

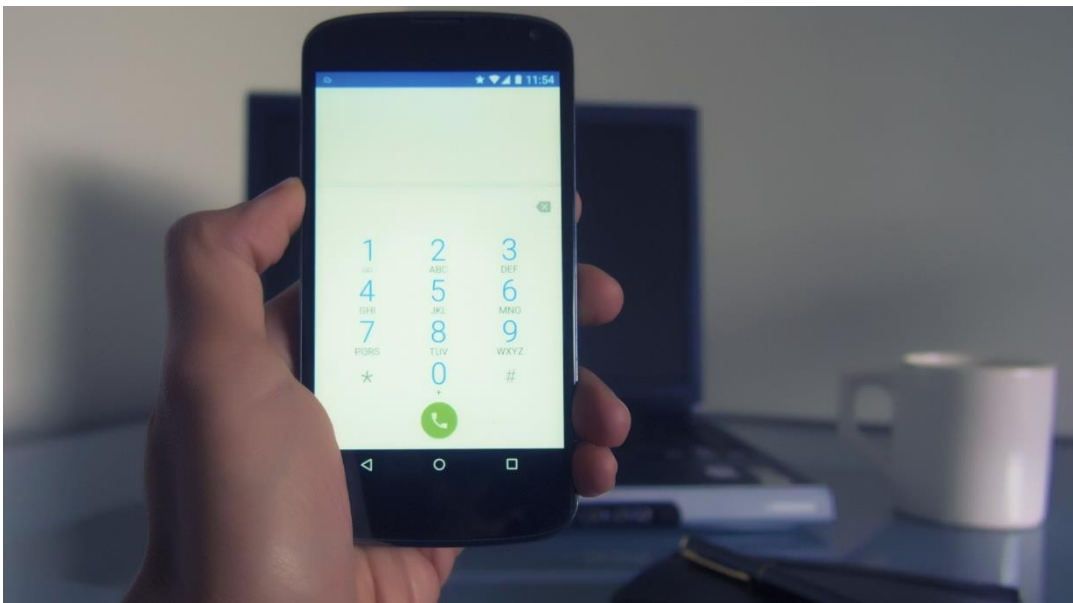
Guidelines for Returning to Walking for Wellbeing

We are so looking forward to welcoming you all back to Walking for Wellbeing! We are now past the peak of the virus, and the government has said we are able to return to doing many of the things we used to do. However, these are still not normal times, and there are steps we must take to look after ourselves and each other while enjoying ourselves on the walks. With this in mind, we have put together this guidance to outline some of the new measures that will be in place when the walks start again.

We want to reassure you that we are doing everything we can to make sure that the walks are as safe as possible. We will also be checking in with each group at the beginning of the session to see if there is anything else we could all do to provide extra reassurance.

Should I come on the walk this week?

- It's a good idea to check in with yourself before deciding whether you would like to come on a walk. You might be very keen to start walking again, but you might also find yourself experiencing a lot of anxiety at the thought of being around people again. Either would be completely normal! Just remember that if you're feeling particularly worried you can always leave it until next week.
- Please do not attend the walks if you are showing any symptoms of Covid-19, or have been told to self-isolate. We will have an initial screening conversation before you attend the walk to check for this. If you attend with symptoms you will be asked to leave.



Booking on

- Group sizes will now be limited to 6 people (either 5 participants and Francesca, or four participants, Francesca and a volunteer).
- Please let us know you are planning to attend the walk if you can, as if you come along without checking there might not be a place for you. Keep us updated if you can no longer make it so we can give your space to someone else.
- You can do this by emailing walking@oxfordshiremind.org.uk, calling Francesca on 07701372060, calling the information line on 01865 247788 or using the eventbrite links that will be sent out each week in the newsletter.



Face Coverings

- We will provide some masks at the start of the walk, which you may want to use as a courtesy to others and for extra reassurance. You can also cover your face with a bandana or scarf if you prefer. However, this will never be a requirement for participation in the group. Bear in mind also that according to government guidance you will need to wear a face covering if you are coming to the group on public transport.



Hygiene

- Please take advantage of the hand sanitiser we will provide you with to clean your hands at the beginning and end of the session.



Social Distancing and respecting others

- Please keep socially distanced from others in line with government guidelines (ideally 2 metres but at least 1 metre plus). Where this is less easy to do, be prepared to be patient, wait, and allow others to go past first. We will try and stick to routes with wide paths and enough space to keep away from other groups of walkers to help with this.
- Respect that everyone will be in a different place with how they're feeling about this, and it could vary from day to day and week to week. Some people may need to take different precautions from you, so don't be offended if people tell you they need a little extra space.

After the walk

- Please let us know if you develop symptoms in the seven days after the walk, so we can let other people in the group know that they may have to self-isolate.