

CONDITIONS FOR LIMITED REOPENING

The background: For most of us, CV19 is a potential KILLER!! Therefore, don't rely on others following these guidelines, but make sure you follow them yourself. In particular, ensure you disinfect tools, etc, before use "just in case"!

All the usual society rules to be complied with and in addition,

1. Members to bring their own hot/cold drinks. No drink making facilities or food in the building. Sit outside for eating etc.
2. Only company (society) maintenance or repair work should be undertaken at this stage. Care and maintenance of stock used on the company's behalf is also permissible. Private projects should continue to be undertaken at home as they would not be covered by Coronavirus Regs exemptions in *Sec.6 Restrictions on Movements* and *Sec.7 Restrictions on Gatherings*.
3. Only one person in the machine shop at a time and only for essential activity as in (2) above. Machine shop tools should be disinfected after use.
4. Only two persons in the clubhouse at a time and only for essential activity eg finding keys, tools etc. This is because whilst the virus is understood to circulate poorly in an outside environment, research into influenza virus has shown buildings where air flow is static may contain more persistent airborne virus. There are no similar studies into CV19 yet but it is wise to assume a potential risk exists rather than not. Remember, absence of evidence is not the same as evidence of absence. Any tools used should be disinfected after use.
5. Any detailed benchwork should be done at home for the time being, not in the building. At present, private projects fall outside the scope of exemptions in the Coronavirus Regs. and should not be undertaken at Eaton Park
6. Government guideline of 2m (or whatever is in force at the time) spacing to be adhered to at all times.
7. Check your temperature each time before you attend EP. Human body temp is usually defined as 37C but can vary in a normal range from 36.1C to 37.2C. If your temp is above 37.2C you should stay at home.
8. A surgical mask can partly protect others from an asymptomatic infected person. If you have one, use it, but note that they will give the user little or no protection. NB these are disposable and should not be reused. This is not mandatory.
9. A P3 respirator (dust mask) can, if used properly, protect you from breathing in airborne virus. If it is the type without an exhale valve it will also protect others from you as in (6) above. NB these are disposable and should not be reused. Also note these do not protect eyes, which can also be a portal into the body for the virus. This is not mandatory.

10. Where possible, bring your own tools. Where you use society tools, these should be disinfected after use and before storage.
11. Until such time as the society has stocks of hand san and other disinfectants, you should bring your own. Surgical spirit or rubbing alcohol are good disinfectants and are kinder to the hands than bleach!
12. The site is open to all members at all times at their own risk, however members must abide by any government guidance as it applies to them at the time
13. The society is to obtain any additional PPE and sanitary materials as necessary

Please also note that the WC will remain locked out of use for the time being.

Appendix 1

Extracts from the Coronavirus Regulations 2020s pertinent to ndsme.

Restrictions on movement

6.—(1) During the emergency period, no person may leave the place where they are living without reasonable excuse.

(2) For the purposes of paragraph (1), a reasonable excuse includes the need—

(f) to travel for the purposes of work or to provide voluntary or charitable services, where it is not reasonably possible for that person to work, or to provide those services, from the place where they are living;

Restrictions on gatherings

7. During the emergency period, no person may participate in a gathering in a public place of more than two people except—

(b) where the gathering is essential for work purposes,

SCHEDULE 1

Underlying Medical Conditions

1. Chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease, emphysema or bronchitis.
2. Chronic heart disease, such as heart failure.
3. Chronic kidney disease.
4. Chronic liver disease, such as hepatitis.
5. Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis, a learning disability or cerebral palsy.
6. Diabetes.
7. Problems with the spleen, such as sickle cell disease or removal of the spleen.
8. A weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy.
9. Being seriously overweight, with a body mass index of 40 or above.

Appendix 2

NHS Guidance pertinent to members as a whole

<https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk-from-coronavirus/whos-at-higher-risk-from-coronavirus/>

Coronavirus (COVID-19) can make anyone seriously ill. But for some people, the risk is higher.

There are 2 levels of higher risk:

- high risk (clinically extremely vulnerable)
- moderate risk (clinically vulnerable)

People at high risk (clinically extremely vulnerable)

People at high risk from coronavirus include people who:

- have had an organ transplant
- are having chemotherapy or antibody treatment for cancer, including immunotherapy
- are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- have been told by a doctor they you have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- are taking medicine that makes them much more likely to get infections (such as high doses of steroids)
- have a serious heart condition and are pregnant

Information:

If you're at high risk from coronavirus, you should have received a letter from the NHS.

Speak to your GP or hospital care team if you have not been contacted and think you should have been.

What to do if you're at high risk

If you're at high risk from coronavirus, you're advised to take extra steps to protect yourself.

This includes not leaving your home for any reason (called shielding).

People at moderate risk (clinically vulnerable)

People at moderate risk from coronavirus include people who:

- are 70 or older
- are pregnant
- have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
- have heart disease (such as heart failure)
- have diabetes
- have chronic kidney disease
- have liver disease (such as hepatitis)
- have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- have a condition that means they have a high risk of getting infections
- are taking medicine that can affect the immune system (such as low doses of steroids)
- are very obese (a BMI of 40 or above)

What to do if you're at moderate risk

If you're at moderate risk from coronavirus, it's very important you follow the advice on [social distancing](#).

This means you should stay at home as much as possible. But you can go out to work (if you cannot work from home) and for things like getting food or exercising.

Unlike people at high risk, you will not get a letter from the NHS advising you to stay at home at all times.