**Virtual Hike the Pike 2020 – Safety Advice**

Thank you for your joining our first Virtual Hike the Pike this December!

We’ve put together the following advice and guidance to help you keep safe during your walk – please take a few minutes to read this before taking part.

* Check government issued guidelines on exercising and social distancing before your walk and ensure you adhere to this.
* Wear suitable footwear – walking boots or wellies (make sure santa suits are tucked in!)
* Walk during the day in light conditions.
* Stick to the route do not veer from the footpath
* Walk in pairs where possible (observing social distancing) but avoid walking in a larger group.
* Only walk if you feel fit and well and stop if you become unwell.
* Don’t attempt to walk if you are under the influence of alcohol / drugs (except prescribed medicines).
* Ensure your next of kin or another adult knows where you are going and when you are due back. Take a mobile phone on your walk so you can call this person for assistance if you need it.
* Don’t collect sponsorship or donations en route.
* Be respectful of others at all times during your walk and do not walk on private property without permission.
* Complete the walk at home or in your garden if you can’t or don’t want to leave the house or are shielding.

Please note that you are taking part at your own risk and you are not covered by Bolton Hospice’s Public Liability Insurance.

If the government guidance changes or if we otherwise believe encouraging you to take part would be unsafe, we will change or cancel the event.

If you have any safety queries, you can email grace.wood@boltonhospice.org

Thank you so much for your support, we would like to wish you a merry Christmas and an enjoyable festive walk!