



ipse wilderness

Journey Inside, Outside

Therapeutic wilderness journeys

COVID-19 Provisions

Evidence suggests that the virus is less likely to be passed on outdoors. Walking is a good way to improve your fitness and boost your immune system to help you stay healthy. Talking to others and connecting on an emotional level is a vital component of mental health, combatting isolation, loneliness, and depression. Therefore, ipse wilderness walks are a low-risk activity which support physical and mental wellbeing at this challenging time.

However, it is necessary to follow the following precautions:

- The most common symptoms of COVID-19 are recent onset of a new continuous cough or a high temperature or a loss of, or change in, normal sense of taste or smell. If you, or anyone in your household develops these symptoms, do not attend the walk. Instead, you should arrange a C-19 test and self-isolate.
- Social distancing, hand washing and covering coughs and sneezes, remain the most important measures to prevent the spread of COVID-19.
- During the walk, observe 2 metre social distancing guidance. You may wish to wear a mask or face covering.
- Wash your hands before attending the walk and as soon as arriving home. Bring hand sanitiser with you and use it after coughing, sneezing, blowing your nose, before eating or handling food and before and after touching any objects. Avoid touching your face.
- Cover your mouth and nose with disposable tissues when you cough or sneeze. If you do not have a tissue, sneeze into the crook of your elbow, not into your hand. Dispose of tissues into a rubbish bag and immediately use hand sanitiser.
- Bring your own water bottle and do not share food or drink with others.
- Avoid touching railings, fence posts, signs or gates.
- Use elbows or feet to open gates if necessary.
- Face forwards and talk side-by-side (rather than face to face) with your partner where possible.
- Avoid speaking loudly, shouting or singing.

Contact Julia at **ipse wilderness** if you have any concerns or questions.