

HELP KEEP THIS CENTRE COVID-19 SECURE

- 1. You must not enter if you or anyone in your household has COVID-19 symptoms**
- 2. If you develop COVID-19 symptoms within 7 days** of visiting the Centre, alert NHS Track and Trace. Alert the organiser of the activity you attended, who must notify the Management Committee of the Centre
- 3. Wear a mask** or other face covering (except fitness/dance classes)
- 4. Sign in when you arrive** so that we have a record of who has been at the Centre and when
- 5. Maintain social distancing as far as possible**
- 6. Use the hand sanitiser provided** on entering the premises. Clean your hands often. Soap and paper towels are provided
- 7. Avoid touching your face, nose, or eyes.** Clean your hands if you do
- 8. "Catch it, Bin it, Kill it".** Tissues should be disposed of into one of the rubbish bins provided. Then wash your hands
- 9. Check the organisers of your activity have cleaned door handles, tables, other equipment, sinks and surfaces before you arrived.** Keep them clean. The Committee cannot clean all surfaces between each hire
- 10. Take turns to use confined spaces such as corridors, kitchen and toilet areas.** Maximum numbers per room are displayed on the doors. Standing or sitting next to someone is lower risk than opposite them. Briefly passing another person in a confined space is low risk
- 11. Keep rooms well ventilated. Close doors and windows on leaving.** Turn off lights
- 12. Leave by way of the fire exits if you can.** This will avoid congestion in the foyer
- 13. Wash your clothes when you get home** to reduce the risk of transmission

This Centre is thoroughly cleaned every weekday morning