

## **Protecting ourselves and others.**

### **Polish Scouting Association (UK Region) (PSA UK Region) ZHP Okręg WB**

Guidance on hygiene, PPE and contact tracing

#### **Background**

We still don't know exactly how COVID-19 spreads from person to person. People can become infected when droplets land directly on them or they touch contaminated objects or surfaces. Good respiratory hygiene and hand washing are therefore very important.

You can reduce your risk of getting and spreading the infection by:

- avoiding direct hand contact with your eyes, nose and mouth
- maintaining good hand hygiene (see below)
- avoiding direct contact with people who have a respiratory illness and avoid using their personal items e.g. a mobile phone
- covering your nose and mouth with the inside of your elbow if you cough or sneeze, or use a disposable tissue which you then dispose of in the nearest bin
- following social distancing measures self-isolating if you, or a member of your family, have symptoms, or if you have been contacted by a contact tracer as having been in contact with someone else who has been confirmed as having the virus.

#### **Things to think about**

Government guidance on hygiene measure across the UK has been consistent throughout the COVID-19 pandemic:

- Regular hand washing for at least 20 seconds
- The use of alcohol gel hand sanitisers
- The regular cleaning of work and other surfaces with an antiseptic cleaning solution.

Government guidance around the use of personal protective equipment (e.g. gloves and facemasks) has changed as the pandemic has progressed. It has varied in the four nations of the UK. In general terms, the use of disposable gloves is not recommended but the wearing of face coverings is, in different circumstances when in enclosed spaces for prolonged periods of time e.g. in shops, on public transport. Face coverings are required to be worn by certain people participating in our activities indoors. It is important to remember that a face covering is not the same as a medical mask, facecoverings can be easily sourced and suit the wearer.

Detailed guidance from each of the four nations in the UK is listed in Appendix 1 below.

A **Test and Trace** process has now been put in place across the UK. This means that any new confirmed infected person will be asked to identify with whom they have been in contact. Contact tracers will then try to find these contacts and advise them to self-isolate according to government guidelines, in case they have also contracted the virus. As we start to ease back to face to face meetings and activity, it is critical that a **detailed register** of those attending any face to face Scout activity is kept **and is readily available for 21 days** to facilitate contact tracing. You should then revert to your normal data retention policy. This record should identify which groups/bubbles the young people were in as well as identifying which groups adults interacted with. The important thing is if contacted you can help the Test and Trace service connect up with others who will have come into contact with an individual through their Polish Scouting activities.

### Other considerations

Protecting yourself and others through robust hygiene arrangements, social distance and following guidance for face coverings will help the spread of COVID-19. In some circumstances you may have people challenge what you are doing, so make sure you are following the guidance and seek support from your line manager if needed. If you have any contact or challenge from external agencies such as your local authority please follow the guidance in 'Knowing what to do if something goes wrong.'

### Risks and mitigating actions

Level	Permitted activity	Key Risks	Key control measures	Who is responsible for making sure this happens?
Red	<ul style="list-style-type: none"> <li>Digital programme delivery</li> <li>No face-to-face activity or meetings</li> <li>No residential activities</li> </ul>	The level of COVID19 in the community is very high and infection poses a serious risk to all members.	No face to face Scouting can take place.	All members, participants and volunteers should follow general hygiene and PPE measures as instructed by their government.

