



COVID 19 GUIDELINES AND SAFETY PLAN AS OF November 2021. SUBJECT TO CHANGE AT ANY TIME

Lake Macquarie U3A complies with the COVID 19 regulations of

- Australian Government www.health.gov.au
- NSW Government www.nsw.gov.au/covid-19/latest-news-and-updates
- Lake Macquarie City Council www.lakemac.com.au



Lake Macquarie U3A Committee will monitor developments in Government policy relevant to us and adjust our Safety Plan accordingly.

Lake Macquarie U3A recognises its responsibility to provide a safe environment for our members during the unprecedented COVID 19 pandemic, however, given that our membership represents one of the groups most vulnerable to COVID 19, each member also bears responsibility for his/her health. Each of the venues used by Lake Macquarie U3A has its own Safety Plan which will provide the framework for our classes using its facilities. General requirements are:

REQUIREMENTS	ACTIONS
WELL-BEING OF MEMBERS	
Members must be fully vaccinated against COVID 19 OR have a signed medical exemption form	Members to declare vaccination status on Risk Management Form
Exclusion of member showing symptom* of COVID 19 or feeling unwell	Member must exclude him/herself from class if aware of any symptom* or if feeling unwell.
Exclusion of members who have been to a "hot spot" within the last 14 days	Refer to www.nsw.gov.au/covid-19/latest-news-and-updates for rules regarding directive to isolate or monitor for symptoms..
Leaders, Course Clerks to be notified of protocols	Designated Sub-Committee to notify Leaders and Course Clerks of relevant updates
Mask wearing	Masks must be worn indoors
PHYSICAL DISTANCING	
Group size dependent on room capacity.	Follow venue limits.
Physical distancing in class, communal areas, and on arrival and departure.	As per current regulations. Kitchen use is dependent on venue regulations Arrivals and departures to be monitored by Course Clerks.
HYGIENE	
Adopt good hand hygiene practices.	Members to be responsible for own good hygiene practices.
Adopt good surface hygiene practices.	Surface sanitising as per Venue regulations
Cough and sneeze hygiene.	Hygiene etiquette to be followed by all.
Members to bring own equipment.	No equipment to be shared. Members to use own pens to sign roll.
RECORD KEEPING	
Record of all attendees' names and contact details	All members must sign in with the QR code at all facilities. Rolls to be carefully maintained. Only those on the roll to be admitted.
COVID Risk Management.	COVID Risk Management Form to be completed by all members before attending any LMU3A course or activity.
Cooperate with NSW Health in relation to a suspected positive case.	All data to be provide to authorities on request. Contact authorities of suspected cases.

*Symptoms may include: fever, cough, sore throat, shortness of breath, runny nose, muscle or joint pain, altered sense of smell, altered sense of taste, loss of appetite, fatigue.

If you or a family member has COVID 19 you should call (not visit) your GP or ring the national Coronavirus Health Information Hotline on **1800 020 080**