

WALK LEADERS COVID-19 CHECKLIST – (14 January '21).

Walk leader to fill out our new three-column attendance sheet (available from our website). Do this when the nominees phone in to enquire about the walk. Write the nominees' contact phone number (preferably mobile), and an emergency contact number in case of any incident on the walk.

Walk leader to inform nominees of meeting time and place, and what to bring, including hand sanitizer.

Walk leader to ask or tell walk nominees the following upon nominating for a walk:

1. Have you read and made yourself familiar with the club's COVID-19 management plan? It is essential that we follow it.
2. Are you well? If you are unwell or showing signs of flu-like symptoms, you cannot participate in the activity.
3. Have you been in contact in the last 14 days with anyone who has been in any area of a covid-19 outbreak (hotspot), or anyone who has been ill?
4. We ask you to remember Qld Health still recommends that you should continue to practise physical distancing when you leave your home.
5. No physical contact during the activity.
6. Participants are not to share equipment, waterbottles, food, etc.
7. Participants should maintain good hygiene at all times, including washing/sanitizing your hands. Avoid touching taps in public toilet facilities; use hand sanitizer instead. Bring your own sanitizer.
8. If on a walk anyone is showing symptoms, the walk will be abandoned.
9. If a member is later found to have COVID-19 virus, that member must contact the leader and the leader must contact all members of the walk and inform the president.

If the walk nominee is a visitor, or a parent of a participating child, also advise:

Visitors need to sign an Acknowledgement of Risk form, and parents/guardians need to sign on for children under 18. To avoid physical contact, copies of either form must then be forwarded to the walk leader, preferably before the walk, by MMS or scan/email of the form to the leader.