



Lincoln Mountaineering Club

Tŷ Gwyn and Covid-19

This needs to be read as an addition to the normal hut information you will have been sent.

The hut has been subject to restricted booking for a while now. During the Covid19 pandemic we have had to make some changes in the way we run hut bookings. This is to make it safe for you, your friends and family, and the people who will be using the hut after you. As Covid rules change this may be updated over the coming weeks and months. Remember that Wales has different rules to England.

We have tried to create a way of using the hut that complies with current legislation and be easy to understand and follow. If you have any concerns about the health risk of visiting the hut, please consider staying at home or contact the Hut Sec and discuss your concerns. We cannot guarantee an absolute Covid free environment, but we try to reduce the risk.

Coronavirus (COVID-19) guidance:

<https://gov.wales/coronavirus>

Tourism businesses, such as accommodation and visitor attractions: potential reasonable measures action card (coronavirus) (updated 23 December 2021):

<https://gov.wales/tourism-businesses-such-accommodation-and-visitor-attractions-potential-reasonable-measures-action-html>

This updated document includes how we implement that guidance.

Reduce the chance of coronavirus being present at Tŷ Gwyn

We request that visitors are fully vaccinated (plus booster if possible) and have tested negative by PCR or Lateral Flow no more than 24 hours before travelling to the hut. Any visitor, who is symptomatic, has tested positive, is awaiting a test result or has been asked to self-isolate by NHS Test & Trace must not travel to, or enter the premises. If already at Tŷ Gwyn, they must inform the Hut Sec immediately and leave to return home and self-isolate.

We would urge anyone planning a trip to the hut from an area with higher rates of coronavirus to test themselves twice weekly, using the free COVID-19 lateral flow tests, before they travel. Only those who have a negative test result and no symptoms of coronavirus should travel. Everyone coming to Wales from areas with higher rates of coronavirus should bring lateral flow testing kits with them to continue regular testing while at Tŷ Gwyn.

If a visitor tests positive we will endeavour to inform bookings that may be impacted so that they can make their own judgement on using the hut. We reserve the right to cancel bookings if appropriate.

- Even if fully vaccinated, you still risk being a carrier and transmitting the virus to others.
- Lateral Flow Tests are not perfect. They require a high viral load to test positive and that's typically after being infected for around 2 to 3 days.

Prevent crowding - Limit capacity

We are currently limiting the numbers using the hut so that where possible visitors can safely distance themselves from others. Any number from an extended household can use the hut, or for a mixed group, we have reduced the hut capacity. Additionally, we ask, for example, one group use the lounge and another the dining room. Agree between groups time-sharing of kitchen facilities. Each group should use only one of the two wash rooms.

Improve the ventilation or go outside

Ensure increased ventilation by opening windows and doors to allow fresh air through the building.

Keep the premises clean

Wash your hands on entry to the hut and before handling items used by others (crockery, pots/pans utensils etc). Thorough and regular cleaning using surface disinfectant on high contact touchpoints such as counter tops, tables and door handles.

Keep the noise down

Lower the volume of any music played to reduce the need for people to shout or bring their faces close together to talk.

Remember face coverings

Despite face coverings not being a legal requirement in the hut, you may wish to wear one in some areas if other ways of mitigating the risk isn't practical. An example might be socialising in the lounge.

Help Test, Trace, Protect

You are required to help us keep records of visitors to support the NHS Wales TTP Service.

The rules/guidance may change

The way we run the hut may change at any time, and without notice. This will be in response to the changing Covid situation and updated guidance from the authorities and the BMC.

Making a booking

Please make a booking request using the online form found at <http://thelmc.org.uk/lmchut/hut.asp>. Camping is permitted but those camping pay the full hut rates as if they were staying in the hut.

The person making the booking must be part of the household or group staying at the hut. It is this person that will be responsible for collecting contact information and passing it to the authorities should we be notified of a positive Covid infection.

Making a booking request confirms you are willing to accept all guidance given at the time of your booking, as well as any changes we need to make subsequent to that.

