



**OutdoorLads**

## **COVID-19 Management Plan**

Last Updated: 15<sup>th</sup> October 2020 (V1.3)

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## OutdoorLads Covid-19 Principles

1. We will always operate always with the safety of our members and volunteers as the primary guiding principal.
2. We will aspire to put events on, where we can, within the confines of the restrictions in place both locally and nationally.
3. We will always operate our activity within the government legislation parameters, using the exemptions for organised sports and activities where applicable.
4. We will align our guidance with the national governing bodies for:
  - 4.1. Cycling via Cycling UK
  - 4.2. Climbing via BMC
  - 4.3. Hill walking and Mountaineering via BMC
  - 4.4. General participation activity through Sport England.
5. In order to best be able to continue to deliver our charitable aims and support the physical and mental wellbeing of our members, OutdoorLads will seek to continue to provide events for our members to attend where this can be done legally and within the guidance set out in each nation and for each activity type. This will include, where applicable, using exemptions for organised sport and activities to enable more members to take part in events.

## Latest National Updates

The figures below do NOT include areas with additional restrictions.

Date Updated: 15 October 2020			
	England	Wales	Scotland
Socials	6	0*	0
Day Walks (Lowland)	30***	30	30***
Day Walks (Mountaineering)	30***	30	30***
Cycling -Road	6	30	9
Cycling -MTB	6	30	9
Climbing	6 indoors 30 outdoors***	30 outdoors 30 indoors**	6 from 2 households
Other	6	30 outdoors. 0 indoors, unless sport in which case 30	0

## Local Lockdowns

In addition, there are a number of localised geographical areas with additional restrictions imposed. These can be viewed [here](#).

We expect all members affected to ensure their full compliance with any localised restrictions applicable to them. We will remind members of the need to comply with local restrictions.


### Notes:

- Asterix \* : Limit is six, from one household. Effectively zero for groups who do not live together
- \*\* Sport is considered a “reasonable excuse” for up to 30 people to meet indoors. See the Welsh guidance
- \*\*\* Using the exemption for organised sports
- Guidance for the nations is here: [Wales](#) [England](#) [Northern Ireland](#) [Scotland](#)
- Guidance from sport governing bodies is here: [BMC](#) [Cycling UK](#) [Ramblers Sport England](#)

## 1. Current Group Size Numbers set by OutdoorLads

<b>OutdoorLads Event Numbers</b>							
Updated: 15 October 2020							
	England Tier 1	England Tier 2	England Tier 3	Wales	Wales Local Lockdowns	Scotland	Scotland Central Belt
Socials	6	0	0	0	0	0	0
Day Walks (Lowland)	20	20	6 #	20	6 #	6 (20 max)	6 **
Day Walks (Mountaineering)	12	12	6 #	12	6 #	6 (12 max)	6 **
Cycling -Road	6	6	6 #	6	6 #	6	6 **
Cycling -MTB	6	6	6 #	6	6 #	6	6 **
Climbing	6 indoors 12 outdoors	0 indoors 6 outdoors	0 indoors 6 # outdoors	12 indoors or out	6 # indoors or out		
Other	6	6 outdoors	0	0	0	0	0

# All participants must live in the local authority area (Wales) / Tier 3 area (England) in which the event takes place.  
 \*\* Those living in the affected areas should consider if they need to travel to events outside their Health Board area. Those living outside the central belt should only travel to or through the central belt if necessary.

