

# Coronavirus Guidance for Volunteers, Staff and Participants



## 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.**