

A step in the right direction

Things you can do to prepare for your first walk

Before you walk...

1. Consult your GP before attending a walk if you have any concerns about your ability to exercise.
2. Simply select a walk and turn up, there's no need to book ahead if you don't want to.
3. Arrive at the meeting point 10 mins before the start of the walk. If it's your first ever walk with the Harrow walking scheme, you will need to complete a brief walker registration form.

Remember we walk all year round and in all weathers (except in extreme weather) so:

- Bring along any medication that you may need during the walk, e.g. glucose/sweet, asthma inhaler, GTN spray/tablets
- Wear comfortable and appropriate clothing for the weather - layered and waterproof clothing in cooler and wetter conditions
- Wear comfortable and appropriate footwear - shoes with good grip and waterproof if wet, muddy or snowy
- Bring water, especially in warm weather, and a snack (biscuit, banana, glucose/sweet or similar) for longer walks.

COVID Precautions

We ask all walkers to take precaution when attending our walks to prevent the spread of COVID-19. For more information on how to keep yourself and others safe, follow the government guidance on [Coronavirus: how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

- Please do not attend the walk if you have any COVID-19 symptoms or have tested positive on an Lateral Flow Test. You can book a COVID test on <https://www.harrow.gov.uk/covidtest>. Our walks run every week so you're not missing out!
- If you are a contact of someone who has tested positive for COVID-19, we advise that you stay at home and get a PCR test to check if you have Covid too.
- Avoid (where safely possible) touching gate posts or fences and if essential to safely cross then wash hands and/or use hand sanitiser as soon as you can wash your hands when you arrive home.