



## Safety Guidelines: Go the Extra Mile

### Health & Safety

- Bring a bottle of water with you and stay hydrated
- Wear sensible footwear and clothing
- Wear a hat, sunscreen, and sunglasses if you are going to be exposed to sunny weather. Avoid dangerous weather such as storms, extremely hot, cold and snow.
- Follow public pathways where possible and avoid any uneven, unstable or dangerous ground. Watch out for holes or debris which can cause falls or injury.
- Take regular breaks to avoid exhaustion if you are feeling tired or lightheaded.
- Take on the challenge with a friend if you can. If you are doing the challenge alone let someone know where you plan on going.



### Covid-19 – Special Precautions

- Follow the government guidelines which can be found [here](#).
- Check to see if your local area has any local lockdown restrictions [here](#).
- Keep a face mask and bottle of hand sanitiser with you.
- Stay 2 metres apart or '1 metre plus' – which is one metre plus mitigations that will help to prevent transmission.
- Face coverings are currently mandatory on public transport, and in shops, supermarkets, indoor shopping centres, banks, building

societies, post offices, and indoor transport hubs. More information on facemasks can be found [here](#).

- You should not socialise outdoors in a group of more than six people from different households; gatherings larger than six should only take place if everyone is exclusively from two households or support bubbles.
- You should not interact socially with anyone outside your group even if you see other people you know. The more interactions you have the more the virus has the chance to spread.



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