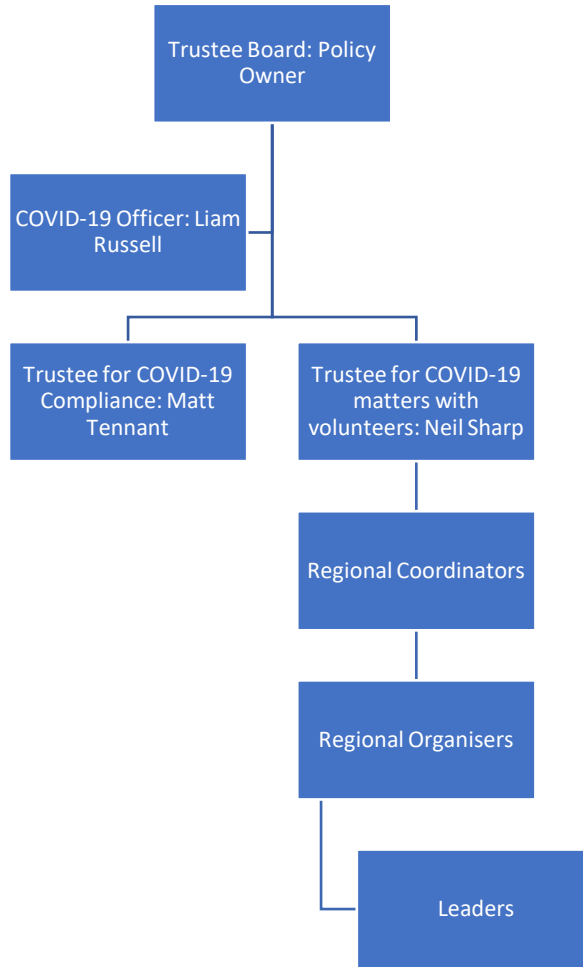


## 2. Governance of control measures for COVID-19 and OutdoorLads

**COVID-19 Policy Ownership:** OutdoorLads Board of Trustees

**Designated COVID-19 Officer:** Liam Russell [liam.russell@outdoorlads.com](mailto:liam.russell@outdoorlads.com) / 0161 420 0001

**Trustee for COVID-19 Matters with Volunteers:** Neil Sharp neil.sharp@outdoorlads.com  
**Trustee for COVID-19 Compliance matters:** Matt Tennant matt.tennant@outdoorlads.com



### 3. Communication Measures

OutdoorLads will do the following leading up to our events:

<b>Guidance</b>	<b>OutdoorLads Activity</b>
Information on how numbers will be limited to a maximum of 30 people (or a lower figure that the organiser deems to be more appropriate), by the requirement for participants to pre-book their place.	Event pages for all event types are limited in the total number of participants in accordance with the table above.
The activity leader’s contact details.	On event Page, via website messaging
The advice not to attend if the participant, or someone in their household, has symptoms of COVID-19.	Information on event pages and in automated pre-event message
Information about social distancing and	Information on event pages

hygiene measures.	
Information on the personal equipment that participants should provide.	Information of event pages
The advice to provide their own food and drink as sharing food is not permissible	Information of event pages
Remind participants of the importance to follow the NHS self-isolation guidelines if they or someone in their household has COVID-19 symptoms.  The main symptoms of COVID-19 are a high temperature, a new continuous cough, and a loss or change to your sense of taste and/or smell. If they have symptoms, or someone in their household has symptoms, they must not attend the event.	<a href="https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/">https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/</a>  Link provided on event pages.

**The following wording will appear on all event pages:**

COVID-19 – IMPORTANT, Please read the following before you sign up to this event:

- **Anyone with COVID-19 symptoms, even if they are extremely mild, or who lives or is in a support bubble with someone showing symptoms, is asked not to attend. This is in line with the [government’s coronavirus advice](#).**
- **You must also immediately self-isolate and not attend the event if you or someone in your household or support bubble shows coronavirus symptoms or tests positive. You can find the [NHS self-isolation guidance here](#).**
- The main symptoms of COVID-19 are a high temperature, a new continuous cough, and a loss or change to your sense of taste and/or smell.
- You may be subject to local lockdown restrictions, which you must fully comply with. Details of the location of these restrictions can be found here for [England](#), [Scotland](#), [Wales](#), and [Northern Ireland](#).
- We do not encourage car sharing to events during the pandemic. Please comply with the safety travel guidance for [England](#), [Wales](#), and [Scotland](#). Face coverings should be worn on public transport.
- All are required to practice social distancing – staying 2m (not 1m) apart at all times, including the lunch stop. Remember: Face, Hands, Space.
- Unfortunately, there won’t be any planned pub / café stops en route or at the end, and please don’t share sweets or snacks with others – we’re sorry!
- Please bring your own hand sanitising gel for your own use throughout the day. Use of face coverings is at your own choice, but please bring one with you just in case it’s needed. Please bring any other PPE items required. Bring a disposable bag for any used PPE.
- Members are advised to bring their own small first aid kit for personal use.
- On walks, one person to hold open gates etc and allow everyone to walk through – so minimising surfaces that multiple people touch. Please avoid sharing equipment.
- Be aware that opportunities for toilet stops may be minimal if facilities are closed.
- Please, please cancel at your earliest opportunity if you are unable to attend or are

