Friends of Tokai Park COVID19 Workplan

Friends of Tokai Park Activities (at this stage Hacks, but all activities that might be contemplated as the Lockdown eases) conducted at lower Tokai Park will observe the following protocol:

- Activities will be limited to Friends of Tokai Park members only. These will have signed the SANParks liability wager, or must do so on their first activity in the Friends;
- A distance of 2 m between people must be maintained at all times during work, where possible;
- A face mask must be worn by all persons at all times;
- Work parties will be limited to less than 10 people. If there are more than 10 participants, the people will be split into two equal teams and will work in different blocks under different convenors;
- Hands and tools must be sanitized before and after work: this must be done at home, further cleaning will not be needed on site, except for shared tools, which should be sanitized by wiping with a cloth moistened with soapy water (as recommended by WHO).
- The convenor will be responsible for providing the sanitizer, and a spray bottle for dispensing the sanitizer to hands, and a cloth for wiping down tools – these to be considered as part of the tool kit.
- On advertising an activity, potential participants, must be told to self-test at home before departing for the activity, and not to participate if they:
  - Are currently infected with COVID19;
  - Have tested positive for COVID19 virus over the last 14 days, and do not have medical clearance to end isolation;
  - Have been in contact with a COVID19 positive person over the last 14 days;
  - If they have a temperature above 38°C (must be measured at home prior to the event and recorded by the convenor)
  - Are feeling unwell;
  - Have any of the recognized COVID19 symptoms (shortness of breath, lassitude, sniffles, coughing, fever);
  - Or are medically compromised with regards to the virus.
• On arrival, everyone should be checked ("screened") for any obvious symptoms and sent home if unwell or suspect – or indeed any other symptoms or signs that they are unable to do the task at hand.
• If anyone has obvious COVID symptoms, they should be advised to consider getting tested when sent home. But since we are volunteers, and they will not have attended the event, there is no need to do any further documentation or reporting required, although a courtesy call to check the next day is appreciated;
• The attached document needs to be filled out in accordance with SANParks protocols, at a roll call before the event proceeds: all items must be checked and ticked. (document attached: Friends of Tokai Park Lockdown Hack Form)
• On arrival, participants must be told that should they fall ill in the next four days after an activity, and test positive for COVID19, they should inform the event organizer, who should inform all participants, and SANParks.
• To this end a register of all participants and their e-mail contacts will be kept by the convenor for at least one month, and the convenor will ensure that everyone has recorded their email address. The roll call form will serve as the register.
• Everyone is to provide their own water and drink, and - if they wish - snacks or food. Be especially careful of sharing;
• Everyone is responsible for taking any litter they generate back home with them for disposal;
• Should any medical or other emergency arise during activities, proceed as normal for first aid, and inform medical teams on arrival or hospital of any activities (such as mouth to mouth resuscitation) that might affect COVID transmission. First Aid trumps any COVID considerations (e.g. remove or loosen face mask if it is restricting breathing), but be aware of basic safety. Self-isolation until all clear is given, or 14 days if COVID19 positivity, should be taken by any first aiders participating in an emergency where they may be exposed to infectious persons.

Dr Tony Rebelo
Chair

Friends of Tokai Park
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