



## Protocols and practice to ensure adherence to COVID-19 national guidance

The benefits of spending time in a natural setting such as a wood are well-researched. It can be restorative: reducing stress, improving concentration and ensuring everyone is physically active. There is space and freedom. It offers a place where children can enjoy playing and learning in nature.

All face-to-face training will take place outside until further notice. This will be reviewed as COVID-19 national guidance is updated and changed.

Circle of Life Rediscovery CIC will endeavour to adhere to the national guidance which currently states that public gatherings are permitted for childcare, education and training.

If a local or national lockdown occurs the course will be postponed. The local lockdown could be either at the venue or where CLR resides.

**Modified procedures to minimise risk of virus transmission during training courses:** If the government alert level rises and activities are further restricted, it will be necessary to postpone any future sessions until the alert level drops sufficiently, and guidance allows us to continue. **Currently all businesses and educational establishments can offer their services following current guidance.**

### Before attending

- If you or anyone you live with have any of the symptoms of the virus, however mild, within the last 14 days, please do not attend the session without confirmation of a negative coronavirus test result.
- If you have concerns about attending please read on to see how we manage the Covid Guidance. Please to get in touch in advance to discuss any concerns.
- *Trainees who miss a session due to self-isolation, will be able to attend the equivalent session on the next course/or defer to next course. This may be on a weekend or a weekday.*

### Additional items to bring with you:

- You must come wearing suitable clothing, accessories and footwear for the venue used and the anticipated weather. Please see the attached examples.
- You will also need: a cup, utensils, a new long candle.
- As a precaution, please bring a face covering for wearing inside or should you wish to wear one at any time. An increasing number of venues are now being included in the national guidance about wearing face coverings. You may also wish to bring your own supply of hand sanitiser and bag for used tissues.
- You should inform the course organisers of any medical or other needs that may impact on your ability to participate in the training and to discuss any modifications or adaptations needed. If you have an underlying condition that increases risk of catching or severity of COVID-19, then you must seek medical advice about the sensibility of attending and any additional precautions needed.

- GDPR arrangements. Our booking form will hold your details as long as necessary to ensure track and trace measures can be undertaken should the need arise.
- On the morning of the training, please use the COVID-19 symptoms checklist attached. If you show any of the symptoms listed, please do not attend. Let the course organiser know as soon as possible. Check if your training fee will be refunded if there isn't an available course to transfer you onto within a reasonable timeframe (6 months).

### **On arrival at the venue**

- You will need to register with the course organiser. They will sign you in, rather than you signing a sheet.
- Wash your hands with soap and running water. Hand sanitiser will also be available - remember that this is only effective on hands with no visible contamination and you need to still use the correct hand technique and let the sanitiser dry thoroughly before touching anything.

### **Participant responsibilities**

Throughout the day, participants have responsibilities to ensure their own and everyone else's safety. This includes:

#### **1. Physical distancing**

- You must adhere to social distancing protocols at all times. **This is challenging** in a group situation. Gently help and remind others to do the same, e.g. by moving away. We're all human and may occasionally, unwittingly, move too close to another person.
- If someone is unable to manage social distancing and it is upsetting other participants or the organiser or myself, then they may be asked to stay in a particular location or requested to leave. If the majority of the group is not managing to self-regulate their social distancing, then CLR staff and/or the course organiser reserve the right to terminate the training. In either situation, any training fee will not be reimbursed nor any other expenses involved in attending the training. Social distancing is a self-imposed requirement and cannot be enforced by CLR staff or the organisers.
- There will be a maximum of 10 participants in any training session. This is to enable there to be sufficient space for social distancing and so that participants can see and hear our staff.

#### **2. Hygiene**

- Handwashing facilities and hand sanitiser will be available throughout the training session.
- You will need to wash your hands, using the correct technique for the minimum amount of time as recommended by Public Health England. Ensure you are thoroughly familiar with the process and the recommended situations for when hand washing is necessary.
- If you use a face covering, follow the national guidance about how to use one properly.
- Remember to follow cough etiquette.

#### **3. Touching surfaces, using equipment and resources**

- We will provide nitrile gloves should you wish to use them during any of the activities. For example, some activities involve exploring resources and the gloves can be used to give you peace of mind. Remember to avoid touching your eyes, nose and mouth.
- Between each activity participants should remember to wash their hands or use sanitiser. If your hands are visibly dirty, then you must wash your hands with soap and water.