<b>Amber 1</b>  <b>and</b>  <b>Amber 2</b>	<p><b>Amber 1</b></p> <p><b>England:</b> Anticipated not earlier than 29 March 2021 – <u>check current status of permitted activities in Readiness Level document</u></p> <p><b>Scotland:</b> from 12 March 2021</p> <p><b>Amber 2</b></p> <p>Anticipated not earlier than 12 April 2021 – to be confirmed</p> <p><u>check current status of permitted activities in Readiness Level document</u></p>	<p>The risk of transmission of COVID-19 is much lower outdoors than indoors.</p> <p>outdoor spaces are preferable.</p>	<p><b>Outdoors:</b> Hand hygiene measures should be strictly followed. This should involve regular handwashing but if handwashing facilities are not freely available, alcohol hand gels should be used regularly throughout any activity. Any surfaces used should be wiped down using a safe disinfectant solution. The use of shared games or other activity material should be minimised where possible and cleaned if this is not possible. Comply with use of disposable gloves and face coverings in accordance to the guidelines of the country. A register of those attending must be kept to assist with contact tracing.</p> <p><b>Indoors:</b> Hand hygiene measures should strictly be followed. This should involve regular hand washing and/or the use of alcohol hand gels. Any surfaces used should be wiped down using a safe disinfectant solution. The use of shared games or other activity material should be minimised where possible and cleaned if this is not possible. The use of face coverings must follow the guidance for the relevant nation (Appendix 1). A register of those attending should be kept to assist with contact tracing.</p>	<p>It is the responsibility of each individual member, participant and volunteer to follow the hygiene and PPE guidance from the government of their country of residence.</p> <p>All units must complete the relevant risk assessment for outdoor and indoor COVID-19 as per PSA UK Region guidelines including consideration of hygiene measures and Commissions (chorągiew) must approve the resumption of outdoor and indoor Polish Scouting. PSA UK Region Trustees for senior scouts and Friends of Polish Scouting</p>
<b>Yellow</b>	<p><b>Yellow</b></p> <p>Anticipated not earlier than 17</p>	<p>The risk of virus transmission indoors is much higher than outdoors.</p>	<p><b>Outdoors:</b> Hand hygiene measures should be strictly followed. This should involve regular handwashing but if handwashing facilities are not freely available, alcohol hand gels should be used regularly throughout any activity. Any surfaces</p>	<p>It is the responsibility of each individual member to follow the hygiene and PPE guidance from the government of their country of residence. All units (gromady, drużyny, hufce, chorągwie, kręgi, KPH) must</p>

	May 2021 – to be confirmed <b><u>check current status of permitted activities in Readiness Level document</u></b>		used should be wiped down using a safe disinfectant solution. The use of shared games or other activity material should be minimised where possible and cleaned if this is not possible. Comply with use of disposable gloves and face coverings in accordance to the guidelines of the country. A register of those attending must be kept to assist with contact tracing.  <b>Indoors:</b> Hand hygiene measures should be strictly followed. This should involve regular hand washing and/or the use of alcohol hand gels. Any surfaces used should be wiped down using a safe disinfectant solution. The use of shared games or other activity material should be minimised where possible and cleaned if this is not possible. The use of face coverings and gloves must follow the guidance for the relevant nation. A register of those attending must be kept to assist with contact tracing.	complete the relevant risk assessment for outdoor and indoor COVID-19 Safe Scouting including consideration of hygiene and PPE measures and Commissions (chorągiew) must approve the resumption of outdoor and indoor Polish Scouting. PSA UK Region Trustees for senior scouts and Friends of Polish Scouting
Green	<b>Green</b>  Anticipated not earlier than 21 June 2021 - to be confirmed  <b><u>check current status of permitted activities in Readiness Level document</u></b>	Risks of coronavirus infection are almost zero.	Hand hygiene measures should still be strictly followed. This should involve regular hand washing and/or the use of alcohol hand gels. Any surfaces used should be wiped down using a safe disinfectant solution. Although the use of face coverings should not be necessary continue to comply with use of disposable gloves and face coverings in accordance to the guidelines of the country. A register of those attending must be kept to assist with contact tracing.	It is the responsibility of each individual member, participant and volunteer to follow the guidance from the government of their country of residence.

## Appendix 1

**Guidance on hand and general hygiene for each of the four nations can be found here:**

England: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Northern Ireland: <https://www.nidirect.gov.uk/articles/hand-hygiene>

Scotland: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-physical-distancing>

Wales: <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/advice-posters-update-06-03-2020/advice-for-the-public-poster28-02-2020/>

**Guidance on the use of personal protective equipment (eg. Face coverings) for each of the four nations can be found here**

**England:** <https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own>

Scotland: <https://www.gov.scot/publications/coronavirus-covid-19-public-use-of-face-coverings/>

Wales: <https://gov.wales/face-coverings-guidance-public#:~:text=The%20Welsh%20Government%20considers%20that,are%20strong%20reasons%20not%20to.>

When using a third-party premises you may have additional requirements to meet, these may exceed the requirements laid out above and must be followed in order to meet your rental agreement.**Details of the contact tracing process in each of the four nations can be found here:**