



Zest Face to Face Sessions

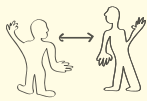
Safety guidelines

April 2021

We have put measures in place to maximise the **safety** of all Zest participants, staff and artists.

Please take the time to **read this carefully** so that you know **what to expect** and how you will need to play your part in **keeping everyone safe**.

At Zest sessions we will **reduce the risk** of catching Covid-19 by...



Maintaining **social distancing**



Regular **hand washing/** sanitising



Using **face coverings**



Vigilant **cleaning**



Ventilating the room



Not sharing resources

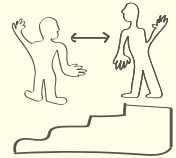
Before coming to the sessions...

- You will need to complete a **Personal Risk Assessment**.
- **Your Zest Coordinator will ring you** the day before the Zest session to check that you are feeling well and have no symptoms.
- Please **use the toilet at home before you come** to the session to minimise use of the toilets.
- Please **dress in warm clothes** as there will be windows open for ventilation.



Arriving and Departing

- Please **sanitise your hands** when you arrive. **If you leave the room**, you will also need to sanitise your hands as you re-enter.
- Please make sure that you are **social distancing** especially in the **entrance hallway**.
- **You will have your temperature taken** with a contactless thermometer. If it is above 37.5 degrees you cannot attend the session and should go home, self-isolate and arrange to be tested for Covid-19.
- **After the session** please do not congregate in the entrance or outside but make your way straight to your **transportation**.



Masks

- **Everyone must wear face coverings** when they are **moving around the venue**. *
- **Once everyone is seated** you will be able to **remove your mask**.
- We will have some **visors available for a donation** and spare disposable masks for anyone that needs one.



- * Exemptions apply as per government guidelines and discretion will be shown to those living with dementia who may find wearing a face covering distressing.

During sessions

- We will set the room up in advance with **all seats a minimum of 2 metres apart** for social distancing.
- **You will be allocated a seat for the session**, this will be your space. You will be able to stand up next to your chair for warm up exercises if you wish to.
- If you are coming with a carer you don't need to be socially distanced from each other.
- **No materials**, props, tools or papers **can be shared**.
- Each participant will be given their **own materials** for the session, as before.
- Anything that you make should be **taken home** at the end of the session.
- If there is going to be **singing** as part of the session we will ensure that everyone is **at least 3m apart**.

Any questions during the session, please do not hesitate to ask your Zest Coordinator.

We're looking forward to welcoming you back in person.

