

## **C3PC COVID19 Guidance**

- Please **bring a mask** with you, as you will now be required to wear one at each checkpoint along the way - we will not have spares available if you forget your mask. Our volunteers will also be wearing masks / visors.
- **Hand sanitizers** will be available at each checkpoint, Phoenix also has running water available for you to wash your hands.
- There will be no cups or spare bottles available - you must **bring your own bottle**.
- **'Track and trace'** will be implemented whereby we ask that if anyone who falls ill after the event, you let us know and we can email all walkers.
- **Only walk with your chosen group/bubble and do not to join other groups along the way.** Please follow Government guidance on numbers, we recommend that this group/bubble must be no larger than six people from multiple households.
- Please abide by the social distancing guidance put in place by the Government. **Keep at least 2 meters between you and groups of other walkers**, if this is not possible please leave at least 1m. If you see a 'traffic jam' at a kissing gate, a checkpoint or anywhere else along the route - keep your distance and be patient.
- If you are unwell prior to the event taking place, have any coronavirus symptoms or have recently been tested and are awaiting the result, please do not attend this event.

For extra peace of mind, and safety for all walkers - we also recommend that you arrange the FREE Lateral Flow tests to be completed before you set out for Phoenix in the morning. These can be ordered via the Government website, and provide rapid results. If your test shows a positive result, please do not attend this event. For more information, or to order your tests please visit: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>