**GIRLS ON HILLS LTD 2020**

**COVID 19 PROTOCOL**

**The following email is sent to all clients ahead of all Girls on Hills events:**

As ‘organised sporting events’, courses offered through Girls on Hills are exempt from the ‘Rule of Six’ by way of the Return to Play Protocol. Girls on Hills will observe all Scottish Government guidelines and restrictions on our event, and are at present following best practice advice as set out by Mountain Training (Scotland): [www.mountain-training.org/download.aspx?f=1705](https://www.mountain-training.org/download.aspx?f=1705&fbclid=IwAR2AST4gh7M7VSMOVv5k7N-Hs5enmdIAypFzhlh9TdUyTb3dJN1HIcmSukg) and [www.mountain-training.org/latest-news/coronavirus](http://www.mountain-training.org/latest-news/coronavirus)

PROCEDURES AND BEST PRACTICE

The main mechanism of transmission of Covid-19 is through physical contact, the mucosa of the body, breath, coughing, sneezing, sweat and blood (open wounds). In the outdoors, evidence suggests that it takes ~15 minutes of being within close proximity (<2m) of someone for the virus to transmit.

Whether outdoors or indoors you will therefore be expected to maintain social distancing and encourage other participants also to do so. Please respect Government social distancing guidelines and ensure that you do not share equipment (e.g. maps or compasses), drinks bottles or lunch items.

For indoor courses components, we will be using a venue with enough space for >2m spacing of participants. We will be dividing participant numbers into the smallest groups possible (always <10)\* and maintaining the best ventilation possible at each venue. We would ask that you wear a face-mask for these sessions and observe good hand hygiene with gel/handwashing. Please bring your own PPE as we are unable to supply this for you. We will however provide hand-gel and wipes to assist people with regular hand-hygiene.

You will not be expected to wear a face mask for outdoor sessions or while running – but social distancing must be observed at all times.

Thank you for returning your booking form ahead of the course. Your details will be kept on file for 21 days to allow for Coronavirus Contact Tracing should it be needed.

TRANSPORT/CAR-SHARING

Regarding travel, we recognise that there may be occasions when there is no alternative but to travel with other people. On such occasions, you should follow guidance from Transport Scotland; [www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely](http://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely)

During Girls on Hills courses, every effort will be made to reduce the need for car-sharing and we encourage you to bring your own vehicle where possible, and only travel with those in your household.

**IT IS ESSENTIAL that you notify us AHEAD OF THE EVENT if ANY of the following apply to you:**

* You have received a letter from your GP or the NHS stating that you are an extremely at-risk patient or an at-risk patient.
* You on any medications that make you more susceptible to contracting Covid 19 e.g. anti-inflammatories, blood pressure medications, immunosuppressants...
* You have any underlying health conditions, or are you of an age, that make you more susceptible to contracting Covid 19 e.g. age of 60+, liver disease, diabetic, pregnant, cancer, severe respiratory problems etc.
* You are or have recently shown any signs of flu type symptoms of fatigue/ aches and pains, high temperature, continuous cough, loss of taste or smell.
* You are aware of having been in contact with, or near to, anyone who has, or is displaying symptoms of, Covid 19.

You **MUST NOT TRAVEL OR ATTEND** the course if you are experiencing symptoms of CV-19 or have been in contact with anyone known or suspected to be suffering with symptoms of CV-19: [**www.nhs.uk/conditions/coronavirus-covid-19**](http://www.nhs.uk/conditions/coronavirus-covid-19)Please follow NHS guidance regarding self-isolation and testing.

During the event, our staff will make every effort to maintain social distancing guidelines throughout, however in the event of an accident/emergency or for your personal safety, it may be necessary to step closer. It is necessary that all members attending have understood and consent to this.

**Upon arrival you will be asked to consent verbally** that you have read and understood the above, and appreciate the risks associated with attending a course at the current time.

If you have any further questions or concerns, please contact our Covid-19 Officer:

KERI WALLACE:

[info@girlsonhills.com](mailto:info@girlsonhills.com)   
T: 07866435903

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