



**CLCGB**

*Your journey starts here...*

# **Covid-19 (Coronavirus) Restart Guidance**



## **Amendments for v6**

All changes from the previous version of this guidance have been highlighted in green for ease. They include:

- Changes to Northern Ireland Maximum Group Numbers
- Removal of most restrictions, including 2m social distancing
- The continuation of good hygiene
- The continuation for the need for appropriate testing
- The removal of the Compliance Checklist
- Updates to trips and live performances

We want this guidance to be as clear as possible. If there are any grey areas, if you find yourself thinking "are we allowed to do x?," or if you feel something in the guidance needs updating, then please contact NHQ before making any decisions. We will answer your question as quickly as possible and update this guidance to make it clearer for you and for other Companies.

## **Contents**

Introduction	Page 4
Overview	Page 5
Before Restarting Company Nights	Page 6
Symptoms	Page 7
Company Night Adjustments	Page 9
Steps to Restarting Company Nights	Page 11
Other CLCGB Operations	Page 12
References	Page 14



## **Introduction**

Due to the spread of Covid-19 (Coronavirus), all face-to-face CLCGB activities were initially suspended on 17<sup>th</sup> March 2020, before temporarily resuming in August 2020.

Meetings were again suspended towards the end of 2020, before being allowed to resume on 12<sup>th</sup> April 2021.

Now that most Covid-19 restrictions have been lifted, our Restart Guidance has been updated once more. This version (v6) contains regulations that apply and must continue to be followed, as well as general "best practice" advice.

This document outlines the minimum required standard to keep members, their families, and leaders safe. It should be considered alongside any additional restrictions in your area (e.g. "local lockdowns" or Tiers), which may go beyond the current national guidelines.

This guidance has been informed by official advice from the UK Government, the Welsh Government, the Northern Ireland Executive, the National Youth Agency (as the professional statutory and regulatory body for youth work in England), the Church of England, and the Church of Ireland.

If the situation across the country changes, so too will the guidance. Please ensure that you are referring to the latest version of this document. Any updates will be circulated via email, uploaded to the website, and posted in the "CLCGB – Current Leaders" Facebook Group.

We would like to take this opportunity to thank all our leaders for the work they have done throughout the last two years, and for all that they continue to do, under extremely testing circumstances.

## **Overview**

This document applies to all Companies throughout the UK.

If there are additional restrictions in your area, e.g. national/regional differences or “local lockdowns”, which go beyond the current national guidelines, these should also be adhered to. Face-to-face meetings should be suspended if tougher restrictions are reintroduced.

Company nights may be restricted by both maximum number of attendees, and whether indoor meetings are permitted. This is an overview of the current guidelines as at 5<sup>th</sup> September:

- England – No limit on group sizes, either **indoors or outdoors.**
- Wales – No limit on group sizes, either **indoors or outdoors.**
- Northern Ireland – No limit on group sizes **indoors or outdoors.** Indoor venues should not exceed 90% capacity at any one time.

These are subject to change. It is the CO's responsibility to ensure the latest guidelines are being followed.

## **Before Restarting Company Nights**

### Share the Guidance

Following this guidance will ensure your Company nights are compliant with the law, the official advice, and the requirements of our insurance policy. However, we acknowledge that every Company is different. Local leaders will be best suited to make decisions regarding their own Company and to highlight additional challenges that they may face.

It is essential that this document is shared, read, and understood by all leaders. Once this is done, you should then discuss as a team on how best to approach restarting Company nights.

Some leaders may not be ready to return. This is okay, and we do not want anyone to return to Company nights if they feel unsafe. If you do not have enough leaders, your Company will be unable to restart. If you recruit new leaders, you must ensure that they have the necessary new leaders' checks and training e.g. DBS, safeguarding training etc. Safe leader-to-member ratios remain unchanged.

Ultimately, Company COs are responsible for determining whether it is safe for Company nights to resume. If the local situation changes, or if new guidance is issued, the Company CO should re-assess the situation and suspend face-to-face meetings once more. If you re-suspend Company nights, please inform your Battalion and/or Regimental CO, and NHQ.

### Communicate with Parents

There needs to be clear communication with parents/guardians about your plans to restart Company nights. You should contact them in advance to let them know when you plan to restart, and what adjustments you have made to reduce the risk of Covid-19 transmission. Many parents will understandably have questions about the safety of restarting. You can share this document with them upon request.

## **Symptoms**

All leaders and parents/guardians must be aware of the main symptoms of Covid-19 (Coronavirus). These are:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- A loss or change to your sense of smell or taste – this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal.