Paying for your booking

Because of limited availability you will need to pay for your booking in advance. Once your booking is acknowledged by the Hut Sec, please pay by BACS within 5 days. If you are making a booking less than 10 days in advance, please pay immediately. If you have not paid on-time you might lose your booking and it will be offered to someone else. If you make a booking and later decide not to go, you will still have to pay unless we fill that weekend with another booking.

During this time normal hut fees apply other than camping. Campers pay normal hut fees. There is also a minimum total booking fee of £20. That's the equivalent of two members for two nights.

Before Travelling to Tŷ Gwyn

We encourage you to get vaccinated if not already. Please carry out a Lateral Flow Test the day before travelling to the hut. This applies whether vaccinated or not. If the test proves positive do not travel to the hut and arrange to get a PCR test to confirm the result. These actions will help everyone using the hut keep safe and well. Lateral Flow Test kits are available free from many places. You can find your nearest collection site and get your collection code by going to <https://maps.test-and-trace.nhs.uk/>

If anyone in your party has Covid symptoms you must notify the Hut Sec immediately and stay isolating at home. In this case you must not travel to the hut. More specifically, before travelling to the hut, you declare that:

- *No-one in your group currently has symptoms of COVID-19 (new persistent dry cough, fever, loss of taste or smell)*
- *No member of your group has had a positive test for COVID-19 or onset of symptoms of COVID-19 in the last 10 days. (Individuals who have completed their period of isolation (7 or 10 days) and have no remaining symptoms (other than a dry cough or loss of taste or smell which can last for some time) may return to normal activities)*
- *No member of your group has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 14 days*
- *No member of your group has been contacted by a contact tracer from the Test, Trace and Protect Programme and told to isolate in the last 14 days as a contact of someone with confirmed COVID-19*
- *No member of your group has been pinged by the NHS Covid app and asked to self-isolate.*
- *No member of your group has returned from a country outside of the UK that required quarantine or self-isolation in the last 14 days.*

On Arrival

You are advised that whenever you enter the hut to wash your hands or use the hand sanitiser to avoid contaminating anything you subsequently touch during your stay. As a precaution, it is important to continue washing your hands and keeping surfaces clean. This also helps to prevent transmission of other infectious diseases.

During your booking

If anyone in your party develops Covid symptoms you must notify the Hut Sec immediately and leave to return home and self-isolate.

The advice is still to be cautious about close contact in enclosed spaces. If there is another group using the hut at the same time please use separate bunk rooms, keep the place ventilated as much as possible while in the hut, and give each other space.

When out and about, please remember that it is still mandatory in Wales to wear a face mask in enclosed public spaces - shops and bars/restaurants etc. while not eating/drinking.

Guidance: <https://gov.wales/alert-level-2>

On Departure

You MUST remove all your belongings and vacate the hut on the day of departure. This includes removing all rubbish to the wheelie bin at the top of the track. You can leave belongings at the hut to be collected later in the day, but please ensure your belongings are packed-up so that your bunk is clear, ready for the next guests.

Following Departure

If anyone in your party develops Covid symptoms within 5 days of departure you must notify the Hut Sec immediately.

Finally

Please adhere to these rules. It's for the safety and wellbeing of you and other hut users. Anyone who does not follow the above rules could result in a Members' use of the Hut being suspended because we can't risk irresponsible visitors potentially infecting another group.

If you think of anything to report please notify the Hut Sec. That includes items left by the previous group, comments on the condition of the hut as left by the previous group, missing or broken items, or just general feedback on your stay. Comments good or bad are welcome.

Covid Symptoms (NHS)

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms. The Zoe Covid Study also lists more up-to-date ratings of Covid-19 symptoms for varying vaccination status:

Fully vaccinated	One vaccine dose	Unvaccinated
Headache	Headache	Headache
Runny nose	Runny nose	Sore throat
Sneezing	Sore throat	Runny nose
Sore throat	Sneezing	Fever
Loss of smell	Persistent cough	Persistent cough

<https://covid.joinzoe.com/post/new-top-5-covid-symptoms> (June 23, 2021)

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