



10th August 2020

Returning safely to travel

As always, the health and safety of our travellers, tour leaders, staff and suppliers remain our top priority. As travel restrictions ease within the UK and other destinations, we are planning our return to running tours. Our return to tour operation will be done in a safe and responsible way.

We have reviewed all our health and safety policies and are implementing new minimum standards that emphasise increased hygiene and sanitation and social distancing. We have been awarded the Travel Britain Good To Go Industry Standard mark, meaning that our business has followed UK government and industry COVID-19 guidelines, has a Risk Assessment in place and a process to maintain cleanliness and aid social distancing. These are in also line with recommendations from the World Health Organization.

All future trips in any destination will follow these protocols, while leaders and suppliers will complete COVID-19 health and safety training.

Before travelling, we recommend you check your government's travel advisory and the [World Health Organization](https://www.who.int) website for the most up to date information about destinations and permitted travel from each country.

Our tours have been rearranged to take place in 2021 and we have one new tour scheduled for September 2020, which takes place in Scotland with the Royal Society of Medicine.

We are closely following developments on a daily basis and are more than happy to answer your calls or emails. We are all still working from home, in accordance with government regulations, but are available and happy to answer your calls and emails.

Your safety remains our top priority.

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The World Health Organisation [website](#) has rolling updates on COVID-19 around the world. The following advice is from their website.

Protecting yourself and others from the spread COVID-19

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 metre (3 feet) distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 metre (3 feet).
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others. Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.
- If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
- Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities. Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.

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