LMC Covid-19 Advice to Meet Participants

Be aware of your own personal risk factors. Risk is inherent in pursuits such as hill walking, climbing and mountaineering, however, the current situation adds an additional layer of risk in the form of Coronavirus.

The club is taking all necessary steps to reduce the risks of viral transmission as much as possible, but we each have our part to play in keeping ourselves, and others, safe.

Before you attend this meet please consider your own personal risk factors, and the risk you may pose to others should you contract Covid-19. The tables below may help you in your assessment.

NB: Please do not attend a meet if you are exhibiting any of the following symptoms:

- a high temperature (e.g. hot to touch on your chest or back, a temperature of 38C or more)
- a new, continuous cough (e.g. 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

For more information, visit the NHS website.

If you suspect that you may have contracted Covid-19, or have come into close contact with anyone who has Covid-19, you may wish to have yourself tested for coronavirus. More information about who is eligible for a test, and how to obtain one can be found on the UK Gov website.

Very Important: If you develop symptoms of, or test positive for Covid-19 within ten days of attending a meet, please inform the meet steward and Meets Secretary as soon as possible.

Personal Risk Assessment

Table 1 (Probability Profile) categorises the probability levels (ranging from very low to very high) of your contracting the virus. **Table 2** (Impact Assessment) categorises the potential impact on you, and those you come into contact with, should you contract it (again ranging from very low to very high).

Table 3 (Risk Level) will help you calculate your individual risk level by combining the data from tables 1 & 2. You simply chart the category you fall into in the Probability Profile along the vertical y axis, then chart your category from the Impact Assessment along the horizontal x axis. The number in the box where the two intersect is your individual Risk Level.

We would advise those with an **amber** risk (levels 4–6) to consider seriously how you can mitigate contact risks whilst on the meet.

Those with a **red** risk level (1–3) we strongly advise not to attend the meet — for the protection of yourself, other club members, and your friends and family.

We can only make recommendations, and the ultimate decision on whether you should attend lies with you. The club cannot be held liable should you contract Covid-19, or any other illness, whilst you are on the meet.

TABLE 1: PROBABILITY PROFILE

Category	Probability	Description
Very High (VH)	>75%	Living with someone who has already contracted Coronavirus (Automatically Self-Isolate)
High (H)	50-75%	Travelling on public transport for work or similar; Living in a household with others who may come into contact with the virus in a school or workplace; Engaging in an active social lifestyle; Working with people with a High or very High probability rating.
Medium (M)	15-50%	Travelling to work or similar by a means that involves no contact with other people; No family at home apart from a partner who has a low risk profile.
Low (L)	5-15%	Working From Home; Travelling into work which involves no contact with people; Living on own; Isolated with people from the same risk category in work.
Very Low (VL)	<5%	Already recovered, potentially immune (currently unproven).

TABLE 2: IMPACT ASSESSMENT

Category	Description
Very High (VH)	Those with serious underlying health issues. These include diabetes, heart issues, lung issues, low immune system, MS, Obesity. A full list is on the Gov.Uk website.
High (H)	Have a member of their family that is likely to be very high risk. Although the individual may be in a lower risk classification, contracting it and taking it home could be potentially serious for their partner, parent or other member of the family. Also those recovering from major illness.
Medium (M)	People who do not have serious underlying health conditions, but are known to pick up infections easily.
Low (L)	Under the age of seventy and healthy in all respects.
Very Low (VL)	Already had Covid-19 and recovered (assuming it cannot be contracted again, which is currently unproven).

TABLE 3: RISK LEVEL

VH	6	5	4	3	1
H	7	6	5	3	2
M	8	7	5	4	3
L	9	7	6	5	4
VL	10	8	7	6	5
	VL	L	M	H	VH

Impact Assessment

Please also think carefully about your travel arrangements. Obviously, the club's usual recommendation to share cars as much as possible is not appropriate in the current circumstances.