Whilst the above list remains the official guidance, the most common symptoms associated with the Covid-19 Delta variant may be differ. We will monitor the situation and update this document if the official guidance changes. Adults and children feeling generally unwell, or experiencing vomiting and/or diarrhoea, are also advised to stay away from Company nights and events, which is good practice beyond the Covid-19 pandemic.

**No member or leader should come to Company night if they have symptoms, or if anyone in their household has symptoms of Covid-19. Nobody with symptoms, who has not been PCR tested, should enter your meeting space under any circumstances.**

Those with symptoms should follow the government advice on testing and isolating to avoid spreading Covid-19 to other CLCGB members. Lateral Flow Tests are for asymptomatic testing only. Those with symptoms should book a PCR test.

If any member becomes, or appears, unwell during a session, their parent/guardian should be contacted immediately. The member should be collected from the session as soon as possible. They should be kept 2 metres away from everyone else, ideally in a well ventilated area, with appropriate supervision, and they should use a separate bathroom until they leave the session. All surfaces, including the bathroom used, should be appropriately disinfected before they are used by anyone else.

Members and leaders who have had symptoms, but have had a negative PCR test result, can return to Company nights once they feel well and have been symptom-free for one full calendar week.

Members and leaders who have had a positive PCR or Lateral Flow Test result must follow NHS Test and Trace guidance and must not attend Company nights until they are permitted to do so. Parents/guardians should be advised to inform you of any positive test results.

NHS Track and Trace will guide the affected family through the process of isolation, and it is likely to be necessary for other members and leaders present at the Company night to have to isolate. NHS Track and Trace will advise accordingly, but parents/guardians should be aware that this is a possibility and that, if this is needed, the members and leaders may have to be absent from school and work, respectively.

Parents/guardians should also be advised that they need to keep an accurate record of when and where their child attends school, CLCGB, and other out-of-school clubs. This is to help NHS Test and Trace identify people who may have been in contact with their child should they test positive for coronavirus.





## **Company Night Adjustments**

For Company nights to restart, there are necessary adjustments that must be made to reduce the risk of Covid-19 transmission. You should incorporate the salient points here into your Company's risk assessment.

### **Travelling**

- Walking and cycling should be encouraged.

### **Arriving**

- Handwashing: All members should be encouraged to wash their hands on arrival with warm, soapy water for 20 seconds and then dry their hands using either disposable paper towels or electric hand dryers. Alcohol hand sanitiser (at least 60% ethanol) is a suitable alternative to washing hands with warm, soapy water.
- Register: As always, a register of attendance should be kept. This register should also note which leaders were in attendance should the information be needed to help NHS Test and Trace.

### **During**

- CPR: If you are required to perform cardiopulmonary resuscitation (CPR), you should evaluate the risk of performing mouth-to-mouth. On an adult, it is recommended that you do not perform rescue breaths or mouth-to-mouth ventilation; perform chest compressions only. Cardiac arrest in children is more likely to be caused by a breathing problem, therefore chest compressions alone are unlikely to be effective. If a decision is made to perform mouth-to-mouth ventilation, use a resuscitation face shield if available.
- Ventilation: **We strongly recommend that meetings take place outdoors wherever possible.** If meetings take place indoors, the indoor space should be well ventilated using natural ventilation (e.g. opening all doors and windows) where possible and safe to do so.
- Cleaning: There should be frequent cleaning, particularly of areas and surfaces that are regularly touched e.g. toilets, tables, door handles, gates, railings etc. You should liaise with the building owners on what system they are putting into place (e.g. it is recommended that toilet cleaning checklists are visible and completed regularly).
- Masks/Face-Coverings: **In Wales only, the law still requires leaders and all members aged 11 and older to wear a face covering during a Company night if the session takes place indoors.** Masks can be removed to eat/drink, and there are several exceptions on the Gov.uk website. Please be understanding if a member or leader has a reason for not wearing a face covering. A face covering is something which safely covers the nose and mouth. You can buy reusable or single-use face coverings. You may also use a scarf, bandana, or hand-made cloth covering but these must securely fit round the side of the face. Masks/face-coverings are not required for outdoor meetings.

- Hygiene: Ensure good respiratory hygiene by promoting the “catch it, bin it, kill it” approach; discourage members from touching their face, particularly with unwashed hands; Remind members to catch coughs and sneezes in the crook of their elbow rather than in their hands, or with a tissue. Tissues should be disposed of in the bin, and the bins emptied regularly.
- Refreshments: Members should wash their hands thoroughly before eating/drinking.

