



Me2 Club COVID-19 Guidance for volunteers

Me2 Club has put in place the following guidance so that we can ensure it is safe for children and volunteers to return to activities. If you have any concerns prior to returning, or once you return then please speak to your allocated Activities and Volunteers Coordinator (AVC) or contact info@me2club.org.uk if you do not have an allocated AVC. If you are waiting to be matched please read the guidance below in preparation for being matched. No volunteer is expected to return to their activity if they do not feel comfortable to do so.

Me2 Club volunteers are classified as 'carers' and are therefore allowed to provide support to their matched children provided COVID-19 Guidelines are being followed. The National Youth Association has advised that carers should not be included in numbers for bubble sizes. All activity providers and leaders are responsible for ensuring that COVID-19 safety guidelines are implemented during the session. Volunteers should make themselves familiar with and follow the guidance from the activity provider. If at any point you have been in an environment outside of volunteering where you have been potentially exposed to the virus e.g. you have been somewhere where others have not been wearing a mask in an indoor space or where others have not been following government guidance, then please let your coordinator know, so we can ensure you and your matched child stay safe.

We are planning to visit all existing matches at their activity once activities resume and, where deemed necessary, will organise Zoom calls to rebuild the relationships between children and volunteers who have not seen each other over the lockdown. If for any reason an activity visit is not possible your allocated AVC will be in touch to discuss alternative support.

NHS COVID-19 contact tracing app:

- We recommend that all volunteers download and use the NHS COVID-19 contact tracing app <https://www.covid19.nhs.uk/>. This will notify you if you have come into close contact with someone with a positive test result.
- If the activity you are attending has a QR code, we recommend that you use the NHS COVID-19 contact tracing app to check in to the venue.

If you have coronavirus (COVID-19) symptoms:

- You should not attend your activity if you or a member of your household have had coronavirus (COVID-19) symptoms, or have tested positive in the last 10 days.
- You should not attend your activity if you have been advised by the NHS Test and Trace Service to self-isolate. You should only return once the advised period to self-isolation has finished or you have been informed that this is not necessary by Test & Trace.
- You should provide details of anyone you have been in close contact with if asked by NHS Test and Trace.
- If you test positive for coronavirus (COVID-19) please inform your AVC or info@me2club.org.uk if you do not have an allocated AVC yet

Hygiene:

- Wash your hands with soap and water often for at least 20 seconds (particularly at the beginning of the activity session). Alternatively use hand sanitiser gel if soap and water are not available. We recommend all volunteers take hand sanitiser to their activity and have this readily available to use. Coronavirus (COVID-19) is an easy virus to kill when it is on skin.
- Cover your mouth and nose with a tissue or sleeve (not your hands) when coughing or sneezing. Put used tissues in the bin immediately after and wash your hands.

- Don't touch your eyes, nose, or mouth if your hands are not clean.

Face coverings:

- Face coverings should be discussed with your AVC or activity leader if you are unsure if the setting is exempt or if you are exempt from wearing a facemask.
- In line with guidance from the National Youth Association we recommend that you wear your mask in outdoor settings where it is not possible to follow social distancing guidelines.
- If you take a taxi to your weekly activity you will be required to wear a face mask for the duration of the taxi journey.
- Face coverings should be changed daily. If the material is washable, wash in line with Manufacturer's instructions. If it is not washable, dispose of it carefully with usual waste.
- Avoid touching your face or face covering, as it could contaminate it with germs from your hands.
- Change your face covering if it becomes damp or if you have touched it.

Social Distancing:

Where possible you should follow social distancing guidelines with all members of the group and observe the 1 metre plus rule. This means that you should stay 2 metres (3 steps) away from others, but if this is not possible you may keep a distance of 1 metre with additional protective measures. These include wearing a face mask, limiting time with people and being outdoors.

The National Youth Association recognises that social distancing may not be practical for children under 8 or SEND children and advises that this should not stop provision. Some activity providers may have developed their own specific guidance on social distancing which differs from the government guidance. If this is the case, their guidance can be followed.

Level of physical interaction

The children we support have a variety of different needs and the amount of physical interaction needed from their volunteer to take part in their activity is different for each child. Sport England advise that physical assistance can be provided by a carer outside of the child's household if the child's needs and preferences are considered.

- Some children require 'physical interaction' from their volunteers e.g. hand holding, sensory pressure, guiding to activity etc. If your child requires 'physical interaction' you will be required to wear a face covering and wash your hands/ use antibacterial gel before and after the physical interaction. You should also encourage your matched child to do the same.
- Some children will require significant 'physical support' from their volunteers e.g. personal care, hand over hand support to hold sports equipment, manual handling etc. If your child requires 'physical support' you will be required to wear PPE. Your AVC will advise on what PPE is required. For example, when providing personal care gloves, apron and face shield may be required.

Volunteers who are clinically vulnerable or extremely clinically vulnerable:

- If you have a health condition that means you are clinically vulnerable or extremely clinically vulnerable you should make your AVC aware so a risk assessment can be carried out.

Support Me2 Club will offer:

- Me2 Club will continue to keep guidance up to date in line with government recommendations to ensure Volunteers are clear what steps they need to take at activities to keep safe.



- If you have any concerns about your safety or your matched child's safety whilst you are attending your weekly activity, these should be discussed with your allocated AVC.