



Me2 Club COVID-19 Guidance for Families & Volunteers

Me2 Club has updated our guidance so that we can ensure it is as safe as possible for children and volunteers to attend their activities following the change to government guidance and testing. 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).

COVID-19 symptoms:

- Children and volunteers should not attend an activity setting if they have COVID-19 symptoms. [Click here](#) for more information on symptoms.
- If a child or volunteer develops symptoms or tests positive for coronavirus (COVID-19) please inform your AVC.
- Volunteers and families should also inform each other directly as soon as possible if they are not able to attend their activity.

If you have close contact or live with someone who has COVID-19 or COVID-19 symptoms, you are advised to:

- Minimise contact with the person who has COVID-19
- Avoid contact with volunteer or matched child/family whilst at the activity where possible
- Discuss not attending the activity with parent/carer or volunteer, especially if they are at higher risk of becoming severely unwell if they are infected with COVID-19.
- Wear a well-fitting face covering in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people at your activity.
- Pay close attention to the main symptoms of COVID-19. If you develop any of these symptoms, follow advise above.
- Follow this advice for 10 days after the day the person you live or stayed with symptoms started.

If you are a contact of someone with COVID-19 or who has COVID-19 symptoms but do not live with them or did not stay in their household overnight:

- You are at lower risk of becoming infected, consider wearing a face mask to minimize the risk of spreading the virus.
- Continue to follow guidance regarding face masks, ventilation, social distancing.

Lateral flow testing:

- As of April 1st 2022, Lateral flow tests and PCR tests will no longer be available for free. Under current guidance our children and volunteers are not eligible for testing through the government service unless you have a health condition that means you are eligible for COVID-19 treatments – [click here](#) for more information on conditions this covers.
- If you are concerned about continuing to attend your activity please let us know and we can assess the need for sourcing tests for volunteers/children.

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:

- We recommend that our volunteers wear face coverings at their Me2 Club activity.
- Some activity providers may also recommend 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 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.
- 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.



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 and families 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.