

# Individual Volunteering Protocol for Social Distancing

(during Covid-19 Restrictions, updated 17<sup>th</sup> June 2020)



## Symptoms

(check [the NHS website](#) for more details)

- **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)
- **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

## Self-Isolation

(check [the NHS website](#) for more details)

### Staying at home if you have symptoms (self-isolation)

If your symptoms are mild, you'll usually be advised to not leave your home for at least 7 days.

Anyone you live with should not leave your home for 14 days.

### Update (17<sup>th</sup> June 2020)

This protocol is designed to support individuals to undertake volunteering activities such as litter picking, weeding, pruning, and species monitoring/recording. Any individual taking part in activities must ensure their actions compliment the site management plans (if in place) and adhere to Park Byelaws.

### Individual Volunteering in Parks

Despite groups of up to 6 people being permitted in outdoor spaces, we're maintaining this option for individuals who may not be able/feel safe to engage in group sessions (see Group Volunteering Protocol and Risk Assessment) to volunteer. It is important that we support people (especially **those over 70**, whom we are continuing to advise against joining any group sessions) to help maintain and improve parks. This can be with members of their household or [support bubble](#) (where applicable), or one other person who must remain at least 2m away at all times.

We are really grateful to those who dedicate their time to looking after parks and green spaces. If you are planning to do so, we advise the following:

- **Wash your hands** before and after undertaking any activity in a park or green space with soap and warm water. Use hand sanitiser if you take a break or remove your gloves whilst in the park.
- **Wear gardening gloves** to minimise the risk of touching any contaminated surfaces. Wash them after use.
- **Don't promote the time and place** you intend to undertake activities

- **Any tools or equipment should be disinfected** when you finish using them, especially on handles / main contact areas
- **Use the regular [Bristol Parks RA templates](#)** to make sure you consider all risks associated with your volunteer activity.
- **Only undertake activities which are permitted** under [Parks Byelaws](#) and are in line with the Bristol City Council and/or Volunteer Group site management plans. If you are unsure, ask the Parks Volunteer Coordinator ([ella.hogg@bristol.gov.uk](mailto:ella.hogg@bristol.gov.uk))
- **Stop volunteer activities if the park becomes busy** – follow the Government guidelines, if you can't use the park without adhering to social distancing, come back at another time.

**If you are showing coronavirus symptoms (listed at the top of this document) or are under a period of self-isolation please do not take part in volunteer activities.**

### **Recommended PPE List**

- Fully charged mobile phone in case of emergencies
- 1 set of gardening gloves per person – please take great care when taking gloves off not to touch the outer parts and to not touch your face.
- Hand sanitiser

If you have any questions or concerns about volunteering or PPE, please get in touch with Ella Hogg, Volunteer Coordinator, Parks and Green Spaces ([ella.hogg@bristol.gov.uk](mailto:ella.hogg@bristol.gov.uk))