

Safeguarding against the spread of COVID-19

A guide for participants and guests

We appreciate that in making your decision to attend a residential course at the ASHA Centre you will have assessed risks based on your personal circumstances and health relating to the current pandemic. We have compiled the guidance and information below to further inform your decision to attend a course at the ASHA Centre.

ASHA staff, course facilitators and volunteers cannot take liability for participants contracting the virus. However, we are working hard to ensure our centre is as safe as is reasonably possible.

ASHA's COVID-19 safety regulations and procedures have been developed based on the UK Government's guidance and input from our partners. This information is subject to change. We are continually following the UK Government's guidelines to assess how we can safely deliver and accommodate courses with ease and grace for all. If the situation changes and courses have to be cancelled, we will inform participants as soon as possible.

We are looking forward to welcoming you.

Measures we require of participants and guests:

To attend courses at ASHA, you are kindly asked to comply with the following procedures:

- **Arrivals from the UK** – Please order (<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>) or collect from your local pharmacy a box of lateral flow tests (LFTs) before you attend your course at the ASHA Centre. Take an LFT 24 hours before your arrival. You may only travel to the ASHA Centre if this test is negative and you have not had any COVID-19 symptoms in the previous 2 weeks.
- **Arrivals from outside the UK** – Please follow the UK Government's travel guidelines. If you are required to quarantine on arrival at the ASHA Centre you will have PCR tests on days 2, 5 and 8. Quarantine will only end on receipt of a negative day 5 test. Since you will remain in your room for up to 7 days, please bring books, games and other activities to occupy yourself during this time.
- **Testing** – All participants will be asked to test (LFT) twice a week.
- **Hands** – Please bring your own or use the hand sanitiser we will provide and wash your hands regularly for at least 20 seconds.
- **Face** – We have large, airy spaces and a lot of beautiful outside space so in most circumstances we do not require you to wear a mask. Please bring a mask with you in case it is necessary. Make the right decision for yourself regarding mask wearing, and respect the decision of others in your group.



- **Space** – Where possible and appropriate use outdoor space, particularly for work requiring close contact, singing or movement. Please respect the wishes of others regarding social distancing.
- **Ventilate** – The course facilitators will be mindful to open windows and/or doors to ensure good ventilation. Please bring plenty of layers and/or warm clothing and choose a place to sit where you will be warm enough in colder months.
- **Stay at home if:**
 - You have COVID-19, or the symptoms of COVID-19 (a new continuous cough, a high temperature, a loss of or change in your normal sense of taste or smell), or have been asked to self-isolate having been in contact with anyone with COVID-19.
 - You have a stomach upset, diarrhoea, cough, or suspected cold or flu.
- **Notify** – Notify the Centre Manager or Director(s) immediately if you suspect you have COVID-19 or if you have tested positive.

Measures we require of ASHA staff, volunteers, and external facilitators:

The ASHA Centre is a venue with large, clean and well-ventilated spaces. We have a comprehensive COVID-19 risk-assessment and measures with which we will comply.

Personal hygiene – staff, volunteers, and facilitators will:

- Take a lateral flow tests every Monday and Thursday and alert the Centre Manager or Directors immediately of a positive result
- ASHA course facilitators will take an additional LFT 24 hours before the start of each new course and on days 1, 2, 3, 4, 5 and 8 of the courses
- Stay at home if they have COVID-19, or the symptoms of COVID-19, or have been asked to self-isolate having been in contact with anyone with COVID-19
- Stay at home if they have a stomach upset, diarrhoea, cough, cold or flu
- Always wash their hands before and after a session

Setting up the space – staff, volunteers, and facilitators will:

- Open windows and/or doors where possible to ensure a good flow of air
- Consider using outdoor spaces when possible and appropriate
- Set up a hygiene station with hand sanitiser, wipes and disposable masks for those who may wish to wear them

Keeping equipment clean – staff, volunteers, and facilitators will:

- Ensure that surfaces and touch points are wiped down with anti-bacterial wipes or spray between sessions
- Keep tools clean (e.g. brushes, pens, musical instruments, and books)
- Give each participant their own equipment to use throughout the course when possible
- Try to adapt activity so that participants do not have to pass resources around
- Thoroughly clean or air all equipment between courses

Any questions or concerns?

Please speak to our team using the following contact details: contact@ashacentre.org / +44 (0)1594 822 330