- Ensure you know the protocol for use of the toilet facilities. Remember to wash your hands when arriving back outside.

After each training session the books, equipment and resources are quarantined for 72 hours before another group uses them.

### Useful additional information

*Evidence suggests that outdoor environments can limit transmission, as well as more easily allowing for appropriate physical distancing between children and staff.*

*The research in support of this statement gives the following reasons:*

1. *Outside, it is easier to remain socially distant. There is a reduced risk of transmission in uncrowded outdoor spaces compared to indoor spaces.*
2. *Outside, the viral load, that is, the amount and concentration of droplets, likely to land on a surface is significantly lower.*

*Sunlight may rapidly inactivate SARS-CoV-2 on surfaces, suggesting that persistence, and subsequently exposure risk, may vary significantly between indoor and outdoor environments. The researchers undertaking this study also suggested that “natural sunlight may be effective as a disinfectant for contaminated nonporous materials.”*

### The need for cleaning surfaces

Contact with contaminated surfaces (hand to the eyes, mouth, or nose) is another recognized mode of COVID-19 transmission, and one that is not affected by the 2m physical distancing rule. Surfaces become contaminated when respiratory droplets settle upon them.

When the virus lands on a surface, the amount of time it will remain there varies. It decreases over time. The approximate length of time the virus remains traceable varies according to the type of material, its porosity and, outside, the meteorological conditions. Steel and plastic are non-porous and traces of the virus can be found several days later. On porous materials including wood and paper, the virus will persist for significantly less time. This is why equipment including books can be quarantined. The virus will die, and the equipment will be sufficiently safe to use again.

### COVID-19 SYMPTOMS – Please check you have none of the following before attending the course

1. Scottish Government (2020) Coronavirus (COVID-19): guidance on reopening early learning and childcare services 30.7.2020 <https://www.gov.scot/publications/coronavirus-covid-19-guidance-on-reopening-early-learning-and-childcare-services/pages/outdoor-spaces/>
2. For comments 1 & 2, see Freeman, S. and Eykelbosh, A. (202) COVID-19 and outdoor safety: considerations for use of outdoor recreational spaces, p3 & 4. This is a straightforward research summary. <https://ncceh.ca/sites/default/files/COVID-19%20Outdoor%20Safety%20-%20April%2016%202020.pdf>
3. Shanna Ratnesar-Shumate, Gregory Williams, Brian Green, Melissa Krause, Brian Holland, Stewart Wood, Jordan Bohannon, Jeremy Boydston, Denise Freeburger, Idris Hooper, Katie Beck, John Yeager, Louis A Altamura, Jennifer Biryukov, Jason Yolitz, Michael Schuit, Victoria Wahl, Michael Hevey, Paul Dabisch, Simulated Sunlight Rapidly Inactivates SARS-CoV-2 on Surfaces, *The Journal of Infectious Diseases*, , jiaa274, <https://doi.org/10.1093/infdis/jiaa274>

This list of symptoms is taken from COVID Symptom Study by Kings College London research which is recognised as being the most comprehensive and based upon information collated from their study.

Symptom	
Fever or feel too hot	
Chills or shivers (feel too cold)	
Persistent cough (coughing a lot for more than an hour or 3 or more episodes in 24 hours)	
Experiencing unusual fatigue	
A headache	
Nausea or vomiting	
Dizziness or light-headedness	
Unusual shortness of breath or have trouble breathing	
A sore or painful throat	
Loss of smell/taste	
An unusually hoarse voice	
Unusual chest pain or tightness in your chest	
Unusual abdominal pain or stomach ache	
Diarrhoea	
Unusual strong muscle pains or aches	
Raised red itchy welts on the skin or sudden swelling on the face	
Any red/purple sores or blisters on your feet, including your toes	
Confusion, disorientation or drowsiness	
Unusual eye soreness or discomfort, e.g. light sensitivity, excessive tears or pin/red eye	
Skipping meals	
<b>Have been in contact with someone who has tested positive for COVID-19</b>	
<b>You are living in an area which is under local lockdown</b>	

*These protocols have been adapted with permission from Creative Star: Juliet Robertson*