



Ulster Federation of Rambling Clubs
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THE VOICE OF ULSTER WALKERS

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COVID-19 RESTRICTIONS – GUIDANCE TO AFFILIATED CLUBS

Dear Club Representative,

We are pleased to provide further guidance and interpretation of the announcement by the NI Executive to ease the restrictions in relation to sport and physical activity to a small degree from 12 April 2021. The relevant section of the regulation states:

From 12 April, structured outdoor sport training for up to 15 people can resume if organised by clubs/individuals affiliated to recognised sports' governing bodies or representative organisations for sport and physical activity.

To comply with the regulations any individual /club needs to be able to satisfy the following criteria:

- (a) they are affiliated to or have membership of a body/organisation that has oversight of the standards of their provision;
- (b) they have appropriate Return to Sport Covid protocols in place.

UFRC has been recognised as the governing body for hillwalking and rambling and affiliated clubs can start organised walks again after 12 April. **As a governing body, we therefore ask for strict adherence from clubs to the protocol that is detailed on the website:**

Among other points the protocol indicates that when planning a walk, you should:

- Ensure that the walks are attended by **no more than 15 people** including the walk leaders
- The guidance to stay at home or travel only locally (within 10 miles) does not apply when going to an event organised by an appropriately recognised club
- Avoid going to places that you think may be crowded
- Have an alternative parking area in mind in case the car park you have chosen is full when you arrive
- Do not park in a manner that obstructs local residents, farmers or the emergency services
- Avoid car sharing, unless you are part of a 'bubble'

During the walk you should:

- Maintain physical distance at all times and avoid mingling at the start and end of the walk
- Do not share food and avoid touching other's equipment
- Use sanitiser after touching stiles and gates and before eating or drinking
- It is important to register the participants of the walk, in order to deal with any potential test and trace questions that may arise later.

We all have a social responsibility to ensure the transmission of COVID-19 is minimised. The observance of these guidelines, in addition to normal good practice, will ensure that walkers play their part.

Kind regards

Graham Seymour

Graham Seymour (Acting Chairman UFRC)