

# SENIOR WALK 2020 – COVID REQUIREMENTS

## PLEASE READ

Changes to seniors walk to comply with covid regulations

Seniors walk is considered a health activity and must follow the Covid regulations for a Field of play activity.

This allows people involved while in the field of play (in this case a 10km walking event) to walk alongside fellow walkers and pass each other within the 1.5 metre distance.

However, at the start while waiting to start the walk people must social distance as a result the walk start will be altered

With Council permission and using lawn marking paint approved by council there will be crosses (X marked at a distance over 1.5 meter apart.

The X place close to the foot paths are for the fast walkers slow walkers please use other X marks

Water stops cancelled due to covid so there will be a table set up with water bottles for walkers to take before they start to walk Please use hand sanitiser supplied on table and do not stand around the table but move to a X in the park or pick it up as you start the walk.

Breakfast is not supplied in the Donald Simpson Centre but tables will be set up before you return there will be a Muffin in a paper bag on one table, a fruit juice popper on another table and a water bottle on a separate table as well.

Please collect these on your return to take home and drop your registration badge into the box supplied (after you have checked the raffle draw winners list)

### The Raffle Draw

20 Prizes this year will be drawn shortly after the walk has started and a list will be on display near the tables of the winning registration numbers.

If you are a winner, please hand in your registration badge at the RDCOTA office door to collect your prize. (If you do not have the Registration badge with you may be requested to provide ID.

If you do not collect the prize on the day you will be notified by email or phone to arrange a pick up time

## Covid Requirements

### DO NOT ATTEND IF

If you have been overseas or in a Covid hotspot in the past 14 days

If You have any covid-19 symptoms

Fever

Sore throat

Cough

Tiredness

Difficult breathing

While coronavirus is of concern, it is important to remember that most people displaying these symptoms are likely to be suffering with a cold or other respiratory illness – Not coronavirus

However, if you do have any of these symptoms and have not already contacted your doctor. Do not go on the walk if you are registered you still get the goodie bag and entry to the free prize draw. If you win 1 of the 20 prizes we will contact, you by email or phone to arrange collection.

### **Health and Safety Conditions**

You acknowledge that, even with rigorous capacity and control measures in place at the Seniors walk, there remains an unquantifiable risk of transmission of viral illness including COVID-19 at any event at this time and you have considered that risk and your own personal circumstances, including any health condition or vulnerability that you may have or that of persons whom you will be in close contact with following your attendance at The seniors walk. You acknowledge that, for a small number of people, COVID-19 has very serious health consequences. By attending the walk you (and any persons who attend the walk with you) acknowledge and accept these obvious risks.