

COVID-19: Measures for safe working

Following on from our COVID-19 Risk Assessment, we have written this document which outlines the measures we have put in place to create a safe working environment in all areas of the training centre.

We would be grateful if you would take some time to read through the document and sign when you are ready. Please feel free to ask any questions.

- The first thing to think of is how you are feeling right now. By signing this document you are acknowledging that you have not been diagnosed with COVID-19 and are free from possible symptoms (as described on the government's website) which include:
 1. High temperature
 2. New continuous cough
 3. Loss of sense of taste or smell
- If you have any of these symptoms you or experience any of these symptoms during your weeks training, you must leave and only return when you have fully recovered and are not at risk of infecting others.
- According to the government's advice, the most effective way of stopping the spread of the virus is to maintain a social distance of 2m at all time. In order to achieve this as far as possible, we have gridded the floor in the technical area (2 metre squared) and mapped out places for you to sit 2m away from each other in the classroom. We will encourage you to adhere to this culture of social distancing.
- To minimise the risk of sharing other communal areas only one person is permitted in the kitchen at any time. The kitchen will be sanitised regularly but it is advised that you wash your hands after being in the kitchen. This can be done in the toilet or by making use of the hand sanitiser readily available to you.
- You will receive a bag of equipment on day 1, which is for your personal use only: it contains your basic rope access kit. Any additional pieces of kit you need can be taken from the store but is required to be placed in the 'USED EQUIPMENT' container after use, where it will be sanitised before reuse.
- Like the kitchen, there will only be one person in the gear store at any one time.
- We insist that you wear gloves (provided) in the technical area, at all times.
- There will be no live casualties. All 6 dummies are available when required.

Name: _____

Signature: _____

Date: _____