

## **COVID Welcome Briefing**

1. Look at self-declaration and check that you can still agree to all points
2. Remember to stay 2m apart where possible and turn away from the other person if you have to pass close to them.
3. Hygiene measures – Carry hand sanitizer and face covering. Use hand sanitizer when touching gates etc and before eating. Bag and bin wipes and tissues.
4. Don't share equipment or food/drink, including sweets. Use own first aid kit where possible.
4. Participants should contact NHS Wales Test, Trace, Protect if they become symptomatic after the activity, and also inform the COVID Officer.
5. Participants should speak with the organiser/COVID Officer if they feel uncomfortable with the procedures during the event.
6. A record of their contact details for contact tracing purposes will be kept for 21 days then destroyed.

At the end of the walk participants will be reminded to contact the COVID Officer if they develop symptoms of COVID-19.