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Subject: ROYAL NAVAL ASSOCIATION: Semaphore Short
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SEMAPHORE SHORT

MONDAY 19 JULY 2021



ROYAL NAVAL ASSOCIATION

Another Covid milestone

From today, England and Scotland move to Step 4 and Level 0 respectively of their Covid-19 plans, with easing of most legal restrictions in England and some in Scotland. Changes took place in Wales on 17 July with the easing of most restrictions planned for [7 August](#), whilst Northern Ireland is set to ease rules on [26 July](#).

Shipmates, Branch and Area Committees can now think about meeting together again, something we are keen to encourage after your own individual discussions and assessments of risk. However, meeting together will remain a personal choice as Covid-19 has not gone away and decisions must be taken considering ***your local*** regulations, advice and guidance. All Shipmates need to take personal responsibility for their own and others' safety.

Read more below about the changes in your area...

Trek before you march...

Will you be attending the Naval Association's Parade at the Cenotaph on Sunday 12th September? If so, why don't you make a weekend of it and raise money for The Royal Navy & Royal Marines Charity at the same time? On Saturday 11th, Ultra Challenges will be hosting their Thames Bridges Trek, 25 km of London's best views & 16 Historic Bridges, and we would love to see RNA members getting involved.

This is your opportunity to join over 2000 walkers and trek across the Capital, taking in unrivalled views of the skyline, and historic landmarks. Setting out from the Putney Bridge, we head East towards the City, zig-zagging over the array of 16 historic bridges – each with its own fascinating story – and a mid-point rest stop at The Oval Cricket Ground for some snacks & drinks. 25km later, it's a party style finish line celebration in Southwark Park past the final crossing – the majestic Tower Bridge.

The Royal Navy & Royal Marines Charity continue to support the Royal Naval Association with a variety of initiatives, not least enabling us to offer free membership to all. It's for this reason that we are encouraging fundraising for them, but you can also take part in the Trek without fundraising at all, or for a different charity of your choice.

Learn more and sign up here: <https://ultrachallenge.com/thames-bridges-trek/sign-up-now/>

‘Freedom day’ and what that means in your area

There are many differences in rules depending on your area, and full details can be found through the links below, but here are some key changes:

Face masks – Law removed in England but *expected and recommended* that masks still be worn in crowded indoor places like public transport; currently remain mandatory in Scotland, Wales and Northern Ireland.

Social distancing indoors – 1 metre plus guidance removed in England (except in some places like hospitals) and in Wales from 7 August; Scotland and Northern Ireland retaining distancing currently. No limits on how many people can meet indoors in England and Wales (from 7 August); restrictions remain in Scotland and Northern Ireland.

Social distancing outdoors – Removed in England and Wales with continuation of restrictions in Scotland and Northern Ireland.

Working from Home – In England you no longer have to work from home if possible but *expected and recommended* a gradual return to work; in the rest of the UK working from home continues currently.

More details on the changes in your area and what you can and can’t do when for each government can be found at:

England - <https://www.gov.uk/government/publications/covid-19-response-summer-2021-roadmap/coronavirus-how-to-stay-safe-and-help-prevent-the-spread>

Scotland - <https://www.gov.scot/coronavirus-covid-19/>

Wales - <https://gov.wales/coronavirus>

Northern Ireland - <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-and-guidance-what-they-mean-you>



What's on this week (19th July – 25th July)

- [Monday Night Fireside Chat: The Battle of Hastings](#)

The weekly Fireside Chat will be hosted again on Zoom **tonight**, where we will be joined by Shipmate Ian Cameron who, as a change from Naval conflicts, will give a presentation on the Battle of Hastings.

Join us at the regular time of **1800** with a tot in hand.

[Join the Fireside Chat here](#)

- [Thursday Evening: Sailing on the Edge – The Science Behind the Sport](#)

On Thursday night at 1800 you're invited to join Professional Sailor **Emily Nagel** fresh from competing in the 2021 Ocean Race Europe, alongside former Simulator Lead at INEOS TEAM UK **James Roche**, and **Dr Joseph Banks** Lecturer in Ship Science at the University of Southampton for a specialist talk on the science of sailing.

Hosted by Southampton alumnus and Sports Broadcaster **John Inverdale**, Emily, James and Joseph will provide a fascinating insight into how engineering and science underpin innovation and success in world class sailing, and Southampton's impact on high-performance sport. The event will include an audience Q&A session where you will have the opportunity to ask your own questions.

[Register here](#)

- **[Thursday Evening: Scotland – Choose Rewilding](#)**

Join the Scottish Rewilding Alliance online on [Thursday evening](#) for the launch of its new film Choices, which asks what future we choose for Scotland and its beautiful environment. Register below to **[join the event at 1900 on Thursday 22nd July](#)** and learn more about what is being done collectively to protect Scotland's landscapes and ecosystems.

[Register here](#)

- **[Saturday Night: Virtual Tot Time](#)**

Every [Saturday Night](#), for over 12 months now, members from the Wrexham Branch have been hosting a Virtual Tot, inviting members worldwide to join in with them over Zoom. It's proven a lifeline and outlet for many of the RNA community, and they don't intend to wrap it up any time soon. To be involved, click on the link below...

[Find out more](#)

[Join 'The Royal Naval Association: Community Site' on Facebook](#)

If you haven't done so already, join the growing community group on Facebook where our members spin dits, host Zoom nights and update each other on branch activities. It's the best place to get your news hot-off-the-press...

[Join the Facebook Group](#)

THE ROYAL NAVAL ASSOCIATION

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