

# Geowalks during the Coronavirus Pandemic 2020-2021

## Information for participants on short walks (up to 4 hours)

During Geowalks activities, the aim is to keep everyone safe and to minimise the risk of transmission of Coronavirus. Everyone has a duty to minimise the risk to themselves and others. This activity is classed as an "organised outdoor non-contact sport or exercise" in Scottish Government guidance. Current guidance is that organised outdoor groups of up to 15 people are permitted, but that you should only travel locally for exercise.

**You can only attend a Geowalks activity if you have read and agree to follow these procedures, and accept the risks involved:**

### Before the activity

- Do not attend if you are experiencing any symptoms of Coronavirus, or if you, or anyone you have been in close contact with, has tested positive for Covid-19 in the last 14 days. The main symptoms are a new continuous cough, fever or loss of, or change in, sense of smell or taste.
- Bring hand sanitiser, tissues and a bag to dispose of any waste.

### During the activity

- If you cough or sneeze, cover your mouth and nose with a tissue or your sleeve (not your hands). Avoid touching your eyes, nose and mouth.
- Dispose of used tissues immediately and wash or sanitise your hands afterwards.
- Maintain a 2-metre distance between yourself and anyone you do not live with.
- Face coverings are not necessary in an outdoor setting, but you can wear one if you prefer.
- Avoid touching anything which has been touched by other people. If you have to touch e.g. a gate or stile, use a glove, tissue or sleeve. Hold gates open for other group members if possible.
- Helping people avoid injury and giving necessary first aid gets priority over physical distancing. If you need assistance, it will be provided.

### Afterwards

- Inform Angus Miller if you develop symptoms or test positive for Covid-19 within 14 days.

### Acceptance of Risk

Angus Miller (trading as *Geowalks*) takes all reasonable steps to minimise the risks associated with this activity. However, you should be aware that certain inherent risks remain, which cannot be eliminated without destroying the character of the activity. Amongst other things, these risks can contribute to accidental injury or illness which could become very serious.

The level of risk associated with this activity is low, but may include:

1. unstable or slippery conditions underfoot, leading to slips, trips or falls.
2. physical effort, leading to tiredness or injury, particularly if you have existing medical conditions or injuries.
3. given the nature of the environment we will be in, circumstances can combine to make any incident more serious.
4. Exposure to the Covid-19 virus, through airborne transmission from other people, or by touching contaminated surfaces.

In attending a Geowalks activity, you:

- acknowledge that you have been briefed on the nature of the activity and the risks involved;
- recognise and accept the nature of these risks;
- confirm that you have declared any existing medical conditions or injuries that may affect your fitness to undertake the activity;
- confirm that you are not experiencing any symptoms of Coronavirus, and that you (and anyone you have been in close contact with) have not tested positive for Covid-19 in the last 14 days.
- agree to act in a responsible manner and not to compromise your safety or the safety of others.

Accepting this agreement in no way compromises your legal rights, nor does it release Angus Miller from his obligations towards your safety. It is merely to make sure you are aware of the risks involved and your responsibility for your own actions.



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