



COVID-19 guidelines for groups of outdoor climbers & hill walkers

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Version 5

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Section 2.6 – Update to link for training for those in England

Appendix A: Removal of shielding reference

Version 4, published 01/04/2021

Section 2.2 – Update to maximum numbers allowable, due to current government guidance

Section 5 – Update to the details for non-mountaineering meets for clubs

Version 3, published 09/10/2020

Section 5 - Clarification of the activities included for restarting club meets

Version 2, published 08/09/2020

Appendix B – Correction of period of time the risk review must be stored for.

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1. Introduction

This guidance is for BMC-affiliated clubs, those wishing to plan and lead outdoor groups of climbers, scramblers and hill walkers at BMC events, and other groups undertaking mountaineering activities in the outdoors during COVID-19 in England and Wales. It covers the steps needed in order to mitigate risk before, during and after the group activity.

It is to be read in conjunction with the latest UK and Welsh Government COVID-19 guidance – in particular, the [return to recreational team sport framework](#) guidance on the gov.uk website and the [sport, recreation and leisure: guidance for a phased return](#) guidance on the gov.wales website. If the event is to take place outside of England or Wales guidance must be sought from the respective government(s).

This guidance incorporates the relevant aspects of the Sport England *Return to Play* protocols and the *Phased Return to Sport* guidance that were available at the time of publication.

We appreciate that these are unusual and uncertain times and that not every group or individual will be ready to start immediately. Whilst there is no obligation to restart, we hope that the introduction of a few extra actions will lead to the return of enjoyable group activities for many.

Please note – these guidelines are not exhaustive and are subject to change in line with further changes to government guidance, differences across the nations and local restrictions. These guidelines will be updated accordingly and the most up to date version can be found here on the [BMC website](#).

The appendices are also produced as a Word download for ease of customisation by clubs and groups.

This guidance would not have been possible without the support and advice from the Clubs & Huts Core Group, the Hillwalking Implementation Group, the BMC honorary advisors, the Welsh Sports Association and The Ramblers.

2. Steps to take before the activity

2.1 Review the risks for each activity

Use the risk review template in Appendix A to help plan the steps needed in order to reduce the risk of transmission of coronavirus during your group activity. This template can be used for group climbing, scrambling & hill walking activities.

You must complete a risk assessment for each group activity / event / meet and a copy must be retained for 3 years after the activity date.

For BMC events the completed form must be returned to the BMC Office along with the standard risk assessment as part of the [Event Approval system](#).

For club meets the club will need to securely retain a copy of the completed form for each meet in line with their data protection policy.

2.2 Group size

The limit of people allowed to meet in the outdoors for organised activity is determined by the maximum number permissible by the UK Government for England and the Welsh Government for Wales.

The greater the number of people in a group the greater the risk of transmission, therefore it is advisable to reduce the numbers in any group for the safety of everyone.

We also encourage you to seriously consider smaller group sizes in order to reduce the impact upon the environment and bearing in mind the activity type and location. The larger the number in the group the greater impact will be on parking too due to the restrictions in car sharing.

However many are in the group, particular care must be taken at the start and end points, at pinch points (such as the base of crags, gates & stiles), and at rest breaks to maintain social distancing - split the group into smaller sub-groups if necessary.

2.3 Communicate measures

Inform all participants in advance of the measures that will be in place on the day of the event including:

- Information on how numbers will be limited to the maximum number of people identified for that event, by the requirement for participants to pre-book their place.
- The activity leader's contact details.
- The advice not to attend if the participant, or someone in their household, has symptoms of COVID-19.
- Information about social distancing and hygiene measures.
- Information on the personal equipment that participants should provide.
- The advice to provide their own food and drink as sharing food is not permissible

2.4 Symptom check

Remind participants of the importance to follow the [NHS self-isolation guidelines](#) if they or someone in their household has COVID-19 symptoms. The main symptoms of COVID-19 are a high temperature, a new continuous cough, and a loss or change to your sense of taste and/or smell. If they have symptoms, or someone in their household has symptoms, they must not attend the event.

