



## **Me2 Club COVID-19 Guidance for Families & Volunteers**

Me2 Club has updated our guidance so that we can ensure it is safe for children and volunteers to attend their activities following the identification of a new COVID-19 variant of concern in the UK; Omicron.. No volunteer or child is expected to attend their activity if they do not feel comfortable to do so.

All activity providers and leaders are responsible for ensuring that COVID-19 safety guidelines are implemented and followed during the activity session. Families and volunteers should make themselves familiar with and follow the guidance provided by both Me2 Club and by the activity setting. If parents or carers have concerns about the safety of their child or anyone else in the group, they should report this to the activity leader and speak to their Activities and Volunteers Coordinator (AVC).

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.

### **COVID-19 symptoms:**

- Children and volunteers should not attend an activity setting if they have coronavirus (COVID-19) symptoms, or have tested positive in the last 10 days.
- Children and volunteers should not attend an activity setting if they have been advised by the NHS Test and Trace Service that they should self-isolate ([unless exempt](#)). They may only return once the period of self-isolation has finished.
- If a child or volunteer tests positive for coronavirus (COVID-19) please inform your AVC. Volunteers and families should also inform each other directly if they test positive.

### **Close contact with someone with COVID-19:**

- **Close contact with a confirmed or suspected case of Omicron (COVID-19 variant)**
  - All close contacts, regardless of vaccination status,, where there is a confirmed or suspected case of Omicron should isolate for 10 days.
- Under 18s or fully vaccinated:
  - It is no longer legally required for individuals to self isolate if they come into close contact with someone with COVID-19. We advise our children and volunteers to take a PCR test if they have come into close contact with someone with COVID-19.
  - If you have come into close contact with someone with COVID-19 and receive a 'Negative' PCR test result before the activity let your volunteer or matched child's parent know and attend your activity as normal
  - If you have not received your test result before your activity let your volunteer or matched child's parent/carer know and discuss with whether you feel comfortable attending the activity that week.
  - Let your AVC know if you have any questions or concerns.
- Over 18s or not fully vaccinated:
  - Self isolate for 10 days, inform your matched volunteer or child's parent/carer that you will not be attending your activity and inform your AVC.

### **Lateral flow testing:**

- We recommend that volunteers take a lateral flow test 24-48 hours before attending their weekly activity to help reduce the risk. Please see 'Flow-chart for COVID lateral flow testing' for at the end of this document for more information. Lateral flow tests can be ordered [here](#).

### **Hygiene for volunteers and children:**

- 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 volunteers take hand sanitiser to their activity and have this readily available to use.
- 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 are required in some settings such as shops and on public transport. We also recommend that our volunteers wear face coverings at their Me2 Club activity.
- Some activity settings may require face coverings. If this is the case, you should follow guidance from the activity provider. Please discuss with your AVC if you are exempt from wearing a facemask.
- If you are in an outside setting or a setting where you are not coming into close contact with others, a face mask may not be necessary. If you are in a busy or crowded environment, you may feel more comfortable to wear a face covering and Me2 Club will support your choice to do so.
- When using face coverings, these 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.

### **Volunteers and children at swimming lessons**

It is currently not mandatory to wear a mask or face at swimming lessons, however the volunteer may wear one if it makes them feel more comfortable. In some cases, it may not be practical e.g., in deeper water or if you need to swim alongside the child.

- If wearing a face covering, care should be taken to keep this dry as if it becomes wet it will be ineffective. Where practical, you may need to bring additional face coverings so that they can be changed if they become wet.
- A clear face shield and mask together may assist with reducing the amount of water that comes into contact with the face covering.
- You should always ensure you have a face covering with you even if you are not wearing it in the pool as you may be required to wear one in certain areas of the building e.g. entrances and exits.
- Volunteers may feel comfortable wearing a clear visor in the pool, these can be provided by Me2 Club on request.
- The chlorinated water within the swimming pool is an additional control measure and will render coronavirus inactive. Volunteers should submerge equipment, aids and hands under the water regularly as it is unlikely to be possible to wash hands with soap or use anti-bacterial gel.

### **Social Distancing:**

While there are no longer restrictions on social distancing, it is important to not take unnecessary risks and you should aim to reduce unnecessary close contact while at activities. Volunteers in close contact with matched children, should remember to regularly wash your hands or use anti-bacterial hand gel.

### **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.

### **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. Physical interaction might be that:

- Some children require 'physical interaction' from their volunteers e.g. hand holding, sensory pressure, guiding to activity etc. If your child requires 'physical interaction' we recommend volunteers wear a face covering and should wash hands/ use antibacterial gel before and after the physical interaction. Children should also be encouraged to wash hands or use antibacterial gel after physical interaction.

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 may be required to wear PPE. Your AVC will advise on what PPE may be required. For example, when providing personal care gloves, apron and face shield may be required.

### **Families, children and volunteers who are clinically vulnerable or extremely clinically vulnerable:**

- If a parent/carer, volunteer or child has a health condition that means they 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.

**Lateral flow chart for volunteers:**

