

# Advice for Restarting Interest Groups Wales 7<sup>th</sup> August 2020

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## General

Prior to restarting any interest group activity, a group leader MUST notify their U3A committee and allow sufficient time to plan for a safe return.

Group leaders should then follow the advice below and prepare their return to activity plan. This will cover :

- Location of interest group and the safety arrangements in place
- Activity involved in the interest group and if social distancing can be maintained
- Personal Member Assessment (pre-attendance) before participating in the activity.

It is important that group leaders undertake an assessment of the location and activity and how members will participate in the activity prior to commencement. A written record of this assessment must be retained.

Users and hirers of a community facility have responsibility for managing risks arising from their own activities when they have control of premises and should take account of any guidance relevant to their specific activity or sector.

NOTE: Members should be advised NOT to share cars with non household members when travelling to interest group venues and to follow guidance for travelling on public transport

NOTE: If there is a local lockdown arrangement, the lockdown arrangements will take precedence over the guidance below. You must follow local lockdown guidance at all time.

This guidance should be read in conjunction with current Government Guidance at all times including:-

1. Sport, recreation and leisure guidance phased return updated 24th July 2020  
<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html>
2. You should keep up to date with NHS guidance on social distancing at all times  
<https://www.nhs.uk/conditions/coronavirus-covid-19/social-distancing/what-you-need-to-do/>

NOTE: In any context where larger numbers of people may be able to come together for organised activities or to take part in risk assessed activities in Covid-19 Safe Premises, no more that 30 people can attend.

## Personal Member Assessment (Pre-attendance)

Prior to participating in any interest group, members must undertake their own personal assessment to enable them to decide and be confident that they should attend. [Link to assessment]

This assessment is personal and does NOT need to be shared with any other person. It does not need to be provided to a group leader, it is purely for personal use but remember if you are showing any symptoms of coronavirus you must not participate and follow appropriate isolation and health guidance.

## Location

In all venues it is important to ensure they are Covid-secure, adopt a Covid-secure approach to usage and that you follow their guidance for use.

In addition, it is recommended that all members visiting a third-party venue have and use their own personal hand sanitiser, use gloves in areas of multiple use and use a mask where appropriate.

Do not share any refreshments of any nature.

## Outdoor Sports Facility

This guidance has been put together taking into account the government guidance

- If you are using an outdoor sports facility you must ensure that
  - a)** you have details of how the facility providers have ensured that the facility is Covid-secure
  - b)** and that measures are in place to ensure all those using the facility must do so in a way that is Covid-secure
- The group leader should contact the facility prior to commencing the interest group and should visit it to satisfy themselves of **a)** and **b)** above
- A record should be kept of how the facility and its use is Covid-compliant by the Group Leader.
- The Group Leader should keep a record of the date and time of using the facility and note on each occasion that the facility was complying with its Covid-compliant arrangements
- The Group Leader should advise all members that they **MUST** use the facility in line with the guidance provided to users at all times including the maximum numbers allowed to use the facility [and should keep a record of having done so]
- The Group Leader should advise all members that they **MUST** use the facility in line with the guidance provided to users at all times including the maximum numbers allowed to use the facility [and should keep a record of having done so]

## Private Home Inside

No interest group can be conducted inside a private home

## Private Home Outside

Interest groups

- Can meet in any outdoor space in a group of up to 30 people from different households
- Must continue to follow strict social distancing guidelines
- Advise members to take hygiene precautions by washing their hands as soon as you are home for at least 20 seconds
- Use their own hand sanitiser when attending the interest group
- Access private gardens externally wherever possible – if a member needs go through someone else's home to do so, avoid touching surfaces
- Avoid using toilets in other people's home wherever possible and wipe down surfaces as frequently as possible
- Using disinfectant, wipe down any surfaces or door handles people from outside of the interest leader's household come into contact with if walking through your home
- Avoid sharing plates and utensils with people outside of their household

## Activity Sports

Where a national sporting body has provided guidance enabling community sports to commence that guidance could be used by a group leader to plan to restart their U3A group but the relevant guidance must be followed at all times.

A list of current sports providing guidance is being compiled and will be available soon. A group leader wishing to commence a sport activity must:

- Ensure that there is national sporting body guidance available for community groups
- Record an assessment of how the sport interest group will comply with the national body Covid guidelines
- Advise all members participating in the sport how they must comply with the Covid guidance when participating in the sport
- Complete a risk assessment for all other non Covid-19 elements of undertaking the activity

Prior to each sporting interest group session the group leader must:

- Remind members of hygiene requirements, for example to bring hand sanitizer, face masks and not to share refreshments.
- Ask each member to complete details of registration for the session for track and trace which must be kept by the Group Leader for 21 days
- Remind members not to participate if they are experiencing Covid-19 symptoms
- Ensure their compliance record relating to Covid-secure sports participation is up to date
- Ensure the risk assessment of the activity is up to date

## Walking

The Ramblers Association has provided guidance on walking safely during Covid

Prior to commencing walking groups a walking group leader must:

- Record an assessment of how the sport interest group will comply with the Rambler Covid guidelines
- Advise all members participating in the walking how they must comply with the Covid guidance when participating in the walk
- Complete a risk assessment for all other non Covid elements of undertaking the walk

Prior to each walking group session the group leader must :

- Remind members of hygiene requirements, for example to bring hand sanitizer, face masks and not to share refreshments.
- Ask each member to complete details of registration for the session for track and trace which must be kept by the Group Leader for 21 days
- Remind members not to participate if they are experiencing Covid-19 symptoms
- Ensure their compliance record relating to Covid-secure walk is up to date
- Ensure the risk assessment of the walk is up to date

## Sedentary Interest Group Activity (Indoors)

Interest groups such as social sciences, languages or any other topic that does not require sharing or handling items should follow these guidelines.

Group leaders must:

- Complete a written assessment of how many participants can attend the Covid-secure outside venue whilst ensuring social distancing is maintained.
- Advise members that all materials required in the session must be brought by themselves to the session and used individually e.g books or similar materials must not be shared.
- If venue chairs/ tables are being used, check how these are sanitised before and after use.

Prior to the interest group meeting the group leader must:

- Remind members of hygiene requirements, for example to bring hand sanitizer, face masks and not to share refreshments.
- Ask each member to complete details of registration for the session for track and trace which must be kept by the Group Leader for 21 days
- Remind members not to participate if they are experiencing Covid-19 symptoms
- Ensure the risk assessment of the activity is up to date