If the activity is based in Wales or if the club or organising running the activity is based in Wales follow the additional steps detailed in Appendix C.

2.5 Venue selection

Being aware of and trying to avoid popular areas at peak times is crucial in order to retain access to the places we love and to limit the spread of COVID-19. To make social distancing easier avoid busy areas and narrow footpaths and ensure you are aware of any localised COVID-19 restrictions.

Consider the travel options for participants – with restrictions to car sharing will there be sufficient car parking at the venue for everyone to come in their own cars, or will public transport options be sufficient for those who need to use it.

Remain flexible and be prepared to change plans at short notice if required.

Walk and climb well within the group's limits. In order to minimise the risk of an incident taking place, and the need to call on the emergency services, we recommend avoiding riskier outings such as remote locations and strenuous walks/climbs. Please also check the [BMC's Regional Access Database](#) for up to date access information such as parking and bird restrictions.

Check access to facilities such as car parks, toilets, cafes, tea shops and pubs at the start and along the route. Many of these facilities may be closed, opening different hours, or may close at short notice due to local restrictions. For establishments providing refreshments consider whether their procedures require you to book places in advance, have a limit to numbers within the group or other restrictions that you should consider.

2.6 Training

Group organisers and leaders may wish to undertake training to gain a better understanding of the risks associated with COVID-19. The BMC is able to provide free training for all those based in England via support from Sport England [here](#). For those based within Wales there is training available via the Welsh Sports Association [here](#).

First aiders should ensure they are aware of the [latest advice](#) regarding procedures for administering first aid while minimising the risk of COVID-19 transmission.

3. Steps to take during the activity

3.1 Travel & transport

You must follow best practice for travel to and from the activity including minimising the use of public transport and limiting car sharing. See advice on the relevant government websites (England) [safer travel guidance](#) and (Wales) [travelling safely](#) for further information.

The limitations to sharing transport for those from different household will impact on the usual style of travel for many clubs and groups. This is an issue for other parts of the sport and recreation sector too, whether sharing private cars or a hired minibus or coach. As more activity opens up the guidance may change, but for now please refer to [this government guidance for private cars](#) in England, to [this Sport England guidance for sports teams travelling in a minibus/coach](#), and to [this government guidance for private cars](#) in Wales

For those committed to using public transport, wearing a face covering is a requirement and hand sanitiser must be used at the start and end of the journey.

Staying local will often be a good option and if walking we recommend circular routes which can be easily accessed by foot.

Please always check the latest government guidelines on travel and transport for the complete route of your journey - guidelines vary across [England](#), [Wales](#), Scotland and Northern Ireland.

3.2 Hold a welcome briefing

As well as your normal checks and introductions remind everyone about:

- Social distancing.
- Hygiene measures – use of hand sanitiser; catch it, bin it, kill it; avoiding sharing equipment or food and drink.
- Them contacting NHS England *Test & Trace* / NHS Wales *Test, Trace, Protect* should they become symptomatic after the activity, and also informing the organiser.
- Them speaking with the leader/organiser if they feel uncomfortable with the procedures during the event.
- You keeping a record of their contact details for contact tracing purposes, if requested to do so.

For each point above use the guidance in this document to provide more information to the participants.

3.3 Keep a record of participants

You must keep a record of everyone taking part in the activity (names and contact phone numbers) in case this is needed for contact tracing. You must keep this record securely for 21 days after the activity has taken place and then delete or destroy it. The record must be held securely, in accordance with data protection regulations – for clubs this must follow the club data protection policy, for BMC events use the BMC data protection policy.

3.4 Social distancing

You must keep up to date and follow the [latest government guidelines](#) on social distancing.

As a general guide aim to stay 2m apart from people outside of your household, where this is not possible, maintain a distance of 1m+.

