



UKRO

UKRO Challenge 2021

SAFETY BRIEF – Coronavirus / COVID-19

As event organisers and host UKRO and TWFRS have a legal and moral duty to manage the risks to employees, event participants, volunteers and to other persons who may be affected by UKRO and TWFRS undertakings. This duty includes risks arising from Coronavirus. Whilst UKRO and TWFRS recognise and acknowledges the government's position and Coronavirus related guidance, as event organisers and hosts UKRO and TWFRS must also acknowledge, assess and manage the ongoing risk arising from Coronavirus.

The reality is that coronavirus continues to be a very transmissible virus, which is endemic within the Tyne and Wear community. Although vaccinations have proved to be very effective in reducing the likelihood of serious illness and death from the virus, the virus continues to be transmitted within the community, with the primary mode of transmission being via the inhalation of aerosolised droplets produced by those persons shedding the virus.

Be aware of the main symptoms of COVID-19:

- **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)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If you have **any** of the main symptoms of COVID-19, even if they're mild, do not attend the UKRO event and consider getting a PCR test to check if you have COVID-19 as soon as possible. If you develop any of these symptoms whilst attending any part of the UKRO event, please inform your supervisor without delay and arrangements can be made for your welfare and to exit the event.

In addition to the above symptoms, individuals are requested to be mindful of the following *reportedly most common COVID-19 symptoms in those who are fully vaccinated:

- Headache
- Runny nose
- Sneezing
- Sore throat

Persons experiencing these symptoms are requested to consider the use of Lateral Flow Testing, however this is not mandatory.



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All TWFRS and UKRO employees, event participants, volunteers are advised that lateral flow tests are available and can be used to detect asymptomatic infection, such individuals may consider the use of lateral flow testing prior to attending the UKRO event, however this is not mandatory.

All UKRO and TWFRS employees, event participants, volunteers are requested to continue to adopt and maintain a cautious approach and continue to consider Hands, Face, Space, and Fresh Air, and remember this is not just a slogan, these are real control measures which if used can serve to reduce the likelihood of transmission and keep you and others safe.

- **Hands** - Wash or sanitise hands regularly using the sanitising gel provided at sanitising stations situated around the event. Try to avoid touching your face, nose, eyes and mouth after touching surfaces which may have been touched/handled by others.
- **Face** – Consider the need to wear a surgical type face mask in circumstances where 2m distancing cannot be achieved. This should be considered particularly indoors where there may be limited or poor ventilation, occupancy levels are high for the room size and the duration of time spent within the room is protracted. Also consider respiratory hygiene and the need to carry, use and dispose paper tissues.
- **Space** – Where possible make efforts to maintain at least 2m distancing or more if possible; If this is not possible consider reducing the time spent in close proximity and consider the use of a surgical type face mask.
- **Fresh Air** – When indoors promote good ventilation by opening windows and doors. The risk of transmission is lower outdoors, so if possible undertake activities etc. in outdoor open air environments.

Social Events and Activities

Both TWFRS and UKRO recognise and promote the importance of participant enjoyment and celebration of achievements, and the importance of social interactions which occur during ceremonies, briefings and the challenge dinner event, however all participants are requested to remain mindful of the above control measures in these environments. The success of the event is measured in part by the safe manner in which it is delivered, so we would kindly request your continued cooperation in making this a safe and successful event.

Thank you for your co-operation.

Travel within Vehicles



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When vehicles are used by more than one occupant, all occupants should wear a surgical type face mask and all of the windows of the vehicle should be down/open at least in part to enable good ventilation. When considering seating positions, the maximum distancing possible between occupants within the vehicle should be achieved. Occupants should spend the minimum time necessary within the vehicle.

* Source ZOE COVID Study: [What are the new top 5 COVID symptoms? \(joinzoe.com\)](https://www.joinzoe.com)