#### Leaving

- Handwashing: All members should be encouraged to wash their hands before leaving. It is also recommended that members wash their hands again when arriving home.



## **Steps to Restarting Company Nights**

### Other Actions to Take

**Members' Key Information:** It is good practice to review key information such as emergency contact details, medical information, and allergies periodically to ensure they are up-to-date, and now is a good time to do so. Members who are clinically vulnerable should not be barred from returning, as this would be discriminatory, but you should be aware of any medical conditions that puts them at higher risk. Those who are clinically vulnerable should consult the appropriate medical and government advice before returning to Company nights.

**Meeting Space Owners:** Contact your meeting space owners (e.g. church wardens) to see what provisions they have made regarding groups using their spaces. Confirm that you have permission from them to restart Company nights. Discuss infection control measures. The owners of these shared spaces must continue to meet all existing health and safety obligations with regard to ensuring that their premises are safe for providers to hire and to operate from. However, it is also your responsibility to ensure the guidance is implemented and followed.

**Risk Assessments:** Your existing Company Risk Assessments will need to be updated to include the new risks of Covid-19, and the precautions taken to mitigate those risks.

**Lateral Flow Tests:** We encourage the use of lateral flow tests, which are available to order free of charge (in England only at present), for all leaders and members (aged 11 and older). This is not compulsory.

**Questions:** We want this guidance to be as clear as possible. If there are any grey areas, if you find yourself thinking "are we allowed to do x?," or if you feel something in the guidance needs updating, then please contact NHQ before making any decisions. We will answer your question as quickly as possible and update this guidance to make it clearer for you and for other Companies.

## Other CLCGB Operations

### Band Practice

Band Practice can now take place.

### Day Trips

Day trips can now take place.

### Overnight Trips (Including Camps/Residentials)

Overnight stays (e.g. Camps, residential trips) can now take place, with certain precautions. We would advise any Company attempting to organise such a trip that the current situation is very fluid. The situation may change, and the trip may not be permitted to go ahead. It is the CO's responsibility to ensure that the camp/residential is permitted and that it complies with current rules and regulations, including any additional local guidance. If sites, hostels etc. are booked, it may be possible that monies/deposits are lost.

Before attending, all members and leaders should perform lateral flow tests if these are available. This should be performed 48 hours before the event, and on the day of the day of the event before travel. All attendees (including adults) with access to lateral flow tests should be using them every 48-72hours, similar to the process for school children. Discussions should be had with parents and other leaders during the planning stages of the trip to ensure that, should any attendee become symptomatic, have a positive lateral flow test, or be notified of a close contact, there is provision for them to be isolated and collected from/leave the event at the earliest opportunity.

Marquees are classed as "indoor" unless two side of the marquee are removed/rolled up, and so "indoor" rules (e.g. wearing of face masks) apply in this case.

No more than 6 people should share a sleeping space.

Day visitors should ensure they have a negative lateral flow test on the day of their visit.

All other rules should be adhered to as previously stated, in addition to any rules set out by the venue.

### Regional Variations:

- In England, there are no limits on group sizes.
- In Wales, a maximum of 30 young people (with additional leaders) can attend camps. Adults should use single occupancy accommodation unless from the same household. Bubbles of groups of 6 should be created, and interaction between bubbles should be kept to a minimum.
- In Northern Ireland, all attendees should use single occupancy accommodation unless from the same household. Bubbles of groups of 6 should be created, and interaction between bubbles should be kept to a minimum. Indoor trips are limited to 6 young people (plus leaders).

The number of adults present should be in-line with the guidance on minimum staffing ratios but should also not be excessive. There are no maximum legal limits on the number of adults who can attend camps/trips, but it is important only those who are required to attend do so, so that we are following the spirit of the law.

A thorough risk assessment should be completed and submitted to NHQ before a camp can proceed.

#### Live Performances

Live performances can now take place. A summary of the current guidance on musical performances can be found here: <https://musiciansunion.org.uk/working-performing/coronavirus-guidance/overview-of-covid-19-restrictions-for-musicians>

## **References**

<https://www.gov.uk/government/publications/protective-measures-for-holiday-or-after-school-clubs-and-other-out-of-school-settings-for-children-during-the-coronavirus-covid-19-outbreak/protective-measures-for-out-of-school-settings-during-the-coronavirus-covid-19-outbreak>

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<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches#na>

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