Distances of less than 2m should only be used for a brief time, such as passing the belayer at the top of a climb. At any time that participants are less than 2m from another person they should turn their faces away from each other, if safe to do so. If the 2m distance is expected to be breached it is advisable to wear a face covering.

Find appropriate places with plenty of space to accommodate social distancing for the group to meet at the start of the event and for any rest-breaks.

3.5 Hygiene measures

As a group try to avoid touching gates and path furniture where possible – walking poles and elbows can be used to open many gates! Groups may wish to sanitise gates and stiles before and after use.

Use alcohol-based hand sanitiser (min 70% alcohol content) before and after consuming food and drink, and after touching path furniture. Use hand sanitiser before and after every climb. Do not share food or drink or equipment with anyone from another household.

3.6 Equipment

Whenever practicable ensure that your equipment is used by your household only and that you know its usage, exposure to potential contamination, and you employ a cleaning and disinfection regime.

If it is believed that equipment has been exposed to a source of coronavirus contamination, please see [this web article](#) for a list of equipment manufacturers who have provided guidance on cleaning and disinfecting equipment.

Walking equipment

We recommend that walking equipment such as maps, walking poles, dog leads, group shelters, bothy bags and compasses are not shared outside of households.

Climbing equipment

If sharing climbing equipment, such as ropes or as when leading and seconding, with people outside of your household we recommend quarantining the equipment for a minimum of 72 hours after use. It is also worth taking more equipment than normal to give yourself the option of using equipment that has not been touched by others.

Club equipment

Clubs should be cautious when lending club equipment, and should carefully document who has used each item with dates of use. It is recommended that equipment is securely bagged after use and is quarantined for a minimum of 72 hours before being handled by the club equipment officer. If it is handled before this point, including for cleaning it, the individual should wear disposable gloves and

wash hands thoroughly afterwards. A face covering, apron and goggles may also be required depending on how the equipment is being cleaned.

3.7 Climbing partnerships

As far as is practical climb with members of your household. If climbing with someone outside of your household then aim to climb in pairs on single pitch and keep the same pairs throughout. If climbing in a three and/or on multipitch where social distancing is not possible – we recommend wearing a face covering.

In order to minimise the risk of an incident taking place, and the need to call on the emergency services, we recommend keeping climbing objectives well within your limits and avoiding riskier outings such as remote locations.

3.8 Be prepared for incidents

Group leaders should carry personal protective equipment, including a face covering, gloves, apron and goggles in case of any incidents. As with standard good practice we strongly encourage you to carry a first aid kit, fully charged mobile phone, food and drink, and a map and compass.

Be aware that first aid advice has been updated to mitigate the risk of transmitting COVID-19. The current CPR guidance is available from the [Resuscitation Council UK website](#).

3.9 Behave responsibly

Being aware of and trying to avoid popular areas at peak times is crucial. With unprecedented numbers leading to crowded parking in many popular beauty spots and crags, the potential for bad parking to obstruct roads and entrances has been high and if we don't take responsibility for this ourselves, we may see access losses.

- Avoid very popular areas: seek out less frequented venues, be flexible and have backup plans to avoid overcrowding.
- Check the [BMC Regional Access Database](#): avoid crags with known nesting birds or access issues.
- Where possible, stay local. Whilst this is not part of the government's guidance, staying local will reduce the load on national parks and rural communities whilst they are sensitive to increased visitor numbers.
- Be sensitive to your impact on rural communities and landowners: give houses, farm buildings, vehicles and people a wide berth. Help foster good relationships with local communities for the future. Inconsiderate actions will be damaging for all of us.
- Be aware that some car parks or informal parking areas may not be open. Check if it's feasible to access your planned destination before setting off.
- Be self-reliant, both when climbing and walking and during any travel.

4. Steps to take after the activity

4.1 Hygiene

Remember to wash your hands thoroughly on returning home, or at the first opportunity, and to clean and/or quarantine any equipment (see section 3.6).

