

U3A North Gold Coast Inc.

Covid-19 Policy

The Covid-19 Pandemic forced the closure of U3A North Gold Coast Inc. To assist in the safe return of members to classes, the Management Committee recommend the minimum controls to reduce the risk of members contracting the virus from HIGH to LOW.

Identified symptoms are growing as more is understood about the disease, however the most accepted symptoms are:

- Fever
- Breathing difficulties and breathlessness
- Cough
- Sore throat, and
- Fatigue or tiredness

Vulnerable Group consists of people:

- With a chronic medical condition
- Who are 70 years and older
- Who have compromised immune systems
- Who are pregnant, and
- Who are Aboriginal or Torres Straight Islands who are 50 years and older with one or more chronic medical conditions.

U3A North Gold Coast Inc requires Members to follow the health and safety procedures to protect themselves and others whilst participating in our classes, meetings and events.

- if you feel unwell or unfit to attend class/meeting/event **DO NOT** attend
- if you have been in contact with someone suspected of being unwell **DO NOT** attend
- frequently hand wash or sanitise before entering and exiting classes/meetings/events
- limit contact with others by avoiding physical contact such as shaking hands, hugging, etc
- maintain social distance – minimum 1.5 metres between and 4 metres square around persons and wherever possible adhere to the social distancing requirements
- cover mouth whilst coughing or sneezing
- use disposable tissues when blowing nose, and
- use suitable rubbish bins for waste.

Members are reminded they have a duty to take reasonable care for their own health and safety and to not adversely affect the health and safety of others.

We look forward to meeting you all again on a face-to-face basis and the above considerations are there to help you make an informed decision regarding your attendance at U3A North Gold Coast Inc classes/meetings/events.

Baseline Controls – General Public Health Rules provided by the Queensland Government and Health Authorities

- Apply physical (social) distancing – at least 1.5 metres apart.
- Provide at least 4 square metres per person when indoors.
- Practice and promote personal hygiene – Hand sanitizer is to be provided in all classes and venues. Hand washing should be promoted in every class.
- Respiratory hygiene should be practiced and promoted – cough or sneeze into arm or tissues (not hands).
- Environmental cleaning and disinfection should be done regularly – e.g. tables and chairs.
- No indoor session/class should be longer than 2 hours.
- Any member who feels unwell, with cold or flu like symptoms, should stay at home.
- Generally, no food and beverage are to be brought into class. An exception would be if a member wants to bring a beverage to maintain hydration, however it must be in their own container. Disposable cups can be used.