

Expectations when returning to the woods

The Cart Shed – Covid-19 Participant Requirements

MINIBUS:

If using Cart Shed transport (subject to availability), you **MUST** use hand sanitiser before getting on the bus. You **MUST** wear a face covering for the duration of the journey, putting your face covering on prior to getting on and keeping it on until after you have got off the bus. You **MUST** agree to answer basis questions about your physical health. This ensures anyone who is not feeling as well as they normally do, does not attend the day's session.

Are you feeling unwell today? In particular:

- are you feeling hot/could you be running a temperature?
- have you lost your sense of smell or taste?
- have you developed a new cough?

On ARRIVAL:

1. **Wash and sanitise hands** – several hand-washing stations on each site.
2. **Sign Register** – In signing the register, you are confirming that you have discussed with one of the team and / or read the COVID-19 statements (see below and available on site) and agree to the guidelines to maintain a safe environment for yourself and everyone on site. If you do not feel able to sign the register for any reason, unfortunately you cannot return to the woods or polytunnels at The Cart Shed at the present time.

Considerations prior to attending sessions:

- It is recommended that you do not come on site if you or a member of your household is shielding or at high risk from Covid-19 (full list of high-risk conditions available).
- You **MUST NOT** come on site if you are experiencing any signs or symptoms of Covid-19 or know you have been in contact with anyone who has contracted Covid-19 in the last week. If you attend and then start to show any signs or symptoms, you should leave immediately and inform a member of staff.

The main symptoms of coronavirus (COVID-19) are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
 - **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
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- If you show signs or symptoms while on site, you will be isolated and arrangements made for you to get home. You **MUST** then have a COVID19 test and **MUST** take part in the NHS Track and Trace system. You **MUST** inform The Cart Shed office info@thecartshed.co.uk 07796 421373 of the result of the test – positive or negative.
 - It is not possible to completely remove the risk of infection whilst on site. Being outdoors does reduce the risk, but the polytunnels should be considered an indoor location! If you or a member of your household is at moderate risk from Covid-19, it may be advisable not to come on site.
 - It is recommended that you do NOT share lifts to the site.
 - **Do NOT** use the toilet in the Cart Shed building.
 - You **MUST** wash and sanitise hands on arrival and departure, before and after eating or toileting.
 - Please “catch it, bin it, kill it” for coughs and sneezes.
 - Bring your own lunch, refreshments, cutlery and crockery.
 - Bring your own face mask/face covering. Please discuss arrangements if you are not required to wear a face covering as additional precautions may need to be taken.
 - Aim for 1+ metre social distancing outdoors whenever possible. If 1+m is not possible, you must wear a face covering unless you are not required to do so.
 - Follow session / site rules regarding tool and surface hygiene, such as not sharing tools and wiping down tools after use where practical.
 - If working in the polytunnels, you **MUST** always wear gardening gloves as well as a mask.

People at **high risk** (clinically extremely vulnerable) from coronavirus include people who:

- have had an organ transplant
- are having chemotherapy or antibody treatment for cancer, including immunotherapy
- are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- have been told by a doctor they you have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- are taking medicine that makes them much more likely to get infections (such as high doses of steroids)
- were born with a serious heart condition and are pregnant

People at **moderate risk** (clinically vulnerable) from coronavirus include people who:

- are 70 or older
- are pregnant
- have a lung condition that is not severe (such as asthma, COPD, emphysema or bronchitis)
- have heart disease (such as heart failure)
- have diabetes
- have chronic kidney disease
- have liver disease (such as hepatitis)
- have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- have a condition that means they have a high risk of getting infections
- are taking medicine that can affect the immune system (such as low doses of steroids)
- are very obese (a BMI of 40 or above)