4.2 Contact tracing reminder

Remind participants that should they have any COVID-19 symptoms, or become symptomatic, after the activity that it is essential for them to report this to the NHS *Test & Trace* service in England or the *Test, Trace, Protect* service in Wales. Ask them to inform yourself as well.

For full details please see guidelines on [NHS Test & Trace](#) and on [Test, Trace & Protect](#), and the [NHS latest information about COVID-19](#)

4.3 Store your records

As already mentioned in section 3.3 you must keep a record of everyone taking part (names and contact telephone number) in the activity in case this is needed for contact tracing. You must keep this record securely for 21 days after the activity has taken place and then it must be deleted or destroyed.

For clubs the use (including storage and deletion) of data must follow the club data protection policy, for BMC events this record will be stored by the BMC.

4.4 Incidents and near misses

If any non-COVID incidents or near misses take place, you may wish to report these on the [BMC's Incident and Near-miss reporting system](#).

5. Additional steps for clubs to restart meets

Clubs should follow the guidance within this document and adhere to government regulations regardless of whether the meet is being attended by 2 or by 22 members. This guidance is only for restarting of meets for mountaineering activities, such as climbing, scrambling and hill/ fell/ mountain/ low-level walking. Other non-mountaineering activities that clubs often include in their meets programme, such as mountain biking, kayaking and caving, are not included and therefore meets in these activities must follow the maximum numbers permissible for non-organised groups as stated by the relevant government at the time of the meet – for example, the “Rule of 6” outdoors in England.

5.1 COVID-19 Officer / Coronavirus Officer

- Clubs in Wales must appoint a COVID-19 Officer
- Clubs in England who plan to hold meets in Wales must appoint a COVID-19 officer
- Clubs in England who will not be holding meets in Wales may appoint a COVID-19 Officer if they wish.

A template role description is available in Appendix B.

Clubs may also wish to create a small group of members to support the COVID-19 Officer and support the club’s approach to COVID-19.

5.2 Self declaration form

For clubs based in Wales, and for any club running a meet in Wales all individuals attending that meet must answer the Self Declaration questions – see appendix C

5.3 Club policies and procedures

Club committees should review the club policies and procedures to ensure that they are valid for how the club will need to operate under COVID-19 restrictions. When reviewing and/or updating these policies and procedures ensure that you are not imposing any additional or conditional barriers for disabled people, people with long term health conditions, or people considered at higher risk of serious illness from COVID-19.

5.4 Communicating with club members

Ensure that you communicate with your club members about any changes you are making and steps you are taking to mitigate the risks of COVID-19 transmission during club activities.

Provide regular updates to members, seek feedback, and respond to suggestions. Emphasise that your actions are to keep volunteers, members and the wider mountaineering community as safe as possible, but that you appreciate the impact the changes will have on members.

Share the details of any risk reviews and risk assessments with your volunteers and/or members.

6. Useful links

- BMC website – [main covid-19 pages](#)
- [BMC Regional access database](#)
- [BMC Incident and near-miss reporting system](#)
- UK government guidelines – [return to recreational teamsport framework](#)
- UK government guidelines – [travel and transport](#)
- UK government guidelines – [social distancing](#)
- UK government guidelines – [NHS test and trace](#)
- UK government guidelines – [organising outdoor sport and physical activity](#)
- Sport England – [coronavirus advice](#)
- Welsh government guidelines – [Coronavirus regulations: frequently asked questions](#)
- Welsh government guidelines – [return to sport](#)
- Welsh government guidelines – [travel and transport](#)
- [Welsh Sports Association](#)
- Scotland government guidelines – [Coronavirus route map](#)
- NHS (England) guidelines – [self isolation and treating coronavirus symptoms](#)
- NHS (England) guidelines – [Coronavirus \(COVID-19\): latest information and advice](#)
- NHS (Wales) guidelines – [Coronavirus \(COVID-19\): latest information and advice](#)
- Test & Trace (England) – [guidance on the Test & Trace system](#)
- Test, Trace, Protect (Wales) – [guidance on the Test, Trace, Protect system](#)
- Mountain Training – [Hill walking and climbing coronavirus update](#)
- [Mountaineering Scotland](#)
- [Mountaineering Ireland](#)
- [Guidance on outdoor training and coaching in Wales](#)
- Ramblers website – [main coronavirus pages](#)
- [Covid-19 links and resources for equipment owners and managers](#)
- Health & Safety Executive – [First aid & coronavirus](#)
- Resuscitation Council UK – [CPR guidance](#)
- St John Cymru – [guidance for first aiders](#)
- [Countryside Code](#) (England & Wales)
- [Scottish Outdoor Access Code](#)