- unwell, so that we can allow others to take up these valuable event spaces.
- Much as it's difficult - no handshakes or hugs!

### **COVID-19: Events Participation Statement**

OutdoorLads draws your attention to the fact that travelling and being away from home increases the risk of receiving and transmitting Coronavirus, whilst it is present in the UK. You are likely to choose not to participate in OutdoorLads events whilst there is a risk of Coronavirus transmission. However, should you choose to participate in OutdoorLads events whilst the risk is present, you must be aware of and follow the law and government guidelines, both when travelling to and from events as well as when participating in events.

Please note that every person participating should be aware of (and accept) that those members perceived as 'in charge' or leading the event are not experts, do not need to be experts, and are not regarded by OutdoorLads, or themselves as experts, but are amateurs with some experience in the event type and who are happy to impart their knowledge. Any advice given should be considered with this in mind by the recipient.

*By signing up to and attending an OutdoorLads event, you are confirming that you have read, understood and accept the content of this statement.*

The following wording will appear on all event pages for events taking place in Wales, and all people attending an event in Wales will be asked to confirm they agree with all points of the below statement at the start of the event:

- I do not currently have symptoms of COVID-19 (new persistent dry cough, fever, loss of taste or smell)
- I have not had a positive test for COVID-19 or onset of symptoms of COVID-19 in the last 10 days. (Individuals who have completed their period of isolation (10 days) and have no remaining symptoms (other than a dry cough or loss of taste or smell which can last for some time) may return to normal activities)
- No member of my household has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 14 days
- I have not been contacted by a contact tracer from the Test, Trace and Protect Programme and told to isolate in the last 14 days as a contact of someone with confirmed COVID-19
- I have not returned from a country outside of the UK in the last 14 days, other than those on the exempt list (<https://gov.wales/exemptions-self-isolation-coronavirus-covid-19-html>)

*Please note: People living in English Tier 1 and Tier 2 areas must NOT travel to any part of Wales to attend events.*

#### 4. Venue Selection

In planning out events, OutdoorLads will:

- Be aware of avoiding peak areas at peak time to avoid contact.
- Consider travel options for members attending.
- Remain flexible for change of plans for both leaders and local/national government advice.
- Be aware of access to:
  - Car parks
  - Toilets
  - Café (which OutdoorLads will not attend)
  - Tea shops (which OutdoorLads will not attend)
  - Pubs (which OutdoorLads will not attend)
- For establishments providing refreshment OutdoorLads will not congregate where a member wishes to buy something.

#### 5. Leader Training and Support

OutdoorLads will do the following for our leaders:

- Leaders are under no obligation to lead events.
- Leaders may freely wish to restrict numbers to 6 per event as a 'Micro-event'. We will support leaders in putting on such events, recognising that some members too will be more comfortable in a smaller group.

The following resources are available to leaders in the 'Leader Resource' section of the OutdoorLads website:

- Risk Assessment templates
- [Covid-19 First Aid Guidance](#)
- Templates for event page communication to member
- Guidance on running events for leaders
- The COVID-19 BMC Training, once launched, will be available to OutdoorLads leaders in England. For leaders in Wales, they may access the online training provided by the [Welsh Sports Association here](#). In both cases, OutdoorLads will reimburse the costs incurred by leaders upon receipt of the completed training certificate.

#### 6. Action to be taken during the OutdoorLads Event

##### 6.1. Travel to the event



OutdoorLads will not be encouraging the use of car sharing to our events during the pandemic.

