



## Covid-19 Safety Plan

**Organisation Name:** U3A Ballina/Byron Inc

**Plan completed by:** Sue Bell Secretary

**Approved by:** U3A Management Committee      **Date:**

**Next review of this plan:** End of term 1 2021

### Requirements:

#### Wellbeing of Tutors, Members and Guests:

Tutors and members who are unwell are to be excluded from all activities. There are to be no guests in classes during this time. Symptoms of COVID-19 include:

- fever (37.5 ° or higher)
- cough
- sore throat
- shortness of breath (difficulty breathing)
- loss of taste
- loss of smell.

Other reported symptoms of COVID-19 include fatigue, runny nose, muscle pain, joint pain, diarrhoea, nausea/vomiting and loss of appetite. For further information in relation to symptoms go to:

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/frequently-asked-questions.aspx#1-7>

Members who are unwell should be tested for the Covid-19 virus. Test clinics are available in a number of places including:

#### **Ballina Respiratory Clinic**

Shop 12 Tamar Shopping Village, Ballina.

**Open:** 9am to 4pm, Monday to Friday

#### **Ballina Central Sullivan Nicolaides Pathology**

44 Bangalow Road, Shop 4 Ballina Central

#### Conditions of entry:

At Fripp Oval signs will be displayed showing; numbers allowed within the hall space, Office and toilets. Class being held at other venues will also need to adhere to the conditions of entry for that particular facility. Classes in private homes will be required to meet the current Government rules which can be found through this link

<https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules>.

**Physical Distancing:**

Physical distancing rules have changed. They are now based on the 1 person per 2sq metre rule with 1.5 meters between people **where possible**. <https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules#visiting-family-and-friends-at-home>.

Members are not to congregate around the building or carpark.

The Photocopy room, kitchen and toilets at Fripp Oval, are to be limited to two persons at a time and the sports club change rooms are out of bounds.

The office at Fripp Oval, will be limited to the volunteer and four other person.

Signs stating number limits for a particular area will be put up in the Fripp Oval Hall and office.

**Equipment:**

All shared equipment including the telephone are to be sanitised before and after use. Light switches, fans and air-conditioning switches are also to be wiped. Sanitiser and wipes will be provided in the office. Tutors will also be issued with hand sanitiser (including for classes held away from Fripp).

No exercise equipment should be shared.

**Hygiene and cleaning:**

Individual members may decide to use disposable gloves and/or masks and the following links provide further information about personal protection equipment (PPE).

<https://edition.cnn.com/2020/06/12/health/coronavirus-mask-wellness-trnd/index.html>

All hard surfaces including tables and chairs are to be cleaned before and after use. Please note that mugs will not be available on the tea trolley during this time. Those cleaning the hard surfaces must wear disposable gloves, which will be available in the office. Tutors holding classes at venues other than Fripp Oval will also be issued with gloves.

Members are to bring their own mugs, pens and other equipment.

There is to be no shared food during this time.

Contactless payments are encouraged.

Class rolls are not to be handed around the classroom. Tutors are asked to tick the roll instead of passing it around for members to initial.

**Personal Hygiene:**

Hand sanitiser must be used before entering a class. Individual members will decide what further protection they need. Some members may wear gloves, others, masks. The links below provide further reading on this topic.

<https://edition.cnn.com/2020/06/12/health/coronavirus-mask-wellness-trnd/index.html>

<https://www.pnas.org/content/early/2020/06/10/2009637117>

<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others>