

The Fintray Gardening Club: Personal Covid-19 Guidelines

The following guidelines are for Club members taking part in gardening trips and meets, whether organised by the Club or otherwise.

1. Provide your name and email address or phone number to the Covid-19 Officer or to a responsible person if the Covid-19 Officer is not present.
2. Download the free NHS “Protect Scotland” app on your mobile and switch it on during the meet.
3. Club-organised meets may involve up to 30 people, but numbers may be limited and/or split up by the organiser. Informal (i.e. non-club-organised) meets are covered by the 6 x 2 rule (i.e. no more than 6 people from no more than 2 households).
4. Club trips – do not car share with other households and avoid public transport.
5. Physically distance yourself at all times by 2m from anyone not in your own household.
6. Wash your hands with soap and water for at least 20 seconds before leaving and returning home and be cautious of touching surfaces.
7. Take your own gardening tools, gloves, sanitiser / soap and face covering.
8. Do not share gardening tools or other items.
9. Do not share food or drink.
10. Take all necessary health and safety precautions.
11. If you become unwell during Club meets, you should notify the Covid-19 Officer or responsible person and return home immediately.

Ian Thompson, COVID-19 Officer

4 November 2020