Members are advised to comply with the safety travel guidance for [England](#), [Wales](#), [Scotland](#), and reminded that face coverings should be worn on public transport, if used.

## 6.2. Welcome Briefing

OutdoorLads events will always have a welcome briefing, run by the event leader. In addition to the normal activity details, they will cover:

- Social distancing.
- Hygiene measures – use of hand sanitiser; catch it, bin it, kill it; and Face, Hands, Space. Avoiding sharing equipment or food and drink.
- Encourage members to contact NHS England Test & Trace / NHS Wales Test, Trace, Protect should they become symptomatic after the activity, and also informing the OutdoorLads office.
- Asking members to speak with the leader/organiser if they feel uncomfortable with the procedures at any time during the event.
- OutdoorLads office will retain a record of their contact details for contact tracing purposes, if requested to do so.

For each point above use the guidance in this document to provide more information to the participants.

## 6.3. Record of Participants

OutdoorLads maintains a record of all activity attendees which is stored via our website. Members sign up to an 'event' online and their details are stored in an attendance list with their contact details. This can later be accessed if required for NHS track and trace purposes.

From mid-October, we will additionally be providing event leaders with QR codes for events, which is a belt-and-braces approach to giving members confidence in events by allowing them to scan the QR code on an event on the NHS Covid-19 app. This is optional for both leaders and members, and as such is supplementary to the information we hold on members for test and trace.

## 6.4. Social Distancing

OutdoorLads will advise members in our pre-event communication and event briefing, as a general guide, to aim to stay 2m apart from people outside of their household. Where this is not possible, maintain a distance of 1m+.

OutdoorLads does suggest members bring their own face-covering. At any time that participants are less than 2m from another person they should turn their faces away from each other, if safe to do so. If the 2m distance is expected to be breached it is advisable to wear a face covering.

Event leaders will find appropriate places with plenty of space to accommodate social distancing for the group to meet at the start of the event and for any rest-breaks.

### 6.5. Hygiene Measures

OutdoorLads will advise all members bring hand sanitizer (min 70% alcohol content) to all events. OutdoorLads will cover the expenses of leaders that wish to purchase hand sanitizer for an event.

Our walking event will be planned to try to avoid touching gates and path furniture where possible – walking poles and elbows can be used to open many gates.

If leaders wish to carry any additional person protective equipment such as gloves/apron/goggles OutdoorLads will cover any expenses occurred. Please e-mail [support@outdoorlads.com](mailto:support@outdoorlads.com) for an expenses claim form.

### 6.6. Equipment

#### **Walking equipment**

OutdoorLads rarely uses it's own equipment on day walks. The leader will advise members to not share or swap any walking equipment such as maps, compasses, dog leads, walking poles etc.

#### **Climbing equipment**

OutdoorLads is not currently running climbing events, however, when climbing centers allow group bookings we will adopt the following policy:

- If sharing climbing equipment, such as ropes or as when leading and seconding, with people outside of your household we recommend quarantining the equipment for a minimum of 72 hours after use.

### 6.7. Climbing Partnerships

OutdoorLads is not currently running climbing. However, when we are in a position to re-start we will adopt the following policy:

OutdoorLads will advise that as far as is practical climb with members of your household. If climbing with someone outside of your household then aim to climb in pairs on single pitch and keep the same pairs throughout. If climbing in a three and/or on multipitch where social distancing is not possible – we recommend wearing a face covering.

In order to minimize the risk of an incident taking place, and the need to call on the emergency services, we recommend keeping climbing to experienced climbers operating comfortably within their established limits.

## 7. Post-Event

- 7.1. OutdoorLads in our event communication will remind members to wash their hands thoroughly after an OutdoorLads event, and to use hand sanitiser periodically throughout the event.
- 7.2. OutdoorLads will remind members who show any COVID symptoms or become symptomatic, after the OutdoorLads activity that it is essential for them to report this to the NHS Test & Trace service in England or the Test, Trace, Protect service in Wales. Ask them to inform the OutdoorLads office via [support@outdoorlads.com](mailto:support@outdoorlads.com)
- 7.3. OutdoorLads in any case, has contact details for members and a list of events attended, stored securely on the back-end of it's website, which can be used for NHS Track and Trace in the event these are requested by the NHS.
- 7.4. Incident Reporting: Any COVID or non COVID incidence or near misses should be recorded by the OutdoorLads incident report in the standard method via [support@outdoorlads.com](mailto:support@outdoorlads.com).

