

ACTIVATE

COAST & GREENSPACE

NORDIC WALKING

Important Information for participants Stay Safe Advice for Instructor led sessions

Participant numbers have been reduced for all led sessions to ensure Government guidance is strictly followed.

All sessions must be pre-booked and paid for in advance. You can use your subscription.

Please do not attend the session if you have shown any symptoms of coronavirus.

Please arrive promptly at the activity start time to avoid any cross over.

Maintain safe social distancing at all times.

Always follow instructor guidance.

In the event of an accident or fall, instructors will pass a first aid kit to the casualty. If the injury is serious, a paramedic will be called. It is the instructor's discretion as to whether they help with a first aid incident. Please bear this in mind.

Any equipment provided or hired will be fully sanitised before use. Please let us know on booking if you need equipment.

Participants are advised to bring their own equipment where possible and hand sanitiser for additional reassurance.

Our priority is maintaining the safety of our staff and participants during the pandemic.

Thank you for your cooperation.