



## Knox Street Orienteering Walkers

### Covid-19 Hygiene Plan



#### **General:**

1. Please contact David 1 or 2 days before the walk to register. The number of walkers will be limited to 50 until we are advised otherwise.
2. Prior to the walk, if you have any Covid-19 symptoms, please contact David on 0419 337 311 (to be removed from the list of walkers) and stay at home.
3. Please wear a face mask and keep 1½ metres from other walkers who are not in your household.
4. Please bring your own equipment. i.e. pen or pencil, clipboard, water bottle, name tag, etc.
5. Hand sanitiser and wipes will be available for your use.

#### **Pre Walk:**

6. Your name and phone number will be shown in the Attendance Record Book. Please sign alongside your name.
7. Please bring exactly \$1 for the donation. (If you have to touch any coins to get change, please sanitise your hands afterwards.)
8. Take your name tag. (Name tags are sanitised after each walk.)
9. Take a Map Sheet from the pile.

#### **Walk:**

10. Please wear a face mask and stay 1½ metres from other walkers who are not in your household. Walkers from the same household walking together need not wear a mask during the walk but must put it on when returning to the group at the end of the walk.
11. Refrain from touching anything during the walk – other than your pencil and Map Sheet.
12. If you abandon the walk for any reason, please contact David on 0419 337 311. Leave your Map Sheet under the rear wiper blade on Glenys's car.

#### **Café:**

13. Obey the rules required by the café. e.g. hand sanitising, registration, seating, ordering, etc.

#### **Post Walk:**

14. If you get any Covid-19 symptoms and are tested positive for Covid-19 after the walk, please contact David urgently on 0419 337 311. All other walkers who attended the walk will then be contacted and advised to get tested and isolate.

David Mallen, Walk Organiser. 0419 337 311 [david@knoxsow.org.au](mailto:david@knoxsow.org.au)

# Heart Foundation Walking COVID-19 Safety Plan



## Everyone participating in a Heart Foundation walk must:



continue social distancing, keeping 1.5m distance from others.



stay home if unwell e.g. fever, cough, runny nose, sore throat etc.



seek testing for any COVID-19 symptoms and report a positive test result to the HFW team as soon as possible.



practice good hand hygiene and cover coughs and sneezes.



have their own water bottles, towels and personal items which will not be shared.

## The Heart Foundation also encourages walkers to:



download the COVIDSAFE app and use it at all times.



get the annual flu (influenza) vaccination.



bring own hand sanitiser to each walk and use pre, during and post the walk.



talk to their doctor about whether rejoining the walks at this stage is appropriate for them, particularly if participants are vulnerable. This includes older walkers, and those with chronic health conditions.

## Walk Organisers must:



take an attendance log at each walk that includes the date of the walk and name of attendees (for safety and contact tracing purposes).



ensure all walkers are registered participants of the program.



limit number of participants per group if necessary, to adhere to restrictions – please check any capacity restrictions in your own state or territory.

Speak to your Walk Organiser to confirm the exact date when your group will be returning.

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