Authorities, Moors for the Future and the various mountain rescue teams involved in our areas.

Our principal aim is to ensure the safety and wellbeing of all our clients and ourselves when out on a guided walk. We will respect the local communities and other walkers we encounter where we will be walking and leave no trace of our visit.

In order to achieve this we have introduced the following guidance :

- We will ensure that all clients will be well within their existing abilities so as to reduce the risk of requiring help from the mountain rescue teams, air ambulance, police and the NHS.
- We will keep our group sizes small, and ensure that social distancing guidance is followed.
- We will continue to follow Government guidance with the aim of being socially responsible, safe, lawful and realistic in what we are able to provide as things move forward.
- Bookings during the Pandemic will be subject to revised terms and conditions where there is no financial penalty for cancelling due to ill health, or self-isolation.
- Clients will be asked to complete a pre-walk questionnaire and bring specified equipment with them. (Details below)
- Our standard registration and medical forms must be completed on-line rather than a paper form handed over at the start of the walk.
- We will review and update government guidelines on our website regularly and before every walk.

### ***The client must agree :***

- To follow relevant Government guidance on Coronavirus, specifically that you will not travel to nor attend guiding with us if you should be self-isolating according to national guidelines.
- To only attend your booking if you can answer the following questions with the word "No" immediately prior to your course. Now, or at any time in the last 14 days:
- Do you have/have you had a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)?
- Do you have a/have you had a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)?
- Do you have or have you had a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal?

- Are any of your household symptomatic of Covid-19 or have any of them been?
- Are any of your household self-isolating or have any of them been?
- To the best of your knowledge have you been in close contact with anyone else who is symptomatic of Covid-19?
- To answer the following with the word 'Yes':
  - Do you accept that your participation in the booked activity may increase your risk of exposure to infection with the virus relative to no-participation?
  - Do you agree to inform Adventure Unlocked should you develop any symptoms consistent with Covid-19 any time within 14 days of the end of the walk? The walk leader undertakes to do the same.

In addition to the kit and equipment mentioned in our General Information Sheet, please confirm that you will bring:

- A small bottle of hand sanitiser
- A face mask or covering in case it is required.
- A small personal first aid kit (plasters, painkillers, medication, disposable gloves).
- A personal orange plastic bivi-bag (emergency survival bag) These can be obtained at low cost from most outdoor retail outlets or on-line.

#### ***Cancellation Fees***

If your booking needs to be cancelled for Coronavirus related reasons by either party, you will be offered alternative dates or a full refund of your course or guided walking fees. Adventure Unlocked cannot be responsible for any losses relating to travel or accommodation incurred due to cancellations by either party.