

Walking for Fitness & Pleasure

CORONAVIRUS

To all our wonderful Walkers!!

It is SO wonderful to be-able to recommence our walking with you again.

How-ever we have very strict guidelines to adhere to for as long as the virus is around.

If we are caught doing the wrong thing the fine is \$5000.00. Scary to say the least!!

Please do not attend a walk if you are:

: Feeling unwell

: Have a Fever

: Have a Cough

: Have returned recently from overseas (14 days)

Social distancing is essential. We must remain 1:5m apart at all times and walk in pairs maintaining that distance. Please hold off on hugs, kisses and touching. (Hard we know!)

Personal hygiene is essential: We will have hand wash sanitizer but it would be great if you do provide your own, as that will save time at coffee and or lunch time.

We are not allowed to share fruit as we normally do. Neither are we allowed to share food.

How-ever we received the OK to have special cakes – your leader will give you the details.

We are allowed to provide tea, coffee, sugar and hot water as long as only one person is the distributor to each member of the group. If possible providing your own cups would be appreciated.

This will be the harder place to stay apart! Chairs at lunch time must also be the 1.5m apart.

We will all get used to these changes very quickly.

Just seeing each other will be great!!

If you have any questions or concerns please contact your leader.

If this information should change we will update you with a further notice.

Take care and we really look forward to seeing you!!

28/6/2020