



The Mindful Life Coach UK

Working Safely Through Covid-19 – Groupwork Guide

Policy Dated: February 2022

Context: During the last 18 months, direct work with clients whether one to one or in groups, has been on hold due to the uncertain nature of the Covid-19 pandemic and its unpredictability in terms of who is likely to contract it, when and how their body will respond, and how the virus spreads from one person to the next. The introduction of a worldwide vaccination programme has for some people provided a sense of protection and security around the management of the virus allowing the UK to return to some level of normality. For others the continued threat of the virus, the development of multiple new strains, and scepticism around the effectiveness of the vaccination programme means that concerns still run very high.

As the UK is as of January 2022 on a Plan B Covid-Response, the decision has been taken for The Mindful Life Coach UK to begin to safely start delivering face to face groupwork programmes, with precautionary measures in place to ensure the health and safety of both trainer and all participants. Below is the policy developed to promote the Health and Safety of all individuals taking part in group activities facilitated by The Mindful Life Coach UK.

1. Risk assessment of the venue:

- Groupwork activities in February 2022 will be carried out at Church Farm, Ardley, Stevenage SG2 7AH.
- On site is the Hawkins Holistic Centre where the group programme will take place, visitor toilets, a farm shop, café, allocated parking, farm animals and staff, plus other independent businesses.
- As a working farm there are hazards all around the property e.g. trip hazards, stumps, uneven surfaces, electric fences, barbed wire, cattle grids etc. Church Farm and The Mindful Life Coach UK take no

responsibility for any property or person damaged or injured while on the farm. Visitors enter the farm and leave at their own risk.

- Visitors are advised to keep to the footpath and follow the signs provided around the farm; crossing through crop or animal fields is forbidden.
- Toilet facilities for Visitors are available for men and women and there is a café where you can purchase food and drink if needed.
- All surfaces within the studio are cleaned before and after group sessions with anti-bacterial cleansers and the room is kept ventilated during sessions, so participants are asked to dress appropriately to keep warm.
- The centre can comfortably fit 8 participants sat 2 feet apart
- Participants are asked to wash their hands or use hand sanitiser both before and after each session to reduce the spread of the contaminated particles.

2. Risk assessment of each participant:

- Participants are asked to assess their own risk of attending a group event. Those at high risk of contracting Covid due to existing health conditions or lowered immune systems are advised to speak to their GP about the suitability of attending a group activity before signing up.
- If you have symptoms of Covid, cold or flu, or someone within your household has tested positive for Covid, please do not attend the group for at least 10 days, unless you can prove a negative Lateral Flow Test (LFT) after 5 days WHETHER VACCINATED OR NOT. Anyone found to be coughing, sneezing etc will be politely asked to leave and will not be refunded for the session.
- Participants are asked to book their spaces in advance online to ensure that the maximum number of participants for each session does not exceed 8 in order to allow for 2m social distancing. Participants are able to pay cash on the day but their place still needs to be confirmed in advance.

- Participants are asked to wash or sanitise their hands on arrival, when leaving the venue, and after using the toileting facilities. Participants are also asked to wear face masks throughout the session unless exempt, to ensure their own and other people's safety (although this is no longer mandatory).
- Participants are welcome to bring their own drink and a snack in case they get peckish, and bring their own notebook and pen. Any resources the trainer wishes to be shared with participants will be emailed to them either before or after the session.
- Participants are asked to complete a Registration Form and provide an emergency contact number and details for their GP in case they require medical attention whilst taking part in a group activity.
- Participants are asked to complete a Health and Safety Questionnaire and are responsible for bringing any medication with them which they may need e.g. asthma pump. Participants are also responsible for notifying the Trainer between sessions if there are any major health changes, or new conditions develop which can impact their own or other people's safety or engagement in session activities.
- While a first aid box is available at the venue, the trainer is not responsible for administering any medications and is not trained to administer specialist health procedures e.g. epilepsy, heart conditions.
- Participants will be asked to sign in to every session; this information may need to be shared with health professionals should a member of the group test positive for Covid.

3. Risk assessment of the trainer:

- The Trainer – in this case Nichola Pyrkos – is responsible for carrying out weekly LFT's to ensure minimal risk of contracting and or spreading the virus. If the Trainer does prove positive for Covid at any point, all participants will be notified at the earliest opportunity via text or email that upcoming sessions need to be rescheduled. Participants can either receive a refund or they can access the course session once rescheduled.

- The Trainer is responsible for ensuring the studio is well ventilated, that the room and surfaces are cleaned before and after each session, and that participants are all following the Health & Safety procedures stated in this policy.
- While the Trainer is responsible for taking practical measures as recommended by UK government to keep participants safe and to reduce the spread of Covid, participants who attend group sessions engage with activities at their own risk. Participants are free to opt out of any activities or sessions they feel may place them at a higher risk in terms of overall health and safety e.g. mindful movement, laying down meditation.

If you are in agreement with this Policy and the measures stipulated, please sign and date below and email back to mindfullifecoachuk@gmail.com before the group programme commences

PARTICIPANTS AGREEMENT

PRINT NAME.....

SIGNATURE.....

DATE:

TRAINERS AGREEMENT

PRINT NAME: NICHOLA PYRKOS

SIGNATURE: *N. Pyrkos*

DATE: 2nd February 2022