

BE COVID-19 SAFE

...on return to class



YOUR SAFETY IS OUR NUMBER ONE PRIORITY

Maintaining the safety of all our members and the community in general, to prevent the further spread of COVID 19, is absolutely priority at U3A-SC.

This brochure aims to inform all members of their responsibilities when attending classes during Stage 3 of Queensland's Roadmap for Easing of Restrictions.

The information has been developed and approved by your Management Committee.

Enjoy your return to class and remember to take care, stay safe. Current government health advice specifically targets us, especially when we meet in group activities.

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AT CLASS

AT CLASS PLEASE ADHERE TO THESE PROTOCOLS

Attending class please ensure:

- You do not have any symptoms associated with COVID 19
- You do not have COVID 19 or are awaiting the result of a test
- You have not been in contact with any known or suspected case of COVID 19 in the past 14 days
- You have not returned from overseas or been in contact with anyone who has been overseas in the past 14 days
- You book ahead, if that is required by your Tutor
- You maintain physical distancing
- You avoid crowded/confined unventilated spaces indoors and take an open air break after an hour.

Social distancing and gatherings:

At each facility the maximum number of attendees allowable has been determined using the government's guidelines.

U3A has been notified of these requirements, and this has reduced class size in some instances.

HYGIENE, VENUE RULES & CONTACT TRACING

HYGIENE

- Ensure spaces are cross ventilated, and avoid using air conditioning if possible
- Ensure you follow good hygiene practices at all times
- Practise respiratory hygiene: cough, sneeze into your elbow or a tissue
- Use hand sanitiser or wash your hands with soap and water before starting, during and after the activity
- Avoid shared use of equipment or ensure it is wiped over before using

Note: Each venue has committed to be cleaned on a daily basis. Toilets are not a U3A responsibility.

Contact tracing

Under Government regulations we are required to keep a record of all attendees (name, address and phone number). This is \ by way of class rolls being kept up to date. Please ensure you are marked off each day.

If requested, this information must be provided to public health officers to assist in the management of the pandemic.

CLEANING



ENSURE CLEANING MEETS VENUE REQUIREMENTS

Under our hire agreements with venue providers we are required to clean at the end of class.

- Wipe with disinfectant all touch points
- Wipe down with disinfectant all chairs, tables, benches used
- Sweep floor, if requested and remove all rubbish
- We recommend the kitchen not be used in any facility. However, if used MUST be thoroughly cleaned using own items which must be taken home
- Note: each venue has committed to clean on a daily basis, and toilets are not a U3A responsibility

Breach of conditions

Any breach in the pandemic protocols may result in a refusal of further use of the venue or additional cleaning charges incurred by U3A.



LET'S MAKE THE MOST OF OUR RETURN TO U3A CLASSES

As we get out there again and enjoy the classes that have become a big part of our life it is really up to all of us to stay COVID free.

By paying attention to these important safeguards we can all be as safe as we can be:

- Wash your hands frequently, and maintain your physical distance with others, even if others in your space fail to do so
- Avoid close up conversation, even with friends and family as this disease knows no barriers
- If you are experiencing cold or flu-like symptoms stay at home and, importantly, consult your doctor about getting tested
- When attending U3A activities follow the venue owner/operators instructions at all times
- Generally, no food or beverages are to be brought into venues, except bottled water for personal use, and the container must be taken away at the end of the session.



FURTHER INFORMATION ABOUT THE GOVERNMENT'S ROADMAP TO EASING RESTRICTIONS

For further information about COVID-19 restrictions and conditions, please visit the [Queensland Government's roadmap to easing restrictions webpage](https://www.qld.gov.au/health) or visit [health.gov.au](https://www.health.gov.au), the Federal Government's website.

However, if you or other U3A members require further advice please call 13HEALTH (13 43 25 84) or your own doctor.



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