## OutdoorLads Risk Mitigation Summary

Risk of transmission of COVID-19	Who might be at risk of spreading COVID-19?	Ways to control the risk	Action taken
<b>PRE-MEET (PLANNING)</b>			
Through close contact with other people during the activity	Participants Members of the public	Consider planning the activity for a less busy time and/or at a quieter location.	Leaders advised to consider when planning event
		Avoid particularly busy or narrow routes and locations where physical distancing is not possible.	Leaders advised to consider when planning event
		Consider top-roping and/or single-pitch crags for climbing events	Leaders advised to consider when planning event
		Give clear information about limiting the group size up to a maximum of 20 people (or limit as determined by OutdoorLads for the event type and country.)	Leaders advised of requirement
		Remind participants beforehand about relevant current government guidelines.	Event page and automated message pre-event advise members
		Suggest participants bring hand sanitiser and/or anti-bacterial wipes.	Event page and automated message pre-event advise members
		Advise participants to provide their own equipment, as relevant to the activity, and own food and drink (not to be shared with others.)	Event page and automated message pre-event advise members
		Remind members that if they have any of the symptoms of coronavirus, or live with someone with symptoms, they must not attend.	Event page and automated message pre-event advise members
		Ensure you have a record of who has booked on.	This is collected when people sign up to the event online
Through close contact with other people while travelling to / from the activity	Participants Members of the public Public transport staff	Remind participants of the current regulations regarding car sharing	Reminder to comply on event page and pre-event message
		Remind participants of the current regulations regarding face coverings on public transport	Reminder to comply on event page and pre-event message
		Consider a meeting venue with suitable parking – sufficient for the number of people attending while allowing for suitable distancing between members	Leaders advised to consider when planning event
Risk of transmission of COVID-19	Who might be at risk of spreading COVID-19?	Ways to control the risk	Action taken
<b>ON THE DAY</b>			

Through close contact / meeting other people during the activity	Participants Members of the public	Brief participants at the start to maintain 2 metre social distancing – this is everyone’s responsibility.	Event leader briefing at event start
		Remind anyone with symptoms to go home / those that are not able to agree to the self-declaration statement (Appendix C).	Event leader briefing at event start
		Attendee numbers must not exceed government guidance (absolute maximum of 30 people), and must be appropriate to the style of activity, experience of participants and location used. Should not exceed the stated OutdoorLads limit on events	Leaders advised of requirement. Event page limits sign-ups and uses wait list if more
		Brief participants what to do at any pinch points or road crossings to maintain social distancing.	Event leader briefing at event start
		Provide hand sanitiser, min 70% alcohol content / wipes on the day, and safe disposable bags for used wipes and gloves (gloves also need to be sanitised regularly)	All advised to bring own sanitiser, PPE and bag for disposing.
		Ensure you have a record of all those who took part.	Leader to complete register online soon after the event
Through close contact with other people when dealing with incidents / accidents	Participants Members of the public Emergency services, including Mountain Rescue Teams	Advise the group to stay within their competency level, whether climbing, walking, scrambling or mountaineering to reduce the risk of incidents happening.	Members advised of level of event, complete participation statement
		Advise members to use their own first aid kit for personal use where possible.	Event page advises
		Leaders who wish to carry PPE in case of needing to administer first aid treatment; (mask, apron, surgical gloves and safety glasses or goggles) able to recover costs from OutdoorLads	Leaders advised
		Ensure you are up-to-date with current guidance about administering first aid.	
Through touching gates, stiles, fences or equipment	Participants Members of the public	Avoid touching gates and path furniture where possible.	Event page and pre-event message
		Suggest participants use their own hand sanitiser and/or anti-bacterial wipes and use regularly.	Event page and pre-event message
		Advise participants to only use their own equipment, such as maps, compasses and walking poles, and not to share with those outside of their household.	Event page and pre-event message, leader briefing
		Do not share group shelters or bothy bags	Leader briefing (where applicable)
		Advise participants not to share food and drink.	Event page and pre-event message, leader briefing
<b>Risk of transmission of COVID-19</b>	<b>Who might be at risk of spreading COVID-19?</b>	<b>Ways to control the risk</b>	<b>Action taken</b>
<b>ON THE DAY, CONTINUED...</b>			
Through touching climbing	Participants Climbing partner	Avoid sharing of climbing equipment - for novice meets / training ensure that there are sufficient helmets, harnesses, and krabs with belay plates for each	Leaders advised to consider when planning event

