

T100 DREAMING

Walk Guidelines 2021

To keep everyone safe, everyone must agree to follow these guidelines when attending activities during the T100 2021 festival. Participants are asked for confirmation of their agreement at the point of booking. Activity leaders will remind everyone on the day and cover any updates.

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. If a walk leader believes that you are showing Covid-19 symptoms, they may ask you to leave. Please do not be offended, it is for everyone's peace of mind and safety.
2. **Wash your hands or use hand sanitiser regularly.** Hand sanitiser will be available if you do not have your own. You will be invited to use this upon arrival and before/after each activity.
3. **Social distancing.** Please remain a safe distance from others which is a minimum of 2 metres apart. Where closer contact is required for some activities, additional safety measures and instructions will be provided. Please be mindful of others around you and do not be afraid to ask others to step back if you feel they are too close.
4. **Face covering.** Please bring a face covering with you and wear it if you are asked to do so. Face coverings must be worn to use public transport, visit local shops, use public toilets or to visit the T100 exhibition or any in door activities as part of the event. Event staff will advise you on the day.
5. **Bring your own food.** Bringing food and drink reduces the need to visit shops on route. Some events allow time for picnics or include refreshments. If participating, please ensure that food and drink you bring, are given or purchase is only shared with people from the same household.
6. **Put rubbish in the bin.** Please dispose of rubbish in public bins or take it away, including disposable face coverings or gloves.
7. **Respect any pedestrian one-way systems.** Please respect the instructions given by walk leaders or stewards and any one-way systems in place at activity sites; these will be made clear by staff and/or signs.



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- 8 **Test and Trace.** Everyone who books tickets is usually required to provide contact details so they can be contacted about the walk details. To comply with the NHS Test and Trace system all contact details must also be kept for 21 days after the event.

Important: If you show any symptoms of Covid19 within 14 days of attending any T100 activity please contact the T100 Project Manager Katie Beadle on katie@kinetika.co.uk as it may be necessary for others to be notified. All information provided will be treated as confidential.

9. **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 help and support to deliver a safe event.

Further Information

- T100 Dreaming: <http://thurrock100.com/t100-dreaming/>
- Government latest advice on Covid19: <https://www.gov.uk/coronavirus>
- NHS Test & Trace – what to do if you are contacted: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

Social Media

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