

Friends of groups - COVID 19

Task guidance sheet to be used in conjunction with your risk assessment

Safety Procedures to be in place and to follow

- Do not travel in vehicles with others unless it's a family member you live with
- Maximum size of the group as per current UK Government COVID guidance
- Follow UK Government guidance on the current distance for social distancing between people
- Do not touch / stroke dogs
- Do not work in confined spaces with others
- Wash hands on a regular basis for a minimum of 20 seconds with soap throughout the work day. If this is not possible use hand sanitiser with a minimum 60% alcohol content
- Avoid touching your face, eyes, mouth, nose
- Wear work and/or disposable gloves
- Wash/sanitise hands before and after going to the toilet and eating, drinking
- People with an underlying health condition that increase the risk to their health of COVID 19 should not volunteer
- Bring own mugs and hot drinks to avoid cross contamination
- Clean and sanitise tools and equipment after use and or before sharing tools
- Record details of those volunteers attending each work session.

COVID 19 Symptoms

- The most common symptoms of coronavirus (COVID-19) are recent onset of:
- new continuous cough and/or
- high temperature
- Loss of taste and smell
- For most people, coronavirus (COVID-19) will be a mild illness
- Self-Isolate for 14 days – use the UK Governments track and trace system

PPE - Anyone working under the COVID 19 conditions must wear:

- Work gloves and disposable gloves
- Masks – only effective for controlling spread of COVID 19 from and when working in a confined space. At this time they are not compulsory

Please continue to monitor and follow government guidance relating to COVID 19 and amend your risk assessment accordingly. Volunteer working on Norwich City Council sites is subject to change, regarding Government updates, particularly if there is a rise in COVID 19 cases.

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