equipment		person	
		Inform participants of the potential risks associated with touching shared climbing hardware– protection and quickdraws – while on a route and recommend a regime of using hand sanitiser (or anti-bacterial wipes) before and after each route.	Leader briefing at start of event
		Inform participants of the risks associated with putting gear in the mouth whilst placing gear / clipping ropes.	Leader briefing at start of event
<b>AFTER THE EVENT</b>			
	Participants	Remind participants that should they present any COVID-19 symptoms, or become symptomatic, after the activity that it is essential for them to report this to the NHS Test & Trace service. Ask them to inform yourself as well	Leader briefing at end of event
		Keep a record of everyone taking part (names and contact details) in case this is needed for contact tracing. You must keep this record securely and delete or destroy it after 21 days	Retained on attendance register via website
<i>Please add more lines if needed</i>			

This risk assessment has been prepared to help leaders understand the risks and any steps to be taken to stay safe when leading a walk. It must be completed and returned to [support@outdoorlads.com](mailto:support@outdoorlads.com) at the time the event page is submitted for making live for **all walking events**.

<b>Leader Name</b>		<b>Date of walk</b>	DD/MM/YY	
<b>Regional Co-ord Name</b>		<b>Date of risk assessment</b>	DD/MM/YY	
		<b>Event title / URL</b>		
<b>Potential risks</b>	<b>Who could be harmed? How?</b>	<b>Ways to control the risk</b>		<b>Action taken?</b> (click on the box to tick)
Transmission of COVID-19 through close contact / meeting other people	ODL members, members of the public – risk of spreading COVID- 19	Plan the walk for a less busy time / avoid “honeypot” areas or known busy routes.		<input type="checkbox"/>
		Avoid particularly busy or narrow routes where physical distancing is not possible.		<input type="checkbox"/>
		Give clear information about limiting the group size in line with government guidance. (For ODL, max 20; 12 on mountain walks in England and Wales. In Scotland, max 5 households with an overall limit of 15.)		<input type="checkbox"/>
		Remind members beforehand about the current guidelines for the region, including on travel & transport, via a pre-event message		<input type="checkbox"/>
		Advise walkers at the start of the walk to maintain physical distancing, and what to do at any pinch points or road crossings – this is everyone’s responsibility.		<input type="checkbox"/>
		Carry personal and additional spare face coverings in case of incidents.		<input type="checkbox"/>
		Ensure you have taken a register of attendance and complete and archive the attendance soon afterwards – this helps should NHS Track and Trace get in touch.		<input type="checkbox"/>

