



## Dear Walkers

We are delighted to let you know that following the change in government regulations regarding the numbers of people who can exercise outdoors and the re-opening of cafés and shops, we can now offer Healthwalks for up to 30 people (including Walk Leaders). **However, unfortunately, at the moment we can only provide Healthwalks to those who are already registered with us – please see below for more information.**

Please use your own judgement in terms of whether or not you attend the walks. Those who are shielding or have long-term health conditions may want to consider if joining the walks is appropriate for them. **Also, please do not attend if you feel unwell or have any symptoms of COVID-19 or if you know you have been in contact with someone who has tested positive for COVID-19, has symptoms or has been feeling unwell over the last two weeks.**

We have worked as far as possible to ensure that the walks are safe for walkers and volunteer walk leaders and have only done so after detailed consultation with our volunteer team, and in line with updated guidance from Brighton & Hove City Council, the national Walking for Health Scheme, and other national sporting and physical activity bodies.. The following FAQs should tell you everything you need to know about how and where the walks are running, and how to help us run them as safely as possible for everyone:

### ***Are the walks open to everyone?***

- The walks are currently only available to people who are already registered with the scheme. This will be changing to include new walkers from October. If you, or someone you know would like to be informed when this changes, please call 01273 294589 or email [healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk).

### ***Has the walk programme changed?***

- We are running the same programme of walks for the remainder of August and all of September and then we will review the programme again. See the new programme here:

**Please note that from week commencing 24th August the Castle Hill, Hollingbury Hillfort and Stanmer Park (Thursday) walks are now reverting to their normal times of 10:30 am (Castle Hill) and 11am (Hollingbury and Stanmer).**

The walks we are currently running have been identified as those most appropriate for socially distanced walking.

There is no longer any need to book walks. You can simply turn up.

### ***How many people can walk?***

- Walk groups can be a maximum of 30 people, including leaders. In the very unlikely event that more than 30 people turn up, a smaller 'break off' walk group can be created if there are enough leaders. If there aren't, the last people to arrive that take the group to over 30 will unfortunately be unable to join the walk group so that it still complies with new regulations.

### ***What are you doing to make sure the walk is safe and what can I do?***

- Walkers are asked to maintain a distance of two metres from other walkers at all times wherever possible. Although national guidance has moved to a distance of one metre, two metres may offer additional protection.
- As you would when leaving the house to go shopping, go to work or visit friends or family, please take whatever precautions feel right for you. As outlined in current government guidance, it is not mandatory to wear a mask on walks, but please do if you want to. You may also want to consider bringing hand sanitiser and gloves.
- There will be no paperwork completed at walks, but please give the walk leader your name on arrival so that they can add it to their register.
- Please avoid touching gates, etc., wherever possible on the walks. If you do touch a gate or other item on a walk, please sanitise your hands afterwards.

### ***What about Test and Trace?***

- When you arrive at the walk we will ask you for your contact details if our records show that we don't already have them, so that we can comply with new test and trace guidance. This is voluntary but is in place to protect the health of all walkers and their households. In the unlikely event that a walker receives a positive COVID-19 test result, Test and Trace will contact us and we will then get in touch with all walkers that attended the same walk. The identity of the walker with the positive test result would not be shared with us.

These guidelines explain more about what happens when someone tests positive and Test and Trace is initiated: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youre-contacted-after-testing-positive-for-coronavirus/>

These guidelines explain what to do if you have been in contact with someone who has tested positive:  
<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>

### ***Are toilet and café facilities available on walks?***

- Please be aware that toilet facilities are still not open at some walk sites. Please check the new Healthwalks timetable for details.
- If you do use a public toilet on a walk, please wash your hands thoroughly for at least 20 seconds before re-joining the walk.
- Many park cafés are now open again. Please ensure you abide by any COVID-safe systems they have put in place for staff and customers.