

## H&S Guidance for volunteers taking part in a Thames21 run event during Covid-19 restrictions

Please bring the following:

- Face covering
- Refreshments
- Appropriate clothing for the weather conditions i.e. waterproof jacket and warm hat

The risk from COVID is still very serious and we are taking strict precautions at all of our events.

- If you can, don't take public transport to the event.
- Only people registered for the event will be allowed to participate. Do not bring additional guests without first obtaining permission from the Event Leader.
- On arrival you will be asked to use anti-bacterial gel to clean your hands. Feel free to bring your own.
- Wash your hands carefully and use anti-bacterial hand gel before eating, using your phone and after the event. Avoid touching your face or head with your hands.
- Cover up any cuts or open wounds before coming to the event.
- Stay 2m apart from other volunteers wherever possible. **You should never be within 1m of another person unless they are in your family or bubble.**
- If you need to be closer to each other to lift a heavy item, make sure you are side-by-side (not facing each other and wearing a face covering. We aim to avoid the need for this.
- Avoid taking your mask on and off during the event, hand sanitiser will be available if this is required.
- If equipment needs to be shared make sure you are wearing the gloves provided.

**Anyone repeatedly struggling to comply with these measures will be asked to leave the event.**

There are a number of general health and safety measures that apply to all Thames21 events:

- Suitable footwear is mandatory, check the event description to find out whether wellies can be provided.
- Wear gloves while working.
- Dress appropriately for the weather and the activity.
- Adopt the correct lifting technique when moving heavy materials.
- Once at the event, please don't wander off without letting someone know and stay in sight of other event participants.
- If you see any suspicious items (knives, guns, potential explosive items, drugs) do not touch it and inform an event leader.
- Children under 16 years old must be accompanied by an adult. Check with the event leader for any other specific guidelines regarding children.

**A site-specific briefing will be given at the start of the event you attend. By accepting these written health and safety guidelines you are also agreeing to comply with the start of event briefing.**

There will always be a trained first aider at Thames21 run events.

If you have any pre-existing medical conditions you feel we should be aware of please let a Thames21 member of staff know.