

## Event 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](mailto: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](mailto: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
- Please bring a face covering in the event of poor visibility and we have to breach social distancing rules for group safety
- 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](#).