

## AUSTRIAN ALPINE CLUB (UK)

### COVID-19 ADVICE FOR UK EVENTS - FOR ALL PARTICIPANTS

#### Before the event

1. If you (or someone else from your household) have COVID-19 symptoms you should self-isolate in line with government guidelines. You must not take part in any AAC(UK) activities during this time.
2. If you (or someone you live with) are 'clinically vulnerable' and at higher risk of getting seriously ill from Covid-19, you should take extra care to minimise contact with others from outside your household. Everyone over 70, and those with certain underlying health conditions are considered to be 'clinically vulnerable'. Taking part in an AAC(UK) activity may not be the right decision if it could put you and those around you at higher risk. However, this is your personal decision.
3. Events where a booking form is sent to the leader/organiser. The booking form will now ask for participants' contact telephone numbers which can be forwarded to NHS Track and Trace if necessary.
4. For all other events you must pre-register by sending an e-mail to the organiser/leader with your name and contact telephone number, both of which can be forwarded to NHS Track and Trace if necessary, and your e-mail address, and AAC(UK) membership number.
5. The organiser of the event will then contact you to either:
  - a. Confirm joining instructions, include this Covid-19 statement, and ask participants to let the leader know as soon as possible if they are unable to attend after all. For events where a booking form has not been required this e-mail will contain our usual disclaimer which you will be asked to accept in advance.
  - b. Advise the participant that the event is already full and asking them if they wish to go on a waiting list and, unless a place is subsequently confirmed, not to turn up for the event.

#### During the event

6. Everyone should carry a mask, hand sanitiser and disinfectant wipes.
7. If you are travelling to an event by public transport you must wear a face mask. Car sharing should be according to current government and devolved authority guidelines.
8. The leader will take a roll call at the start of the walk to confirm who is participating. Please bring your AAC(UK) membership card. Please wear a mask when gathering before the start of an event.
9. Maintain a distance of at least 2 metres from other people. Where you are walking along a narrow path, wait for other people walking in the other direction to pass, turn your head away or cover your nose and mouth. Where social distance cannot be maintained then masks should be worn.
10. Because mountain bikers travel faster, they should maintain a distance of 2 metres when going uphill but much larger distances when on the level or going downhill; keep 2 metres apart when passing other people.

#### After the event

- 12 (If anyone attending the event subsequently tests positive for Covid-19 within 14 days of the event,
  - a) they should notify the leader and the AAC(UK) Office, and
  - b) the contact information for all attendees will be supplied to NHS Test and Trace.This information will be destroyed by the leader/organiser 3 weeks after an event.)

**We hope that you enjoy your AAC(UK) event and, by following these common sense rules, reduce the risk of spreading the virus or becoming ill yourself.**