
Elmbridge Wellbeing Walks and Nordic Walks terms and conditions

What's changed?

Due to COVID-19 we need to change the way our group walks are organised – by limiting the group size, and taking extra measures to keep each other safe. This guide outlines the steps that everyone must take when joining an Elmbridge Borough Council Wellbeing Walk.

1. Booking onto a walk

- **Check the walks listing** to help you choose a walk – you may want to try a shorter or easier route if you haven't been active as much as you normally would.
- **Book onto the walk in advance** using the [online booking system](#).
- **Don't turn up to a walk without booking.** We need to limit numbers for everyone's safety. Remember you can't bring any additional people along if they haven't booked.
- **Let us know if you need to cancel your booking.**
If things change and you can't make it, please let us know as soon as possible so that someone else can go instead. Contact the Sport and Health team either by email health@elmbridge.gov.uk or call 01372 474574.
- Do not attend a booked walk if you are showing Covid-19 symptoms or are self-isolating.

2. Before the walk

- **Food and drink**
Bring your own food or snacks and plenty of water, as some cafés may still be closed.
- **Clothing and equipment**
Wear suitable clothing and footwear for the conditions – if in doubt, ask the walk leader.
- If you wish, bring your own alcohol-based hand sanitiser, gloves or first aid supplies. The walk leader may have a first aid kit, but for minor incidents it may be better to use your own supplies.
- **Getting to the walk**
Plan how you will get to the meeting point. Remember you are not allowed to share a car with someone outside of your household or social bubble, and it may not be possible to use public transport.

3. On the walk

- **Follow the government guidelines on social contact & physical distancing.**
Listen to the walk leader's briefing so you know what to do, and maintain 2 metres distance from anyone outside your household or social bubble wherever possible.
There may be times where the path narrows or other path users/obstacles need to be passed. In these cases, the distance may temporarily reduce to 1 metre, but you should revert back to 2 metres as soon as possible.
- **Avoid touching gates and path furniture**
If you do – wash your hands as soon as possible. We recommend carrying alcohol-based hand sanitiser.
- **Do not share food & drink, or equipment such as walking poles.**
Please avoid touching anyone else's possessions to avoid potentially spreading infection.
- **Walk responsibly.**
When other walkers are passing. Remember to give way where necessary to avoid close contact and maintain at least a 1 metre distance.

- Let the walk leader know if you are having problems, feel unwell, or need to slow down or stop.

Elmbridge Borough Council reserves the right to exclude participants from Walks if the above measures are not respected.