**Individual Volunteering Protocol for Social Distancing**(during Covid-19 Restrictions 2020)

**Symptoms**(from NHS website)

* **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)

**Self-Isolation**(from NHS website)

**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 (14th May 2020)**

We know that time spent outdoors in green space is vital to good mental and physical health. During the Coronavirus lockdown, we have limited the amount of time spent and activities undertaken in parks to daily exercise only. Whilst this has been entirely necessary in order to curb the spread of the virus, the latest Government advise now recommends that parks and green spaces are used as often as an individual wishes. People can now take part in non-contact sports and relaxation in parks, in additional to the daily exercise we have seen over the past two months. This is to be done only with members of your household, or one other person who remains at least 2 meters away at all times.

**Volunteering in Parks**

This greater flexibility means we are now in a position to support those who wish to spend their time outdoors undertaking activities to help maintain and improve parks with members of their household, 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.
* **Wear gardening gloves** to minimise the risk of touching any contaminated surfaces. Wash them after use.
* **Do not commence volunteer activities when the park is busy** – follow the Government guidelines, if you can’t use the park without adhering to social distancing, come back at another time.
* **Please don’t promote the time and place** you intend to undertake any activities. This may cause gatherings of people which goes against the social distancing guidelines. We are working to bring together a city-wide protocol on re-launching group work parties and volunteering as soon as it is appropriate.
* **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**](about:blank) to make sure you consider all general risks associated with your volunteer activity

We cannot yet support or lead group sessions in the way we did before lockdown. The Government’s advice is still that we can only use parks individually, with members of our own household, or “meeting” one other person at a distance of at least 2 meters.

**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.
* Alcohol gel

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](about:blank))