

PLYMOUTH BRIDGE CLUB – F2F GUIDANCE

The club has a duty of care to all members therefore the club asks all members attending a F2F session in the club to consider the following:

- Please do not attempt to attend a Bridge session if you do not feel well, are showing any symptoms of Covid-19 or have been in contact with anyone showing or has Covid-19.
- Consider taking a Lateral Flow Test within 24 hrs of the start of a session and only attend if the result is negative.
- The decision on whether to attend a Bridge session at PCB is down to each member. It is recommended each member does their own risk assessment taking into account these guidelines and that they are happy to be in a room with other people. For those that have been shielding or live with a person who has shielded then we request they take extra care when deciding whether to attend.
- Whilst face coverings will no longer be required by law public health guidance still suggests face coverings are worn in crowded and enclosed spaces. Therefore please consider the following:
 - Continue to wear face coverings:
 - While entering or exiting the building
 - While using areas such as the stairs and hallway, kitchen and toilets.
 - Face coverings are not required:
 - When seated, playing Bridge, unless through personal choice.
 - If an exemption applies.

To maintain good ventilation and a change of air the windows will be opened at some time during sessions.

Hand sanitisers will be available at each table and at toilet entrances with anti-bacterial wipes provided for wiping surfaces such as door handles and toilet flushes.

The kitchen can be used but please ensure you clean up afterwards and as requested above wear a face covering when in there.

Remember the guidelines are to help keep us all safe and minimise the spread of Covid-19.