

WEA RAMBLERS COVID-19 Walk and Holiday Protocol

INTRODUCTION

This protocol has been updated to reflect some significant changes in the way the Covid-19 pandemic is now managed. Most previous government restrictions have been replaced by health recommendations, together with an emphasis on everyone taking personal responsibility for the choices they make. However, as long as the pandemic continues to evolve, recommendations and requirements will also continue to change, maybe at short notice.

For this reason we have avoided offering detailed health advice here, and instead strongly encourage all members to keep themselves informed via the reliable and regularly updated source of information, the NSW Health Department's comprehensive website: www.health.nsw.gov.au.

(Where you see an asterisk * in the text below, this is a prompt to check for further information and changes to current advice).

Our aim in this protocol is to outline a few simple Club rules and procedures. We hope these will help support our Walk Leaders as they try to make things run as smoothly as possible for their groups in changing circumstances while we all learn to navigate the new realities of what it means to be 'living with Covid.'

BEFORE JOINING A WALK

Vaccination Requirements:

Before joining any Ramblers activity, all participants are required to be up-to-date with the currently recommended Covid -19 vaccination schedule * and willing to show proof when requested to do so by the Walk Leader.

Registration Process

All participants on a Ramblers activity must have their contact details recorded on the Walk Attendance Sheet **before** starting the walk. The Leader will decide and state in the Walk Notice which of the following registration processes will be used.

- **By pre - registration only** (a number limit may or may not apply)
Or
- **Signing the Attendance sheet in person** on arrival on the day of the walk
Or
- **A combination of the above.**

Leaders can also state their preferred method of contact (e.g. by SMS only) and times they are available. If they wish, they may request additional Covid-safety measures on a particular walk (e.g. if car pooling is needed.) Please take note, and respect any such requests.

Temporary Members (Visitors) Anyone who is not a member must comply with the above requirements as well as seeking advance permission from the Walk Leader before arriving for a walk, even if it is not one requiring pre-registration. The visitor can then be registered as a Temporary Member for up to a maximum of 3 walks. After that they will need to take out full membership if they want to join further Club activities.

ON THE DAY OF THE WALK

Do not join an activity if you feel unwell; have any flu-like symptoms, or have tested positive for Covid-19 within the last 5 days. If you've already pre- registered for the walk, please contact the Leader as soon as possible to let them know you will not be able to come.

Some points to remember: *

- Wearing a facemask on public transport is strongly recommended *
- Observe appropriate physical distancing wherever possible
- In crowded indoor settings, if this is not possible, mask wearing is strongly recommended.
- Maintain recommended hygiene practices.

AFTER THE WALK:

If you are diagnosed with Covid-19 within 2-3 days of participating in a club activity please inform the Walk Leader as soon as possible in case you may have been infectious without knowing it at the time. * Other participants will need to be made aware that they could have been exposed to the virus, and will need to monitor themselves for symptoms. Let the leader know if you object to your identity being disclosed and they will respect your wish for anonymity when notifying others.

The Walk Leader is the person responsible for notifying participants that someone in their group has since tested positive to Covid. This can be done by SMS using the personal contact numbers provided on the Attendance Sheet.

INFORMATION FOR RAMBLERS HOLIDAY GROUPS

This section provides additional guidance for holiday organisers and participants on Ramblers holidays and should be read in conjunction with the rest of this Walk Protocol.

Before you travel

When packing make sure you include facemasks, and a Rapid Antigen Test (RAT) kit so you can get tested without delay should this become necessary.

Do not join the holiday if

- You have tested positive for Covid 19 within the last 5 days, or are awaiting test results
- You are currently unwell, experiencing flu-like symptoms, or have reason to suspect you might be infected.
- In these situations it's important to get tested, either by RAT or PCR test and return a negative result before joining the holiday.

If you are feeling unwell when already on the holiday

- Inform the organiser straight away so they are aware and can respond appropriately.
- Take a RAT as soon as possible. Though less reliable than a PCR test, they are still a very useful indication of the likelihood of Covid-19 infection*
- If you test positive * assume you're infected, isolate in your room, and contact the organiser to discuss how the situation can best be managed until you can return home
- If the result is negative, and your symptoms have diminished, advise the organiser so you can now safely rejoin the group.
- If despite a negative RAT you continue to feel unwell, it is important to tell the organiser. This enables both of you to have an informed discussion around any risks to yourself or others, in the light of plans for the following day's activities.

Effective from 31st October 2022