

500 500 500 500
MILES PEOPLE DREAMS SILKS

GET INVOLVED



BEACH OF DREAMS 2021



Walk Guidelines

Everyone must agree to follow these guidelines when attending Beach of Dreams activities, including walks. You will be asked to confirm your agreement when booking.

COVID19

Please help us to follow the [latest Government advice](#) on Covid-safety

1. **Do not attend if ill.** If you or a member of your household has symptoms which might be Covid19 such as: a high temperature, a new continuous cough, a loss of/change to the sense of smell or taste.
2. **Wash your hands or use hand sanitiser regularly.** On walks, please bring hand sanitiser with you.
3. **Social distancing.** Please remain a safe distance from others not in your social bubble, which is advised to be 2 metres.
4. **Face covering.** Please bring a face covering with you. Face coverings do not need to be worn on walks, but are necessary elsewhere eg to use public transport, visit local shops, use public toilets or to visit venues along the way.
5. **Bring your own refreshments.** Some walks are in remote locations where there are no shops. Where there are shops the walking party might be on a schedule and might not be able to wait. Please only share food with people from the same household while Covid restrictions are in place. Remember to bring lots of water, especially in hot weather.
6. **Test and Trace.** To comply with the NHS Test and Trace system all contact details of walkers must be kept for 21 days after the event.

Important: If you show any symptoms of Covid19 within 14 days of attending please contact us on info@beachofdreams.co.uk as it may be necessary for others to be notified. All information provided will be treated as confidential.

500 500 500 500
MILES PEOPLE DREAMS SILKS

GET INVOLVED



WALKING

7. **Fitness:** ensure you are fit enough to complete the walk.
8. **Bring everything you need, leave nothing behind.** i.e. Take all your litter home.
9. **Wear sensible shoes,** ideally that you have worn before, such as sturdy trainers, walking boots or other shoes with good support. You may also want to bring a waterproof jacket, and consider long sleeves or trousers in some locations where there might be tall grasses or nettles.
10. **Keep dogs under control and on a lead.**
11. **Leave gates as you find them** and follow instructions on signs.
12. **Mobile phone:** Consider adding an emergency number (an 'ICE' number) in your mobile phone. The walk team are using the app 'What Three Words' to help locate each other. This could be helpful for you too if you are meeting 'at your mile'. You'll be given a team contact number for the walk.
13. **Take responsibility:** You are responsible for your own health and safety. You may wish to bring a small first aid kit with blister plasters, as well as sun cream and a hat for hot days etc.
14. **Follow the Countryside Code.** The recently updated version can be found here:
<https://www.gov.uk/government/publications/the-countryside-code>

Thank you, we appreciate everyone's support to deliver a safe event.



Further Information

- Beach of Dreams: <https://beachofdreams.co.uk>

Government Information

- Covid19: <https://www.gov.uk/coronavirus>
- [Accessing Green Spaces Safely](#)
- [Car sharing.](#)
- [Safer travel guidance](#)
- [Guidance for pet owners](#)
- NHS Test & Trace: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>