



GOWER WALKING FESTIVAL 2021

COVID CODE

This Code applies to all participants in GWF 2021 and should be read in conjunction with our standard Terms and Conditions. Where there is conflict between Ts and Cs and the Code, the Code takes precedence.

This Code will be modified in accordance with Welsh government regulations prevailing at the time.

1. **ILLNESS:** You should not attend a walk if you feel unwell or uneasy about the walk and/or its circumstances. Neither should you attend if you or any member of your household have been self-isolating for 10 days PRIOR to the walk. If you become ill or otherwise need to drop out between making your booking and the start of the walk, you should cancel via email info@gowerwalkingfestival.uk OR telephone **07340672963**
GWF will issue you with a full refund if you need to cancel due to coronavirus. Proof of your positive test would be required.
2. **ILLNESS FOLLOWING A WALK:** Any participant becoming ill with Covid-19 type symptoms in the 14 days following a walk - see symptoms on the Government website: www.nhs.uk/conditions/coronavirus-covid-19/symptoms/ must report to GWF via email, advising which walk/s you attended. GWF will alert others who were on the same walk, so that they can self-isolate in line with Government guidelines. In alerting other walkers, GWF will never use names of the walker(s) who reported symptoms.
3. **TRAVEL:** You should travel to and from the walk separately or with members of the same household, using your own vehicle. However, if guidelines allow, public transport can be used.
4. **DISTANCING:** You must agree to follow physical distancing guidelines in force at the time of the walk.
5. **SELF-RELIANCE:** You must carry everything you need during the walk. This will include:
 - Your own medication
 - A basic first aid kit for blisters and minor wounds like cuts and grazes. In any emergency you must follow the Leader's instructions.
 - Hand sanitiser, especially for use at stiles and gates.
 - A suitable face covering for use in any situation where distancing guidelines cannot be observed.
 - Suitable emergency clothing, including gloves which can also be used as a barrier layer.
 - We strongly recommend you bring at least 1L of water on all walks
6. **GROUP ETHICS:** You should stay in sight of the Leader and/or Co-leader and comply with instructions particularly at gates and stiles.