

# Tuggeranong Link

## COVID -19 Safety Plan

*We consider it our obligation to support slowing the spread of this virus and protect the most vulnerable within our local community.*

### **Condition of entry:**

The House Manager at each of Tuggeranong Link's community Centres must have a confirmed permanent or casual hire booking in place before the hirer and guests /participants may enter the premises. The House Manager will be advised by the hirer as to how many participants/guests will be attending that booking. No one without prior permission from the House Manager is permitted to enter the centre. It is expected that the facilitator/ group leader or hirer stated on the Hire Agreement will ensure that the Tuggeranong Link COVID-19 plan is adhered to whilst they are using our facilities.

Due to the ferocity and speed of the Covid 19 virus to spread through our communities it is crucial that we all stay vigilant and keep up to date and informed through the ACT Governments COVID website: [www.covid19.act.gov.au](http://www.covid19.act.gov.au) It is expected that you also take on a level of responsibility for your own wellbeing as well as adhere to our Covid 19 plan whilst attending our centres. If you are in any doubt call the ACT Governments COVID-19 Helpline on 62077244 this is available 8am -8pm daily.

### **Signing in and physical distancing:**

It is a condition of entry that every adult – of hirers, groups, trades, staff and volunteers MUST use the CBR App to register their attendance at any of our community centres. If you do not have a mobile to use the CBR App there is a paper copy to sign in. Due to using the CBR App we are permitted to allow the one person per two square metre rule and follow the physical distancing of 1.5 metres between people (with the exception if you live with them).

If stricter physical distancing rules are announced due to an increase in COVID-19 cases in the ACT Tuggeranong Link will upon the advice of the ACT Government either:

1. Further limit numbers permitted to enter the centre or
2. Centres will be closed until further notice is received.

The House manager will advise all groups and hirers ASAP if this announcement is made. Please ensure that you have an updated phone number and email address with the House Manager.

You are not permitted to enter these premises if you have visited any hotspots affected by the virus and have not been tested and isolated for the required time.

You are also not permitted to enter these premises if you are unwell and present with any of the following symptoms: This excerpt was taken from the [www.covid19.act.gov.au](http://www.covid19.act.gov.au) website:

## Symptoms of COVID-19

The main symptoms of COVID-19 are **fever, cough, sore throat, shortness of breath, and loss of smell or taste.**

Less common symptoms are runny or blocked nose, muscle pain, joint pain, diarrhoea, nausea, vomiting and loss of appetite.

Symptoms can develop between two to 14 days after you are exposed to the virus.

Most commonly, symptoms develop five or six days after exposure.

## Getting tested

Testing is a vital step in managing COVID-19, as it enables early detection and response to cases before there is widespread transmission in the community.

You should get tested for COVID-19 if you have any of the following symptoms, no matter how mild:

- a fever of 37.5 degrees or higher (or recent history of fever such as chills or night sweats), **OR**
- symptoms of a respiratory infection, such as sore throat, cough, runny or blocked nose or shortness of breath, **OR**
- loss of sense of smell or taste.

If you have [other symptoms](#), you should see a health professional. They will advise you whether COVID-19 testing is necessary.

To get tested, you can either visit a [COVID-19 Testing Clinic](#) or you can call your GP for advice.

If you have symptoms of COVID-19 you should not visit your GP without calling ahead.

You don't need to visit the Emergency Department unless you have severe symptoms.

**If you have serious symptoms such as difficulty breathing, chest pain or a severe fever, call triple zero (000).**

## **Cleaning, sanitising and hygiene practices**

Please use the hand sanitiser immediately upon entering the centre. Hand sanitiser is always at the front entry/foyer. To ensure there is always a supply available please leave a message or call the House manager on their mobile if any of the hand sanitiser, hand wash or cleaning products have run out so that we can ensure that new supplies are put out for the next hire group.

It is a condition of hire that each hire group leaves the community centre in good condition. With the current virus it is even more important and that your group thoroughly clean all the areas of the centre that people in your group have entered or used. This includes the main room your group used plus the toilet area and the front foyer. Floors should be mopped and all surfaces touched should be wiped down - including door handles and table surfaces.

Each centre has very different environments and capacity to accommodate a variety of groups and hirers. Please contact the relevant House Manager to get information and requirements specific to each centre.

**Head Office: Richardson Community House:** [tugglink@tugglink.org.au](mailto:tugglink@tugglink.org.au)

**Bonython Hub and Gilmore Community House:** 0409958361 /

[bonythonhub@tugglink.org.au](mailto:bonythonhub@tugglink.org.au)

**Isabella Plains Neighbourhood House:** 0409083763 / [ipnhouse@tugglink.org.au](mailto:ipnhouse@tugglink.org.au)

**Chisholm Community Centre:** 0416360300 / [chisholmcommunitycentre@gmail.com](mailto:chisholmcommunitycentre@gmail.com)