APPENDIX A

Organised outdoor group activity – Mitigating against the Risks - TEMPLATE

Use this template form to help you understand the risks and any steps you need to take to stay safe before leading a meet with a group. The form should be used in conjunction with the BMC guidance – Groups of Outdoor Climbers and Hill Walkers. Complete a copy for every meet. Copies should be kept for 3 years after the date of the meet. For BMC events submit a copy to BMC.

Club/organisation name		Date of activity
Activity Organiser / Leader		Date of risk assessment
Other volunteers		Checked by Club
Location of activity		Submitted to BMC

Risk of transmission of COVID-19	Who might be at risk of spreading COVID-19?	Ways to control the risk
PRE-MEET (PLANNING)		
Through close contact with other people during the activity	Participants Members of the public	Consider planning the activity for a less busy time and/or at a quieter location.
		Avoid particularly busy or narrow routes and locations where physical distancing is not possible.
		Consider top-roping and/or single-pitch crags for climbing events
		Give clear information about limiting the group size up to a maximum identified for the meet.
		Remind participants beforehand about relevant current government guidance.
		Suggest participants bring hand sanitiser and/or anti-bacterial wipes for personal use.
		Advise participants to provide their own equipment, such as small personal aid kit, bothy bag / survival bag, and food and drink.
Through close contact with other people while travelling to / from the activity	Participants Members of the public Public transport staff	Ensure you have a record of who has booked on.
		Remind participants of the current regulations regarding car sharing
		Remind participants of the current regulations regarding face coverings on public transport
		Consider a meeting venue with suitable parking – sufficient for the number of people attending while allowing for suitable distancing between members.

Risk of transmission of COVID-19	Who might be at risk of spreading COVID-19?	Ways to control the risk	Action taken
ON THE DAY			
Through close contact / meeting other people during the activity	Participants Members of the public	Brief participants at the start to maintain 2 metre social distancing – this is everyone's responsibility.	
		Remind anyone with symptoms / those that are not able to agree to the self-declaration statement (Appendix C) to go home.	
		Attendee numbers must not exceed relevant government guidance, and must be appropriate to the style of activity, experience of participants and location used.	
		Brief participants what to do at any pinch points or road crossings to maintain social distancing.	
		Provide hand sanitiser, min 70% alcohol content / wipes on the day, and safe disposable bags for used wipes and gloves (gloves also need to be sanitised regularly)	
		Ensure you have a record of all those who took part.	
Through close contact with other people when dealing with incidents / accidents	Participants Members of the public Emergency services, including Mountain Rescue Teams	Advise the group to stay within their competency level, whether climbing, walking, scrambling or mountaineering to reduce the risk of incidents happening.	
		Advise members to use their own first aid kit for personal use where possible.	
		Leaders to carry PPE which must be worn for first aid treatment; mask, apron, surgical gloves and safety glasses or goggles.	
		Minimise those who need to carry out first aid to essential first aiders only, to minimise close contact with a casualty.	
		Carry additional bags to securely wrap any disposed/used first aid equipment and associated PPE used.	
		Ensure you are up-to-date with current guidance about administering first aid.	
Through touching gates, stiles, fences or equipment	Participants Members of the public	Avoid touching gates and path furniture where possible.	
		Suggest participants use their own hand sanitiser and/or anti-bacterial wipes and use regularly.	
		Advise participants to only use their own equipment, such as maps, compasses and walking poles, and not to share with those outside of their household.	
		Do not share group shelters or bothy bags	
		Advise participants not to share food and drink.	

