



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.

Remember that Wales has different rules to England. At the end of March 2022 all restrictions in Wales to help limit the Covid pandemic came to an end. This does not mean that Covid has gone away. If you have any concerns about the health risk of visiting the hut, please contact the Hut Sec and discuss your concerns. We cannot guarantee an absolute Covid free environment.

Welsh Assembly Coronavirus (COVID-19) guidance:

<https://gov.wales/coronavirus>

FAQ:

<https://gov.wales/public-health-guidance-general-public-frequently-asked-questions>

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 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. 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.

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. We provide cleaning materials for your use.

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.

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.

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 for a small charge from many pharmacies.

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. There should be some sanitiser on the kitchen windowsill. 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 keep the place ventilated as much as possible while in the hut, and give each other space.

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 your use of the Hut being suspended because we can't risk irresponsible visitors potentially infecting another group.

Covid Symptoms (NHS – June 2022)

Symptoms of coronavirus (COVID-19) in adults can include:

- a high temperature or shivering (chills) – a high temperature 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
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

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