

nemo arts

promoting good mental health and wellbeing through the arts

Guidelines for attending groups

Before attending

If you have **any** new physical illness symptoms, do not attend.

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

DO NOT ATTEND IF YOU ARE EXPERIENCING THESE SYMPTOMS

Booking

You must book a place on the course you want to attend, **do not just turn up**. We have created a new booking system which can be accessed at www.nemoarts.org/booking You will be able to select one workshop to attend initially, this is to ensure that everyone has an opportunity to attend at least once a week as we will have restricted numbers.

If you need help to book, please call the office on 0141 559 4941, we can do this for you.

When attending

You will notice on arriving that we have an entrance and exit door. On arrival you will be required to use **hand sanitizer** located at the entrance. **Face coverings** will be required to be worn on entry and when moving around the space. These can be removed once seated.

You will need to wait at the reception desk to be booked in, this is for test and protect, we are required by law to keep these records, so please do not enter the main space till this has been done.

Once in the main workshop space, please go directly to your seat and remain there throughout the session except to go to the toilet or to exit the building to smoke, if you require something you will need to ask a member of staff or volunteer to assist. Bring your own refreshments i.e. water/soft drink and a snack if needed

Smokers should go on to the grass area and maintain 2m distance from one another

If you require to use the toilet, please use the anti-bacterial wipes to wipe down surfaces you have touched, including door handles, to reduce the production of airborne droplets, please put the toilet seat down before flushing.

Tables and chairs should remain in place as these have been spaced out to maintain a 2m distance.

Online Sessions

We are going to continue to deliver sessions online for as long as people want and need this service, as we transition to face to face + digital we do expect there to be some initial issues, please bear with us and if you would like to make any suggestions as we explore this new way of operating please do get in touch.

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