Risk of transmission of COVID-19	Who might be at risk of spreading COVID-19?	Ways to control the risk	Action taken
ON THE DAY, CONTINUED...			
Through touching climbing equipment	Participants Climbing partner	Avoid sharing of climbing equipment - for novice meets / training ensure that there are sufficient helmets, harnesses, and krabs with belay plates for each person	
		Inform participants of the potential risks associated with touching shared climbing hardware– protection and quickdraws – while on a route and recommend a regime of using hand sanitiser (or anti-bacterial wipes) before and after each route.	
		Inform participants of the risks associated with putting gear in the mouth whilst placing gear / clipping ropes.	
AFTER THE EVENT			
	Participants	Remind participants that should they present any COVID-19 symptoms, or become symptomatic, after the activity that it is essential for them to report this to the NHS Test & Trace service. Ask them to inform yourself as well Keep a record of everyone taking part (names and contact details) in case this is needed for contact tracing. You must keep this record securely and delete or destroy it after 21 days	
<i>Please add more lines if needed</i>			

How to review the risks

This template is a tool to help you plan and lead a group while abiding by the regulations relating to COVID-19. You must complete this for each group activity.

- Use the template to assess whether your activity is safe to go ahead.
- Think about the different types of hazards, the risks and any solutions to minimise the risk. We've included some common examples, but think carefully about your own activity in case anything needs adding that would place you, or the participants, or members of the public at greater risk of transmission of COVID-19.

Examples of other risks might include:

- Flooding, after heavy rain, leading to the use of alternative paths where social distancing may be difficult
 - Incoming tide for coastal routes, start time adjustments required
 - Unexploded ordnance (if walking on a right of way across a military site) requiring additional pre-activity briefing to avoid a higher risk of injury.
- We've included some suggestions for ways to control the risks and you are welcome to amend the document to fit better with the type of activities that you run - **you do not need to tick/answer every box**. The important thing is to identify potential hazards for the specific meet/event and note the actions you will take to reduce the risk.
 - It's important to undertake a risk review **before** the activity takes place. You should start filling it out when planning your activity, and update it with any extra hazards that you notice as you complete your preparations.

This isn't an exhaustive list, so think carefully about any specific risks you may encounter during your activity.

If you have any questions about

Club Meets, get in touch with Jane Thompson clubs@thebmc.co.uk

BMC Youth events or Equity events, get in touch with James McHaffie james@thebmc.co.uk

Access or Conservation events in England, get in touch with Rob Dyer robd@thebmc.co.uk

Access or Conservation events in Wales, get in touch with Elfyn Jones elfyn@thebmc.co.uk

BMC Hill walking events, get in touch with Rob Bishop robb@thebmc.co.uk

APPENDIX B

COVID-19 Officer / Coronavirus Officer – BMC-affiliated Clubs

DESCRIPTION OF ROLE AND RESPONSIBILITIES

Each club based in Wales should appoint a COVID-19 OFFICER to meet the Welsh Government guidance for organised outdoor activity for groups.

Clubs based in England may also wish to appoint someone to a similar position.

This role is predominantly focused on actions required to ensure that their club is compliant with regulations relating to COVID-19 and club meets. If your club has a hut you may choose to include hut-related actions within the role, but that is not part of the requirement to meet the Welsh Government guidance.

RESPONSIBILITIES

- The COVID-19 OFFICER will be the key implementer and central point of contact for all matters relating to COVID-19 and club meets.
- The COVID-19 OFFICER will oversee the implementation of the club's return to meets arrangements by addressing the *BMC Guidelines for Groups of Outdoor Climbers & Hill Walkers* guidance.
- The COVID-19 OFFICER will fulfil the role of liaising with the BMC, other clubs, relevant local and national organisations and other relevant stakeholders as required in relation to the club's response to COVID-19.

