**OHJAC COVID 19 ADVICE TO MEMBERS**

As of 24 August, this includes group walks of up to 30 people in England, Scotland and Wales.

**Our priority is to protect the health of our members, supporters and volunteers so please follow our advice below before taking part in any activity.**

**If you want to join an OHJAC walk:**

Before joining a a walk please check the latest government guidance.

**If you’re walking with friends:**

* **Be prepared:**Government guidelines are changing regularly so make sure you know where you can walk before making the trip.
* **Be safe:**Maintain good hygiene and physical distancing. If you begin to show COVID-19 symptoms or have been in contact with anyone who has COVID-19, you must self-isolate.
* **Be considerate:**Be sensitive to rural communities if considering travelling further from home to walk. Make sure to follow the [**Countryside Code – COVID-19 version**](https://www.ramblers.org.uk/advice/paths-in-england-and-wales/enjoying-the-countryside/countryside-code-for-the-public.aspx)(England and Wales) or [**Scottish Access Code.**](https://www.outdooraccess-scotland.scot/)

Consider making a [list of items to take with you](https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#checklists-for-safer-travel).

**Car sharing**

You should try not to share a vehicle with those outside your household or support bubble. If you need to do this, try to:

* share the transport with the same people each time
* keep to small groups of people at any one time
* open windows for ventilation
* travel side by side or behind other people, rather than facing them, where seating arrangements allow
* face away from each other
* consider seating arrangements to maximise distance between people in the vehicle
* clean your car between journeys using standard cleaning products - make sure you clean door handles and other areas that people may touch
* ask the driver and passengers to [wear a face covering](https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#face-coverings)

**On your journey**

Expect more pedestrians and cyclists, especially at peak times of day. Where possible, allow other road users to [maintain social distancing](https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#social-distancing). For example, give cyclists space at traffi

 lights.

Limit the time you spend at garages, petrol stations and motorway services. Try to keep your distance from other people and if possible pay by contactless.

Wash your hands for at least 20 seconds or sanitise your hands often, and always when exiting or re-entering your vehicle.