

Buchan Community Farm Briefing sheet For COVID -19 prevention.

At Buchan Community Farm, we want to keep everyone safe.
If you have any of these symptoms.

- a new continuous cough.
 - a high temperature.
 - a loss of, or change in, your normal sense of taste or smell (anosmia)
 - stuffy or runny nose, nausea, and diarrhoea,
 - muscle pain, headache, and sore throat
 - Within the last 14 days or potentially been in contact with anyone who has had or displayed symptoms within the last 14 days.
- Please, do not come to the farm, contact NHS inform, arrange to be tested, self-isolate.

When you arrive at the farm, please wash your hands.

- **In all areas, please keep 2 meters apart.**
- Outdoor activities, please keep 2 meters apart.
- Please, always wear a mask, except when seated 2 meters from other people. You may then remove your mask to allow you to eat or drink.
- Everyone on the premises shall regularly wash hands before and after activities, before and after food preparation or meals, washing for at least 20 seconds each time.
- Wipe down all equipment after use; wipes and sprays will be provided.
- Use pump spray sanitiser provided to spray handles once you have left a stable/ room or building.
- Everyone to have their own named drinks cup/mug.
- Tea, coffee, sugar, and milk are provided in individual sachets to be made by the person consuming the drink or their support working; the tea urn handle to be wiped after use and any other areas touched with the wipes provided.
- The people we support who like to work with horses will have their own hat, grooming kit, and lead rope provided—all equipment to be sanitised after use.
- The people we support who like woodwork will have their own toolbox and tools provided. More expensive items will be thoroughly sanitised

and only used by one person each day, enough drills will be available; sharing will not be permitted. Please, sanitise all equipment after use.

- The people we support who enjoy arts and crafts will have their own art kit in their art box, all equipment will be sanitised after use.
- The people we support who enjoy gardening will have a tool kit for the time they are working, which will be sanitised after use.
- Work gloves will be provided for activities that require them and will be washed at 60% after use.

Thank you so much for your help and support as we learn this new way of working; please ask if you are unsure. We are happy to help to make this a good experience. 😊