



Safeguarding against the spread of Covid-19

a guide for participants

We appreciate that in making your decision to attend an Artlift venue-based course, you will have assessed risks based on your personal circumstances and health relating to the Pandemic. We have compiled the guidance and information below to further inform and, hopefully consolidate, your decision regarding attendance of an Artlift course.

Artlift, the Artist Facilitators we employ and Volunteers we engage, cannot take liability for participants contracting a virus. However, we are working hard to ensure our sessions are as safe as is reasonably possible.

Artlift's Covid safety regulations and procedures have been developed based on Government guidance and input from our partners, including NHS Gloucestershire Clinical Commissioning Group.

We recognise that the people we work with will have differing circumstances and views, some living with conditions whereby they need to exercise caution. For this reason, we are also offering online group courses as an option for people who do not feel safe / ready to attend a venue-based face-to-face course. We are also offering more tailored, individualised Arts on Prescription programmes for people living with particularly complex circumstances who cannot attend a venue-based or an online group course.

This guide is for our venue-based courses in the community. Please note that it may be reviewed and amended if Government or our sector best practice guidance changes.

Covid-related requirements of our participants:

To attend our courses, you are kindly asked to comply with the following procedures:

- **Hands** – Please bring your own or use the hand sanitiser we will provide and wash your hands for at least 20 seconds before and after sessions.
- **Face** – In line with the fact that mask wearing is no longer a legal requirement, please make the right decision for you regarding mask wearing and respect the decision of others in the session. We have endeavored to book venues with large, airy spaces and stringent Covid-safety and cleaning measures.
- **Space** – Please endeavour to stay at least 1 metre apart from others in your group and to work in a way whereby you are not facing each other and/or take other precautions (such as wearing a face mask). If engaging in singing and/or movement activities, endeavour to stay 2 metres apart from others.
- **Ventilate** – the Artist Facilitator and/or Volunteer Assistant in your session will be mindful to open windows and/or doors to ensure good ventilation. Please bring plenty of layers / warm clothing and chose a place to sit whereby you stay warm enough in colder months.
- **Stay at home if:**
 - you have COVID-19, or the symptoms of COVID-19, or have been asked to self-isolate.
 - you have a stomach upset, diarrhoea, cough, or suspected cold or flu.



Measures Artlift is taking:

Artlift has selected venues with large, clean, well-ventilated spaces and strong Covid risk assessments and measures with which we will comply.

In addition, all Artlift Artist Facilitators and Volunteer Assistants are complying with the following guidelines:

Personal Hygiene

- Take a lateral flow test if experiencing any of the symptoms of Covid-19 and inform the programme manager or Executive Director immediately if you have a positive result
- Stay at home if you have a stomach upset, diarrhoea, cough, cold or flu
- Stay at home if you have COVID-19, or the symptoms of COVID-19, or have been asked to self-isolate.
- Always wash your hands before and after a session

Setting up the space

- Endeavour to ensure 1m distance between workstations
- If utilising song and/or movement in your activities, ensure participants are not facing and at least 2m apart from each other, using floor markings where necessary
- Where possible open windows and/or doors to ensure a good flow of air
- When possible and appropriate, consider using outdoor spaces around venues
- Set up a hygiene station with hand sanitiser, wipes and disposable masks for those who may wish to wear them

Keeping equipment clean

- If you are delivering two consecutive sessions, ensure that all surfaces, chairs etc are wiped down with anti-bacterial wipes or spray in between sessions.
- Keep tools clean – e.g. brushes, pens, knitting needles, musical instruments, books.
- Equipment or props should be made from materials which are easily cleaned or disposable.
- Try to adapt activity so that participants do not have to pass props or resources around.
- If a participant uses equipment, endeavour to wash or wipe with sterile wipes before sharing the equipment with others.

Any questions or concerns?

You will have the opportunity to speak to your Artist Facilitator at your first Creative Check-in and may revisit these guidelines during your discussion of Ground Rules with your group in session 1.

You are also very welcome to speak to our managerial team using these contact details:

office@artlift.org / 03000 200 102

