

# Katoomba Men's Shed

## COVID-19 rules for members

The Katoomba Men's Shed will be relying on the cooperation of all members during the COVID-19 pandemic. We ask members to respect that some people are more worried than others and that additional measures are necessary to make as many members as possible feel comfortable coming to the Shed.

Please keep things polite and civil, particularly if you are asked by the Day Coordinator to do something, whether or not you think it is necessary.

- If you are feeling unwell, particularly if you have signs of a respiratory illness, call your Doctor or the Australian Government's National Coronavirus Helpline on 1800 020 080 (24-hour help line). If the symptoms are severe, dial 000 and ask for an ambulance.
- Do not come to the Shed if you are feeling unwell.
- Bring your own pen, biscuits and snacks if you need them. The usual supplies of tea, coffee, milk and biscuits are not available at the Shed while the COVID-19 pandemic continues.
- On arrival at the Shed:
  - Please use the rear door to enter the Shed.
  - Wash or sanitise your hands.
  - Sign in as usual, but put the time you arrived and a contact number or email address.
  - Note: By signing in you are agreeing to the rules.
- Keep at least 1.5 metres away from others.
- Avoid physical greetings such as handshaking.
- Respect the limit of 10 people in the Common Room and Quiet activity room and one person per bench in the workshop.
- Practise good hygiene to protect against infection and prevent the virus spreading.
  - cover your coughs and sneezes with your elbow or a tissue;
  - put used tissues straight into the bin;
  - wash your hands often with soap and water, including before and after eating and after going to the toilet;
  - avoid touching your eyes, nose and mouth
- Clean up after yourself:
  - Put used cups, cutlery and crockery straight in the dishwasher. Do not leave anything on the tables or draining board.
  - Use a sanitiser wipe to clean the place you sat at the table and the chair you used. Put the wipe straight in the bin.
  - Use a sanitiser wipe to wipe down the controls etc of any machine, tool or equipment you use – including computers. Put the wipe straight in the bin.
  - Also clean up your work area as usual.
- When leaving the Shed, go back to the sign-on book and put down the time you left.

Some people are at a heightened risk should they become infected with COVID-19. This includes people over 70, people with a compromised immune system, people who have an underlying medical condition, and some people with indigenous heritage. It is perfectly rational for someone in one of these groups to feel worried about the risk of becoming infected, even though infection rates have been very low. Some of us will feel comfortable with going out and attending the Shed, but we respect that some members will prefer to continue self-isolation.

The Shed recommends that members who have a smartphone install the Australian Government COVIDsafe app and keep it running at all times.