

# COVID Safe Management Plan

for

Ipswich Bushwalkers Inc.

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The following requirements will apply to outings until further notice:

## **You must**

- New members must bring a completed Membership Form obtained from our website or by email. (Pens will not be supplied)
- Each walk is limited to 20 participants, including the walk leader.
- Daywalks or half day walks only (no camping)
- Walkers to stay at least 1.5 m apart (Preferably double that if walking in single file). Walks that risk this requirement being broken (e.g. precipitous terrain where walkers may require assistance, or where a safety rope is used) should not be included in the walks programme at this time
- No official car pooling (if people want to travel together it is to be a private arrangement)
- No walks involving car shuffles
- No member who has a cold or flu-like symptoms or who has been in recent (14 day) contact with a COVID-19 carrier can attend
- To avoid sharing pens, only visitors to sign nomination forms. The leader is to mark off the names of members attending a walk
- Members with first aid experience should consider including a mask and gloves with their kits in case of instance where social distancing has to be broken in giving treatment.
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- Cough into your elbow.
- Scale back ambition - undertake activities well within your ability to reduce the small risk of an accident, which would put emergency services at risk of transmission if a rescue is needed.
- Assume the virus is resilient outdoors in particular, maintain hand hygiene. Avoid touching shared surfaces and wear gloves. Use alcohol gel/wipes after contacting any surfaces and use of public toilet facilities (e.g. taps, gates, fences, or benches) .
- Do not share personal items on a walk.
- On a walk, respect other users and take turns to move through any narrow sections of track.

## **Recommended**

If you are in a high-risk category consider carefully if you wish to be exposed to infection risks from others, even outdoors and with special measures in place. Some people may have an asymptomatic infection.

It is recommended that members aged over 65 do not participate in club walks until Queensland Health indicates reduction of risk to this age group.

## **Further information**

Members should be familiar with current COVID-19 advice from the government. Answers to Frequently Asked Questions about the new requirements are given

at: [https://www.covid19.qld.gov.au/\\_data/assets/pdf\\_file/0019/127234/Easing-restrictionsQA.pdf](https://www.covid19.qld.gov.au/_data/assets/pdf_file/0019/127234/Easing-restrictionsQA.pdf) (Where applicable, note the advice to over 70s on page 13.)