

COVID-19 Plan –2022

To All Members,

Preamble:

The official approach to dealing with Covid-19 has been constantly changing as new strains of the virus appeared and risk of catching the disease change. We are now heading towards the situation where the disease will be endemic in our communities (i.e. always present and always a risk, like, for example, influenza). And like that viral disease, we will have vaccination to help protect us from it, and medications and medical services to support us in case of infection. The idea of trying to eliminate the disease has been abandoned.

The virus is now in our community, and likely to remain. The Health Regulations which guide our actions have changed and will continue to change.

Our plan

1. It is the aim of Coffs Harbour U3A (CHU3A) to maintain an environment which is as safe as possible for normal activities to be pursued.
2. CHU3A
 - has a duty of care to its members,
 - has obligations to the venue providers, and
 - supports any reasonable condition a leader may place on a class.

Some of these may require conditions to be imposed which may exceed those given in relevant regulations.

3. Participation in face-to-face classes requires that each member complies with the conditions imposed by
 - our own CHU3A rules,
 - the Covid-19 Safety Plans of the venues, and
 - individual Leaders' requirements.

The class Leaders are relied on to oversee member compliance and cooperation. Failure of a member to co-operate can result in legal penalties, in addition to the member facing disciplinary action.

4. Compliance with the Covid Safety Plans for each (indoor) venue will generally include such as:

- “signing-in” using the displayed QR code;
- not crowding at entrances, or when queuing, chatting etc.
- wearing a face-mask (covering mouth and nose!) at all times (unless exempt), except when exercising.
- sanitising hands on entry
- maintaining good ventilation in indoor spaces.

- assisting with sanitising of furniture and surfaces; know where, when, and what to sanitise, etc. (The venue should provide the necessary equipment and products).

The requirements may vary with venue and changes over time. Check with staff / Covid Safety Plans at each venue for any updates.

5. CHU3A requires that all participants in Coffs Harbour U3A approved activities:
 - must have received both first and second doses of an approved vaccine, or have an approved Medical Exemption, and have the required documentary proof, as per Government regulations. Each Leader concerned will need to record (once) that this has been sighted.
 - are expected to adhere to all the approved practices which will lessen the chance of the disease being contracted or passed on, including
 - not attending class if unwell.
 - maintaining 1.5 metres social distancing at all times (as far as possible).
 - practising good cough / sneeze, and hand hygiene, etc
 - providing their own drink / refreshments. (Kitchen facilities may be available at some venues, but distancing must be observed, and used areas cleaned and sanitised after use).
6. Only members on the official roll may attend a class. No other person may participate in that class. Members must have their attendance recorded. Leaders must ensure an accurate written record of attendance is retained for each class, and recorded electronically via the “Tutor Portal” the same day.

This plan does not explicitly state every rule and condition which must apply to members conduct. It gives a general overview, and relies on the attention of everyone to assist in ensuring Health Regulations, Venue Plans, and Leaders’ directions are followed, and that the safety and health of themselves and others is not jeopardised.

Your Leader will ask you if you have read this plan, and if you agree to participate in the group under its terms. Your agreement will be indicated on the roll, or on a register kept by your Leader.

If you disagree, you must explicitly inform your Leader and you will be placed on leave from the class until the situation changes.

- Issued on behalf of the Coffs Harbour U3A Committee, 9/2/2022 , (reviewed on 22/2/22)

Footnote: Members should note the changes in testing requirements. Individuals with symptoms of Covid-19 should carry out a self-administered Rapid Antigen Test (a R.A.T.), and if positive notify, NSW Health via the Services NSW app (or other means) , isolate, and let family, friends and close contacts know. If negative, but you have symptoms, you may need a PCR test. Consult an authority eg <https://www.nsw.gov.au/covid-19/stay-safe/testing/get-tested-for-covid-19#toc-who-should-have-a-pcr-test>

or ring one of the Covid “hotlines”...

National Coronavirus Helpline on **1800 020 080**

NSW: Health Direct [1800 022 222](https://www.healthdirect.gov.au)

Don't forget **000** if you are ill and your situation is worsening. Do Not Delay.