

CORONAVIRUS SAFETY

Discovering New Leadership – West Lexham

Please read the below briefing and sign and return the declaration on p.3

SAFETY PRECAUTIONS FOLLOWING GUIDELINES Based on 1m guidance given on 1st August 2020

Outside considered far safer: The whole session will be outside.

Social Distancing: Keep to 1m+

Reducing numbers: The group size has been reduced to 10 people.

Travel: Please follow the latest Government advice, which includes travelling by car and only using public transport (such as trains) if there is no other option. The latest advice is here, including safety precautions if you share a car or taxi with others: <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers-#public-transport> **Please let us know if you are travelling by public transport** (you should wear a mask, gloves and it also recommends bringing anti-viral spray to use on seats, tables and any public areas).

Hand sanitiser: Our expectation is that you will have your own, so PLEASE bring a personal one that you keep on you.

Cloth masks and gloves: Bring your own if you would like. We leave it entirely up to your discretion if you want to wear these.

Vigilance with regards to symptoms: Do not attend if you have experienced any sign of fever / cough etc. during the two weeks prior to the session.

Vigilance in the lead up to the session: We would advise you to be particularly careful in the week running up to the session – reducing situations and social interactions which might increase your exposure to the virus – knowing that you will soon be in a group environment.

Vigilance during the session: If anyone becomes unwell with a new or continuous cough or a high temperature, they will be advised to return home and follow the stay at home guidance.

Vigilance with regards to follow up: We would advise participants to minimise interactions during the week following the session as a precaution. The evidence presented by WHO indicates that asymptomatic spread is very low – fortunately.

High risk: We ask that you contact us and talk it through if you think you are yourself at high risk or you will be in contact with other high risk people / situations on your return home. We will make time to hear these at the start and ask that those at lower risk be particularly aware around those who might consider themselves to be a higher risk. Likewise – if you are higher risk – we will all do what we can but in the end you have to be clear about your own boundaries and communicate your needs – particularly to other individuals within the group who may accidentally forget.

Communication: It is so important that you communicate any concerns – we are always ready to make space to check in and adapt things in response to these as much as is practically possible.

Self-responsibility agreement [please sign and return a copy to us]:

I understand that there are always going to be risks associated with coming together as a group. In agreeing to attend, I hereby indemnify the organisers and facilitators of this event against any adverse reactions to any possible infection. I recognise that risk is inherent to life and choose to balance any increased risk against the benefits of attending.

I understand that the organisers are taking sensible precautions (as outlined in the Coronavirus Safety Briefing), as well as actively encouraging a culture of self-responsibility and conscious consent.

Being of sound mind and body, I choose to attend this session. I have considered the pros and cons associated with being in the company of others, and I understand that if I contract the virus there is a possibility that others may contract it from me. Therefore, I will act so as to reduce this possibility.

I undertake that I feel well, and while not a guarantee, affirm that I don't have the symptoms that may indicate a viral infection.

Attendance at this event indicates my agreement with this document, my agreement to take responsibility for my own choices and responsibility to communicate these in a timely manner to the organisers, allowing them the opportunity to make adaptations in response if need be.

Name:

Date:

Signature:

**Please sign and return this form to info@createseven.org or bring it with you to your session.
YOU MUST AGREE TO THESE TERMS TO ATTEND.**