



### Top Tips for Reach4Reality 1:1s during Covid-19

As we resume 1:1 sessions we would ask you to read and abide by these top tips to keep both you and our staff safe:

- The member of staff will take their own temperature before they come out and see you: if they have a high temperature (or other symptoms of Covid-19) they will phone you to let you know that they will be unable to come out for the session. They will let you know whether another member of staff will be able to come instead.
- If you, or a member of your household, has any of the symptoms of Covid-19 (persistent cough, high temperature, change or loss of sense of smell or taste), please contact the staff member before they are due to come out to see you.
- Before you come out, please wash your hands.
- Please bring with you: small bottle of hand gel, paper tissues, water, suntan cream (or put on before you come out), a face covering (e.g. buff or scarf) plus anything else you might need during the session (e.g. waterproof coat, sun hat).
- The staff member will take your temperature using a non-contact thermometer which scans your forehead to read your temperature. If your temperature is high, you will be asked to return home, and if other symptoms of Covid-19 occur to seek a Covid-19 test.
- Throughout the session you will try and maintain the correct physical distance (2m) away from the staff member and other people you meet: no high fives, hugs or other touching.
- In situations where you cannot stay 2m apart you will put your face covering on, for example if you need help putting a helmet or other equipment on, or if you have an accident or injury.
- You will sneeze or cough into a tissue or the crook of your elbow.
- You will take used tissues home with you to dispose of at home.
- You will use your hand gel to clean your hands after coughing, sneezing, touching your face or any hard surface which may carry the virus.
- You will be discouraged from touching or petting dogs.
- You will have a good time!
- You will wash your hands on your return home.