



How we will keep you safe on the South Downs Trek



We place the utmost importance on the health and safety of all our participants, volunteers and staff at all times. With this in mind we have introduced a range of new health and safety measures in line with government advice, that seek to reduce the risk associated with Covid 19 for the South Downs Trek.

COVID-19 update 14/9/2020






As we're sure you're aware, the government has recently announced new measures to suppress COVID-19 and keep the number of infections down – asking people not to meet with people from other households socially in groups of more than six.

This applies indoors and outdoors, but there are a number of exemptions, including 'organised sport', which the South Downs Trek falls under. Your safety, and that of our volunteers and staff, is of paramount importance to us, so while the 'rule of six' does not officially apply to the event, we have introduced some additional safety measures.

The South Downs Trek lends itself to social distancing, it is an outdoor walking event, covering a distance of 26.2 miles, with plenty of opportunities to spread out. To maximise your safety, only 64 people are taking part in the event.

Although you can be assured that we have done everything in our power to ensure your safety, as well as offered suggestions on keeping you safe, please remember to stay alert and vigilant and follow the government guidelines at all times.

General

				
<p>Where possible please apply social distancing at all times</p>	<p>If you are displaying any symptoms of Covid 19 on the day of the event we ask you not to attend the event. Please contact us on 01903 706354 to advise</p>	<p>Our staff will be wearing PPE equipment as they will be welcoming all of our participants. Face masks are not mandatory for the event but if you wish to wear your own mask please do so</p>	<p>Hand sanitiser will be available for walkers to use at stops and village halls. However, for extra precaution, we recommend that walkers bring their own hand sanitiser with them.</p>	<p>Toilets at rest and the start / finish will have disinfectant wipes and hand sanitizer available please use before and after use at the toilets and keep two metres distance in the queue at all times</p>

On Arrival

- To keep to social distancing advice, we will split participants across two starting points, these will be:
 - ✧ St Barnabas House
 - ✧ Northbrook College
- Participants will arrive in two waves across the above sites to further limit the amount of people in any one place and any one time.
- Staggered start times are put into place
- You will be advised on your starting point prior to attendance at the event.
- Participants will also be set off in waves and you will be allocated a time slot that we ask you to adhere to prior to the event.
- You will not need to sign in upon arrival just give your name and walker number to the staff member on registration. More details will be sent to you in the information pack prior to the start of the event.
- It is really important that you enter the correct details upon registration to enable us to keep you safe on this event.
- Walker numbers and timing chips will be available to collect upon arrival.
- When queuing, please keep to the social distancing rules. Markings and signage will be erected to help you with this.
- A one-way system for any queues will be put into place.
- Safety briefings will be available on the website to download prior to the event. But a small group on the day briefing will be delivered.
- Clean your hands and your own accessories before and after the walk (paying attention to zips on bags and rucksacks)
- Refer to your kit list when packing your items. Paying special attention to the personal bin bags (nappy bags work fine) and tissues to assist in the 'catch it, bin it' advice. Please keep all personal rubbish with you and bin it in the central bins at the refreshment stops.

Whilst Walking

- Make sure you keep the agreed social distance between yourself (party) and the walker in front of you at all times.
- When overtaking, please be considerate of the other walkers and aim to keep the agreed social distance when doing so.
- If appropriate, stop and wait for others to pass whilst maintaining social distancing. This includes when passing pedestrians and members of the general public if you are using the same path
- If stopped, it is advised to try and avoid standing face to face with other walkers. It is best to stand side-by-side or back to back
- Greet others without shaking hands, high fiving or hugging – a friendly wave will suffice
- Ensure you carry your own hand sanitiser with you and use regularly.
- There are a number of stiles that you will have to cross on the walk. We suggest you use hand sanitiser after use.

Refreshment Stops / Food

- One-way system will be put in place at refreshment stops to avoid queuing and congestion.
- Additional signage will be put in place to enable you to adhere to the social distancing rule
- Where possible eat your food outside in the fresh air
- All refreshment stops will be self-service.
- Dry food stuffs will be served in individual wrappers
- Fresh foods i.e. items with a short shelf life such as fruit will be peelable
- Please place all rubbish in the bins provided
- If seating is provided, it will be set so people eat side by side or back to back. Tables and chairs will be set out with 2m between them. We ask that you respect this placement by leaving them as placed.
- All serving utensils, tables, chairs will be cleaned before and after use
- Please bring your own water bottles/hydration packs to reduce the use of cups and glasses at the stops
- Where possible brown paper bags will be made up with full 'snack pack' – grab and go style.

As you can appreciate this is an ever-changing world, however we will be monitoring the government guidelines at all times. Our main priority is the safety of everyone involved in the South Downs Trek.

Remember be alert, stay safe and enjoy the day!