## OUR HEALTH AND SAFETY MEASURES

### <u>Mask Up</u>

Masks must be worn by all peer supporters and participants during our indoor and outdoor sessions except when eating or drinking.

#### Small & Intimate

Our sessions will be limited to 8 pax including our peer supporters and volunteers.

#### Safe Distancing

Seating arrangements and work stations will be spaced out 1 metre apart. We will require safe distancing of 1 metre at all other times when using our common spaces and during out outdoor sessions.

#### Sanitize, Deep Clean & Ventilate

Our space will be cleaned and sanitised frequently. Hands must be sanitised upon entry. Hand washing facilities and hand sanitizers will be readily available.

# OUR HEALTH AND SAFETY MEASURES

Help us do your part!

#### Arrive Early

Arrive 15 minutes before session starts for compulsory temperature checks. There will be NO ENTRY to anyone with temperatures of >37.5 or persons displaying flu-like and/or respiratory symptoms. Health declaration forms will be sent via email and must be completed before session begins.

#### Your Commitment

We understand that life happens sometimes, therefore we require 24 hours notice should you be unable to attend our session so to allow others a chance on the wait list to attend. Thereafter, no refunds will be given for no shows and notices below 24 hours.