



Zest **Face to Face** Sessions

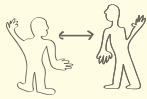
Safety guidelines

December 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**.

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

Before coming to the sessions...

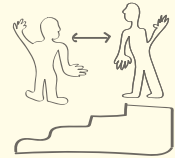
- You will need to complete a **Personal Risk Assessment**.
- **Your Zest Coordinator will ring you** on the morning of the Zest session to check that you are feeling well and have no symptoms.



- **Please do not** come to Zest if you have been in **contact** with someone who has **tested positive** for Covid-19 or is **unwell with Covid-19 symptoms**.
- If you are able to, please take a **Lateral Flow Test** before coming to Zest.

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 on the stairs and **do not share the lift** with anyone outside of your household/ bubble.
- **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 hall or outside but **make your way straight to your car**.



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. **You may choose to wear your mask throughout** the session.
- We will have **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 up the room in advance with seats **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.
- **Singing will be limited.** You may wish to wear a **mask for singing**.

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