		Remind members to avoid handshakes and hugs.	
Transmission of COVID-19 through touching gates, stiles, fences or equipment	ODL members, members of the public – risk of spreading COVID-19	Avoid touching gates and path furniture, where possible.	<input type="checkbox"/>
		Suggest that members bring their own hand sanitiser.	<input type="checkbox"/>
		Advise members not to share food, drink or equipment such as walking poles.	<input type="checkbox"/>
Bad weather (including extreme temperatures)	Members – risk of illness and injury, risk of the group being stranded	Check the weather forecast and postpone/cancel if necessary. Advise members to bring suitable clothing and items for the conditions.	<input type="checkbox"/>
		Make a note in advance of possible ‘escape routes’ for returning quickly to safer ground.	<input type="checkbox"/>
Busy roads	Members – risk of vehicle collisions	Avoid routes along busy roads and/or check for suitable crossing places on the recce.	<input type="checkbox"/>
Steep, slippery or muddy sections.	Members – risk of trips/slips	Check for muddy/slippery sections on the recce and adapt the route if necessary. Advise walkers to bring suitable footwear for the conditions.	<input type="checkbox"/>
Livestock	Members – risk of injury	Cross fields with livestock calmly and quietly, keeping the group together. Be prepared to divert around livestock if necessary.	<input type="checkbox"/>
	Risk of property damage if livestock escape	Follow the Countryside Code (England & Wales) and Access Code (Scotland). Leave gates and property as you find them.	<input type="checkbox"/>
Cliffs or sheer drops	Members – risk of falls	Check paths are suitable for a group to use safely and make changes if necessary.	<input type="checkbox"/>
		Follow any local warnings or signs, and advise walkers to keep away from the edge.	<input type="checkbox"/>
<i>Any risks particular to the event you are planning?</i>			<input type="checkbox"/>
			<input type="checkbox"/>



FOLLOWING SECTION IS ESSENTIAL FOR MOUNTAIN WALKS AND WALKS OF 500 M HIGH AND ABOVE			
<i>Additional pressure on emergency services</i>	ODL members, and members of the public – risk of spreading COVID-19.	Have you confirmed that mountain rescue services operational in that area?	<input type="checkbox"/>
		Even if yes, leader to be well equipped in anticipation that services may take longer to arrive due to extra protocols.	<input type="checkbox"/>
Transmission of COVID-19 through close contact / meeting other people		As all attendees will likely have to arrive in separate cars (unless living together), can the start point safely and sensibly accommodate those vehicles?	<input type="checkbox"/>
		Is the area likely to be so busy that social distancing becomes difficult?	<input type="checkbox"/>
		Are the conditions likely to be such that social distancing is likely to have to be breached in order to provide information, speak to the group etc (i.e. group huddles in bad weather)?	<input type="checkbox"/>
<i>Any risks particular to the event you are planning?</i>			

If you need any support with planning your event or have any questions, please contact the office on [support@outdoorlads.com](mailto:support@outdoorlads.com)

**Notes for leaders:**

- This document has been prepared for OutdoorLads walk leaders, to assist with the planning of walking events in a safe manner during the covid-19 pandemic.
- Whilst it is not essential to tick every box suggested above, you should consider if each item is applicable to your event as part of your event planning.
- This form does not need to be completed and returned to the office for leisure walks and lowland and hill walks.
- For mountain walks (all walks at 500m and above) the event leader **must** discuss the event with the regional co-ordinator in advance, and then complete this risk assessment and return to the office on [support@outdoorlads.com](mailto:support@outdoorlads.com) before the event is published on the website.
- Further advice can be found on our website in leader resources, here:
- If you have any questions or would like help with planning your event, contact the office on [support@outdoorlads.com](mailto:support@outdoorlads.com) and we'll help however we can.

**REMEMBER:**

<p><b>Do you (or does someone else from your household) have COVID-19 symptoms?</b></p>	<p><i>If so, you should self-isolate in line with government guidance. You must not take part in OutdoorLads events.</i></p> <p><i>Symptoms include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste.</i></p> <p><i>Find out more about COVID-19, and what you should do if you have symptoms on the NHS website in <a href="#">England</a>, <a href="#">Wales</a> or <a href="#">Scotland</a>.</i></p>
<p><b>Are you 'clinically vulnerable'?</b></p>	<p><i>If you (or someone you live with) are at higher risk of getting seriously ill from coronavirus, you should take extra care to minimise contact with others from outside your household.</i></p> <p><i>Taking part in OutdoorLads events may put you and those around you at higher risk. <b>It may not be the right decision at this time.</b></i></p> <p><i>Remember – everyone over 70, and those with certain underlying health conditions are considered to be 'clinically vulnerable'. You can find more information from the NHS in <a href="#">England</a>, <a href="#">Wales</a> or <a href="#">Scotland</a>.</i></p>