

Scafell Pike Trek COVID-19 Guidelines

Pre-event symptom check

All participants must undergo a self-assessment for any COVID-19 symptoms. You should not leave home if you are experiencing any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

Or if you are living in a household with someone else who has a possible or confirmed COVID-19 infection you should remain at home.

Please contact events@cats.org.uk or call 01825 741 960 if you are experiencing any of these symptoms.

Please note Cats Protection Events team have undertaken a COVID-19 risk assessment for this event in addition to the current risk assessment. If you would like a copy of these documents, please do contact events@cats.org.uk.

Traveling to event

- Where possible participants should not use public transport to get to the event. If they do have to, face coverings should be worn and social distancing adhered to
- Participants should not share cars with people outside of their social bubble to attend the walk where possible

Event day

Social distancing guidelines should be followed by every participant on the trek, this means:

- Keeping a 1-2 metre distance from other participants on the day that are not in the same bubble
- If possible, hand sanitise at intervals especially after touching any high use areas (such as gates) and at regular intervals
- Once you are home, remember to wash your hands
- Do not share food items, cups, eating utensils or equipment with anyone else
- Follow the countryside code and act responsibly

For further information on outdoor sport and physical activity, please check Government advice [here](#).