

London Legal 10X Challenge

5 - 14 June 2021

Health and safety guidelines for your virtual event

Clothing and footwear

Wear sensible footwear and clothing. Be sure to check the weather forecast and 'break in' any new shoes before attempting long distance running/walking.



Stay Hydrated

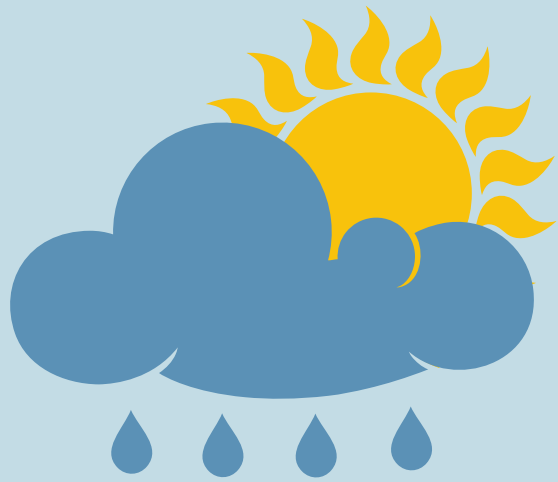
Bring a bottle of water with you and stay hydrated!

If you are attempting a longer challenge also bring snacks / energy gels to refuel.



Watch the weather

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, frost etc. The beauty of a virtual challenge is that it is flexible so do not worry about changing your date!



Stick to public paths

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.



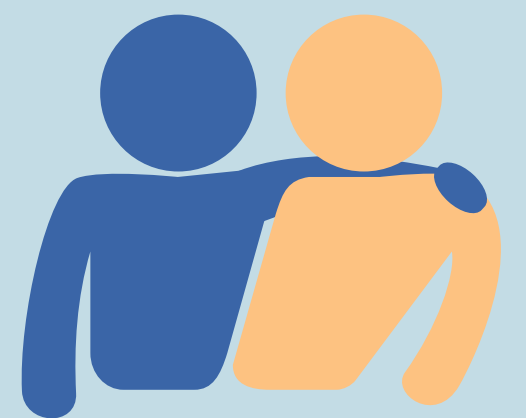
Take breaks

Take regular breaks to avoid exhaustion if you are feeling tired or lightheaded. You have 10 days to complete the challenge so can always pick it up another day!



Buddy up

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 and make sure your phone is fully charged.



Warm up/cool down

Taking the time to warm up / cool down dramatically reduces the risk of injury. If you start to feel any pain en route don't 'push through it'. Stop and seek guidance from a medical professional.



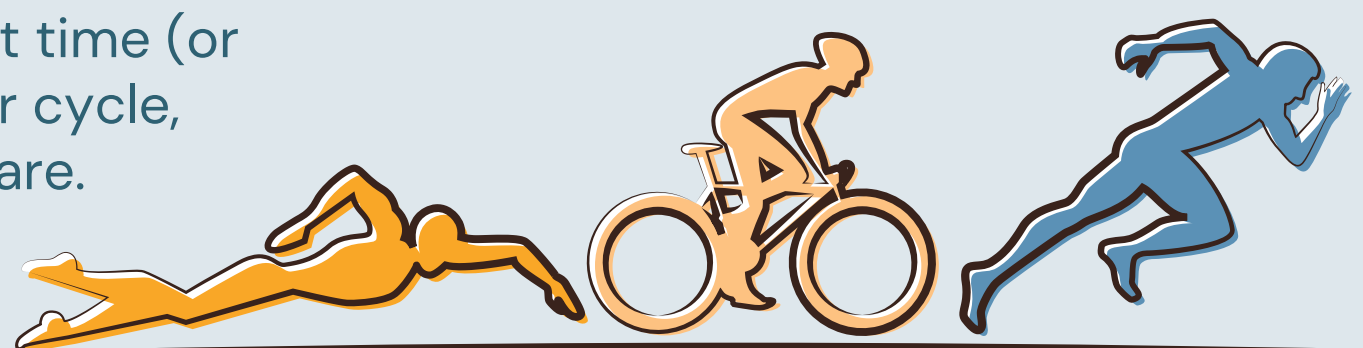
Go your own pace

If you are taking part in a group activity remember to go at a speed/pace you are comfortable with. After all, it is the taking part that counts!



Trying something new?

If you are taking on a strenuous physical challenge for the very first time (or the first time in a long time), be it a long distance walk, run, swim or cycle, please do ensure that you've had adequate time to train and prepare.



Health and safety guidelines for your virtual event COVID-19

Follow Government Guidelines

As of 17th May, people in England are allowed to meet in groups of up to 30 people outside, and 6 people inside. All participants of the London Legal 10xChallenge must follow [Government Guidelines](#).



Face masks/coverings

Keep a face mask with you, even if your activity is outdoors. You never know when you might need to use a public loo or nip into a shop for water. Face coverings are currently mandatory on public transport, in shops, supermarkets, banks, building societies, post offices, and indoor transport hubs.



Hand sanitiser

We also recommend keeping hand sanitiser with you at all times, if completing your challenge in a public place.



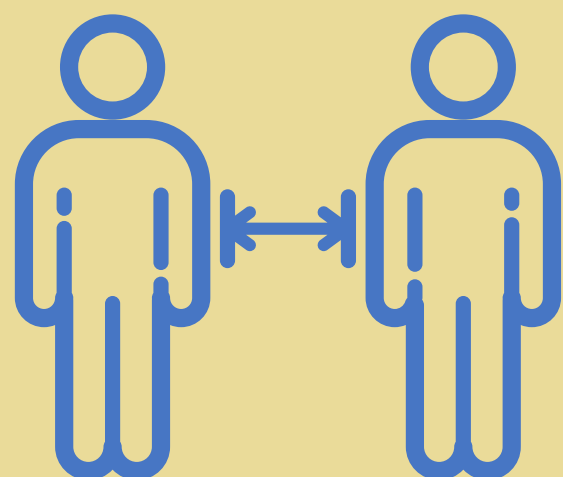
Social distancing

If completing your challenge with a group of colleagues/friends we recommend maintaining social distancing. Stay 2 metres apart or '1 metre plus' – which is one metre plus mitigations that will help to prevent transmission.



Walking 2 abreast

If walking in a group we recommend walking 2 abreast on public paths. This is to be mindful of other park/path users and to help maintain social distancing



Finishing in a pub/venue

We know many people like to conclude their charity challenge with a group celebration. If organising to go to a pub or venue, please pre book where possible and ensure you follow their guidance when on premises.



Guidance on organised events

If you are hosting your own group event, please check the [Government's Event Guidance](#) to ensure you stay within the roadmap and regulations.



These guidelines have been put together by the London Legal Support Trust. If you have any further health and safety queries relating to your event not covered by the above, please do get in touch with us at signups@llst.org.uk