

Deeside Hillwalking Club

Compliance with COVID-19 Guidelines

The ethos of DHC will not change. We will continue to organise ourselves as an informal group of individuals who are each personally responsible for their own actions while always considering the safety of others. However COVID-19 means that we need to provide additional guidance on how we can keep each other safe and comply with Government requirements.

DHC will appoint a COVID-19 officer whose main duties will be to :

- be the main point of contact on all things related to Coronavirus (COVID-19)
- oversee DHC's implementation of public health and safety measures across the club in line with the latest Scottish Government and Mountaineering Scotland advice by establishing a 'Action Plan' and updating it as appropriate
- ensure that DHC has appropriate processes in place to document risk assessments and that all appropriate mitigations are put in place before any activity is undertaken
- ensure that DHC has the correct processes in place for DHC to take an accurate record of all attendees in line with Scottish Government Test & Protect

COVID-19 Action Plan

The purpose of the Action Plan is to document how DHC will keep both members and others safe from the transmission of COVID-19 during each DHC hill walk. Each member should re-visit this document before every DHC walk.

For COVID-19 purposes only DHC will have three roles for each walk (COVID-19 Officer; Walk Coordinator and Participant) and the Action Plan requires all three roles to carry out their responsibilities as described below.

COVID-19 Officer Responsibilities

- to keep members updated on the latest Mountaineering Scotland advice (emails & links from DHC website)
- to review and suggest improvements to the Action Plan and the Risk Assessment
- to ensure each walk has a designated 'walk coordinator' who may or may not be the COVID-19 officer
- the COVID-19 officer will retain the risk assessments until COVID-19 restrictions are fully lifted but will retain the attendance list for 21 days only after which it will be destroyed

Walk Coordinator Responsibilities

- the walk coordinator will send a completed risk assessment to the COVID-19 officer 72 hours in advance of the walk (an example and a pro forma are attached)
- once agreed the walk coordinator will send the risk assessment to all known participants
- the walk coordinator must consider the following as a minimum within the risk assessment
 - a) is there sufficient and safe car-parking
 - b) how can close contact with local housing, farms etc be avoided
 - c) is the walk well within the capabilities of the attendees (weather, steepness of ground etc)
 - d) are there any 'pinch points' (narrow paths, crags, burn/stream crossings)
 - e) is the summit area restricted and/or likely to be busy
- the walk coordinator will record all actual attendees and provide a list of attendees to the COVID-19 officer within 24 hours of the walk (it is recommended that a register is prepared in advance and checked / amended on the day)
- the walk coordinator will ensure a briefing takes place immediately before setting off to discuss any particular issues that may be encountered, to remind all on the DHC Action Plan and social distancing (particularly during rest breaks and on summits) and to agree protocols on the provision of first aid if necessary
- if any new members or guests attend ensure that they are fully aware of the DHC Action Plan
- the walk coordinator is NOT responsible for the route choices/decisions of the group or for any personal accident or injury to a participant while on a DHC walk

Participant Responsibilities

- **do not attend** any walk if you have felt unwell in the previous 14 days, or have been in close contact with someone who has suffered COVID-19 symptoms in the previous 14 days
- to keep yourself informed and comply with the latest restrictions and guidelines
- avoid sharing transport to walks with people outside your own household - if it is necessary to share transport (say for the final part of the journey) then face masks should be worn and the vehicle well ventilated
- avoid sharing or borrowing equipment (eg gloves, hats etc)
- carry and check your own map; do not share; use grid references to discuss route choices / decisions
- avoid sharing or accepting food and drinks
- carry, and use, hand sanitizer as required (eg, joining and leaving the group, before eating, etc)
- at gates, one person should open and close
- be aware of personal space, especially at pinch points (gates, stiles, difficult ground etc)
- carry a first aid kit for personal use and carry single use latex gloves and face mask so you can assist if you are nearest or called upon to do so in a major incident
- read and become familiar with the advice from St Johns on 'covid19-advice-for 1st-aiders'
- avoid post walk social coffee meets with more than one other household
- if you are taking a guest please advise the Walk Coordinator in advance and ensure they are fully aware of participant responsibilities