

# Toolbox Talk

## COVID-19



**WATERWAY  
RECOVERY**  
GROUP

### What is Covid-19?

Covid-19 (Coronavirus) is a respiratory infection caused by a virus that can affect the lungs and airways.

Symptoms of Covid-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick



The virus is spread in the aerosol (minute moisture particles in respiration) of an infected person by sneezing, coughing, talking and breathing. The virus can be transferred to the hands and from there to hard surfaces. The virus can survive on hard surfaces. The infection is taken into the body via the mouth, nose and eyes and can be transferred from hard surfaces by hand and then passed on by hand contact to the face.

### UK Government guidance

Covid-19 was declared a global pandemic in 2020 and the UK government monitored the illness and introduced guidance and restrictions to control the spread. The government guidance in April 2022 is:

- Get vaccinated.
- Let fresh air in if meeting indoors, or meet outdoors.
- Consider wearing a face covering in crowded, enclosed spaces

In addition the Government recommends that anyone who has symptoms of a respiratory infection should try to stay at home and avoid contact with other people until they no longer feel unwell. It is important to avoid contact with people who are at higher risk of becoming seriously unwell if they are infected with Covid and other respiratory infections.

### Actions to reduce the spread of respiratory infections, including Covid-19

Risk assessments must be reviewed and include an assessment to control the hazard of respiratory infections, including Covid-19. Volunteers need to be given a site induction setting out site rules to take account of the risk of Covid-19:

1. Encourage and enable vaccination.
2. Let fresh air in.
3. Maintain a clean workplace.

# Toolbox Talk

## COVID-19 contd



**WATERWAY  
RECOVERY**  
GROUP

### Safety measures for volunteers on a canal camp



#### LATERAL FLOW TESTS

- If you feel unwell with cold or flu symptoms, we ask that you take a lateral flow test to confirm that you test negative for Covid.



#### PERSONAL SLEEPING ZONES

- Each Camp will be limited to a maximum of 12 volunteers, with each volunteer having a **2mx2m** marked out personal zone around their sleeping area.
- The sleeping areas will be well ventilated with windows kept open.



#### MASK WEARING

- Mask wearing is not compulsory, but can wear one if you feel more comfortable when you are meeting people outside your household for the first time.



#### HAND CLEANING STATIONS

- All volunteers will be required to wash their hands before entering the accommodation, vans, brew area and eating/socialising areas.
- Hand gels will be provided in our new COVID Personal Protective Equipment packs.



#### DAILY CLEANING ROTA

- Volunteers will help keep the accommodation clean and tidy with a daily cleaning rota of shared spaces.
- Tools and equipment must be cleaned at the end of each day.



#### CODE OF CONDUCT

- All volunteers must sign up to the Covid Code of Conduct on booking.
- As with our site rules, if you are unable to follow our rules you will be given one firm warning and if it continues you will be asked to leave the camp.