Preparing for the activity/session:
• minimise contact with individuals who are unwell by ensuring that staff/volunteers who have coronavirus symptoms, or who have someone in their house who does, do not attend until 14 days after the symptoms have passed

Travelling to/from the location of activity/session:
• walk or cycle to location if possible, but if you must use a car, then go solo in the vehicle or with someone from your household. You must use a facemask if using public transport

Whilst undertaking the session:
• ensure you keep a minimum of 2m apart from other staff/volunteers/participants
• clean hands more often than usual: everyone should wash their hands thoroughly for 20 seconds using running water then dry them thoroughly, or use alcohol or a hand rub or sanitiser, ensuring all parts of the hand are covered
• ensure good respiratory hygiene by promoting the ‘catch it, bin it, kill it’ approach
• consider wearing face masks where applicable
• clean frequently touched surfaces often, using appropriate products
• use own tools/bikes, and don’t share throughout the session if possible
• minimise contact where possible by keeping in small groups of no larger than six for face-to-face support sessions
• keep those groups as consistent as possible when undertaking those activities
• take your own water bottle to keep hydrated and do not share it
• if you must take food, take what you need for the day for yourself and do not share it
• use your own utensils and vessels

After the session has finished:
• use the same travel advice as above
• if you begin to feel ill, contact your Volunteer Coordinator asap and then look on the NHS website for the next steps

Please use common sense and only undertake activities/tasks you feel comfortable doing. If you have any concerns, please contact your Volunteer Coordinator or line manager.