

## Broadland Standard Operating Procedures - COVID-19

Dear members

Our current plan is to keep the Club open to the membership, unless Government guidance changes in the future. We have had to make some regretful decisions in line with government advice, but in the best interest for the future of the Club. All matters are under constant review

- With immediate effect the Club is closed to **all** visitors. Members only will be allowed access
- Essential contractors only will be permitted, but will adhere to social distancing requirements
- It is a mandatory requirement that **all** members update the attendance board outside the office to record the fact they are onsite for the duration of their stay. This is to ensure we are aware who is on site, and can check on peoples wellbeing
- The swimming pool will remain closed
- The Entertainment programme will be suspended for the next three months
- The small toilet block will remain closed, the main toilet block will remain open with additional cleaning programme in place
- The holiday vans will be closed
- The bistro is operating under very strict health and hygiene rules and offering a delivery service to sites.

**A coronavirus** is a type of virus. As a group, coronaviruses are common across the world. COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in late 2019. The incubation period of COVID-19 is between 2 to 14 days.

### Signs and symptoms of COVID-19

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

- Cough
- Difficulty in breathing
- Fever

Generally, these infections can cause more severe symptoms in people with weakened immune systems, like older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

**Any member who is displaying symptoms, been in contact with anyone displaying symptoms, or who has recently travelled to the UK from affected countries is asked to self-isolate in the confines of their own home and not to travel to the Club**

### Preventing spread of infection

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus. Public Health England (PHE) recommends that the following general cold and flu precautions are taken to help prevent people from catching and spreading COVID-19:

- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin straight away.
- Wash your hands with soap and water often – use your **own** hand sanitiser gel if soap and water are not available.
- Clean and disinfect frequently touched objects and surfaces.
- Do not touch your eyes, nose or mouth if your hands are not clean.

**Please help us to keep Broadland safe, adhere to the above and most importantly leave the toilet/shower block how you would like to find it.**