



Lancaster University Hiking Club

COVID-19 Code of Practice

This code of practice is in addition to our standard code of practice. **This code of practice may change** depending on changes to Government guidelines. **Please check it prior to each trip** you attend.

As a member of the club, you must abide by this code of practice at all times during club activities so that all activities are carried out safely. Failure to do so may result in expulsion from the club.

If you develop symptoms of COVID-19 after attending a trip:

- Follow the advice at <https://www.gov.uk/coronavirus>
- Contact one of the exec from the trip or message the club on Facebook

What must you do to keep yourself and others safe on trips?

► On club organised transport:

- Do not eat or drink.
- Wear a face covering (unless exempt) and maintain a 1m+ distance.
- Sanitise your hands when boarding and disembarking.
- Fill coaches from the back first and disembark from the front first.
- Only the window seats and back middle seat on coaches must be used.
- Avoid shouting, singing and talking face to face.
- Ensure good ventilation – open windows where you can.

► Do not attend a trip if you are experiencing symptoms of COVID-19

- Follow the guidance at <https://www.gov.uk/coronavirus> and let the exec know if you can't make it.
- Members must complete a self-declaration when booking onto a trip. The exec will not let anyone on a trip displaying symptoms of COVID.
- ▶ **Download the [NHS Test and Trace app](#)**
- ▶ **Only attend trips you're booked onto**
 - Anyone who attends a trip without booking through the exec will be asked to return home due to strict limits on numbers.
 - Members who are clinically vulnerable should seek medical advice and review current government guidance before booking onto any trips.
- ▶ **Bring a face covering**
 - You are required to wear a face covering on transport provided by the club and may be required to wear face coverings on hikes if 2-meter distancing is not possible, e.g. if emergency shelter is required (unless exempt).
- ▶ **Pick a suitable route**
 - Symptoms of COVID-19, including breathlessness, can persist if you have previously had the virus. As such, members who have previously had COVID-19 are strongly advised to pick the easiest route available to ensure you do not suffer from exhaustion, until you're certain you have no persistent symptoms.
- ▶ **Maintain a 2-3 meter physical distance between hikers**
- ▶ **Do not share food, drink or personal equipment**
- ▶ **Avoid touching shared surfaces**
 - Including gates and stiles where possible.
 - If you borrow club gear, this should remain with you for the duration of the hike.
 - Sanitise your hands after touching shared surfaces (Please bring your own hand sanitiser).
- ▶ **Members must be responsible for their own safety if using public transport and follow appropriate guidelines**
- ▶ **Wash your hands with soap for at least 20 seconds when you get home from a trip**
- ▶ **Limit your activities**
 - You should limit the number of different activities you partake in succession that involve meeting multiple people from outside your household. You should limit the amount of time spent interacting with people from outside your household to those activities.
- ▶ **Inform the exec if you test positive for COVID-19 within 7 days of a trip**
 - Please contact our safety officer as soon as possible.

What must the exec do to keep you safe?

► Full 'COVID secure' risk assessment of all our activities

- To be reviewed regularly or upon changes to government guidelines by the safety officer.

► Safe transportation for trips

- 1 m+ social distancing will be enforced on transport. For coaches, only the seats closest to the windows should be used. Members must sanitise their hands before boarding the coach and must not eat or drink on the coach.
- Facilities (e.g. car parks, toilets) will be checked beforehand to ensure they are open.
- The exec will ensure appropriate guidance from coach/minibus companies is followed.

► Safely planned trips

- Trips will be planned to avoid busy areas and routes will avoid pinch points.
- Meeting points for the start and end of hikes and pick-up/drop-off locations for transport will be outdoors in areas where physical distancing can easily be maintained.

► Regular gear cleaning

- Club gear will be fully cleaned and sanitised between each use by our gear officers.

► Enforcing 2m physical distancing on hikes

► First aid PPE

- We'll make sure all our first aid kits are stocked with appropriate PPE should close-contact first aid be required.

► Supporting NHS Test and Trace

- We'll be keeping a record of all group and trip members should this be required for test and trace purposes. This will be destroyed after 21 days.

► Continued suspension of overnight trips

- We cannot run these safely under current guidelines.