ACTIONS

- Review the *BMC Guidelines for Groups of Outdoor Climbers & Hill Walkers* guidance and act to implement the actions, or arrange for their implementation.
- Document the justifications for not undertaking particular actions.
- Ensure that a risk review is undertaken and submitted by meet organisers before each meet. Store a copy of the risk review for 12 months.
- Ensure participants undertake the self-declaration check.
- Ensure that registers of attendance (including participants, leaders and volunteers) at club meets are maintained in accordance with government advice. Store a copy of the registers, in line with data protection regulations, for 21 days after the meet.
- Assist authorities in *Track, Trace, Protect* (Wales) and *Test and Trace* (England) procedures if requested.
- Regularly review the club's response to each element of guidance and amend, update or improve as necessary. Update the club committee on actions taken, or to be taken, in relation to COVID-19.
- Direct any leaders, volunteers or members towards suitable COVID-19 training as required.
- Operate as the point of contact for the club in relation to communication with & from the BMC.
- Act as the contact point for your club's members – particularly around questions relating to return to sport and the actions your club has taken to mitigate the risk of COVID-19 transmission.

APPENDIX C

Self-declaration prior to permitting people to participate in group activities (Wales)

Applicable for all clubs or organisations based in Wales and for any club or other organisation undertaking an activity / meet in Wales.

The following is advice from the [Welsh Sports Association](#) in adhering to the Welsh Government requirement for checks that need to be undertaken prior to groups undertaking outdoor activities in Wales.

Guidance suggests that all participants and other attendees need to self-certify their Covid-19 status. We advise that you do NOT ask specific questions about their having had symptoms or a positives test or such like as this will amount to processing health information that is not allowed under data protection laws.

Instead we suggest that the potential participant is asked to either agree or disagree with a prepared statement that covers all the required aspects of the self-assessment in line with the advice.

Wording provided by Public Health Wales:

- *I do not currently have symptoms of COVID-19 (new persistent dry cough, fever, loss of taste or smell)*
- *I have not had a positive test for COVID-19 or onset of symptoms of COVID-19 in the last 10 days. (Individuals who have completed their period of isolation (10 days) and have no remaining symptoms (other than a dry cough or loss of taste or smell which can last for some time) may return to normal activities)*
- *No member of my household has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 14 days*
- *I have not been contacted by a contact tracer from the Test, Trace and Protect Programme and told to isolate in the last 14 days as a contact of someone with confirmed COVID-19*
- *I have not returned from a country outside of the UK in the last 14 days, other than those on the exempt list (<https://gov.wales/exemptions-self-isolation-coronavirus-covid-19-html>)*

When taking bookings - You should display this statement on any booking form and the participant must agree to the statement to be able to book. You may use a checkbox on a web form to indicate the participant has read and can agree to the statement. The statement can be agreed to verbally if booking by telephone after having it read out to them. In the case of a minor, the guardian will be required to indicate the truth of the statement on the child's behalf.

At the event - It is VERY IMPORTANT that upon arrival, all participants (or guardians as appropriate) are shown the statement and can still agree with it. If they cannot agree, they

must leave immediately. Remember that some time may have elapsed between booking and the event and their circumstances may have changed.

You should place the statement clearly on signage and the Responsible Person (Covid Officer / Meet Leader etc) should ensure that everyone looks at it and can agree to it.

ADDITIONAL ADVICE

NHS staff – if your group includes NHS staff who may have contact with Covid patients as part of their work they should be permitted to engage in group sporting activities. The advice we have received on this, is that if they were wearing recommended PPE (as they should have been) they will not be classed as contacts for the purpose of self-declaration.

Diagnosis – it is for the individual participant to answer the questions, not the leader – do not 'diagnose' people 'symptoms'. If someone has a cough, it means that they have a cough which can be caused by many things, it doesn't mean that they have Covid19.