

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 and arrange to be tested, self-isolate.

- In all areas please keep 2 metres apart.
- Outdoor activities, please keep 2 metres apart.
- If you go to the steading or cabin for any reason as there may be more people there, please wear a mask - wash your hands or use sanitiser before putting on your mask and afterwards.
- 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 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. All equipment will be sanitised 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.

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 and to make this a good experience.