

Covid-19 Safety Policy

Kidney Care UK Mount Cook Residential Weekend Friday 9 – Monday 12 September 2022

There is nothing Kidney Care UK takes more seriously than the safety of patients, staff, and volunteers. As such, although the charity will be running its annual young adult weekend at Mount Cook this year for the first time since September 2019, as all Government restrictions have been lifted, the charity is mindful that for some people with kidney disease, especially those with immune suppressed systems, their levels of protection are lower than for the population in general.

All patients, staff and volunteers wishing to attend Mount Cook in 2022, will need to comply with the following Covid-19 safety regulations:

- 1.** Only patients who have completed all their eligible vaccinations can apply and attend the event. Patient vaccination status will be checked against the NHS Outcomes4Health system (vaccination database) to confirm compliance by the administration team.
- 2.** All healthcare professional Kidney Care UK volunteers, Kidney Care UK Peer Supporters and Kidney Care UK staff attending must have completed all their eligible vaccinations. Vaccination status will be checked by the administration team against the NHS Outcomes4Health system (vaccination database) to confirm compliance by the administration team.
- 3.** Everyone attending must provide proof of two negative Covid-19 tests (lateral flow tests) before travelling. Please check www.kidneycareuk.org/YAKG-2022 on Thursday 1 September to confirm when the first lateral flow test is required to be taken. The second test needs to be taken on the morning of travelling to the Mount Cook Adventure Centre (Friday 9 September). The results should be registered with your regional Government website: www.gov.uk/report-covid19-result. The result should also be sent via WhatsApp/text message to your named keyworker for verification. Anyone feeling unwell must not attend the event.
- 4.** Mount Cook Adventure Centre has a stringent Covid-19 protocol and a regularly updated risk assessment in place and all attendees must comply fully with their stated regulations and rules. All Mount Cook staff on duty during the Kidney Care UK Young Adult weekend will be fully vaccinated. Any Mount Cook staff brought in over weekend to provide cover for absence/sickness who are not fully vaccinated will wear FFP2/KN95 standard masks and have minimal interaction with young adults and volunteer staff. All Mount Cook staff are currently tested once weekly to ensure the safety of guests and they will test on the morning of Friday arrival day. www.mountcook.uk/covid-19-resources
- 5.** All attendees and Kidney Care UK staff must observe the Mount Cook Covid rules. These will be included in the Kidney Care UK Young Adult Residential Weekend Code of Conduct. Anyone not fully complying will be requested to leave the weekend.
- 6.** The maximum number of volunteer staff and young adults per bedroom will be reduced from four people sharing a dormitory room to a maximum of two, in order to meet current recommended guidelines and facilitate social distancing. Please check www.kidneycareuk.org/YAKG-2022 for additional

updates prior to attending the weekend. Group socialising will take place in the larger well ventilated communal areas at Mount Cook, rather than in smaller bedroom spaces.

7. Masks are currently not mandatory, but we would encourage individuals to wear them in any congested communal areas. A supply of spare masks will be provided but individuals are encouraged to bring their own FFP2/KN95 standard mask. Please check www.kidneycareuk.org/YAKG-2022 for additional updates prior to attending the weekend.

8. The nearest renal centre will be fully briefed in advance of the weekend and agreed protocols will be adhered to if an individual tests Covid-19 positive or suspects they have Covid-19 symptoms or requires other urgent clinical care. Check www.nhs.uk/coronaviris-covid-19/symptoms for the current NHS and government guidelines regarding Covid-19 symptoms. The completed individual medical forms for each young adult or volunteer will identify the action recommended by their renal unit, in the event of suspected Covid-19 infection.

9. Anyone who feels unwell or who is exhibiting Covid-19 symptoms must immediately isolate themselves and contact the named Kidney Care UK staff group leader and the Mount Cook Duty Manager. Designated isolation rooms have been identified in the Mount Cook bed allocation. A supply of Covid-19 lateral flow tests will be available at Mount Cook for all those attending to use. Anyone with suspected Covid-19 infection will be required to leave Mount Cook and to be collected by a friend or family member and to return home as soon as practically possible.

10. There will be a strong focus on health and safety, risk reduction and the Code of Conduct policy. This policy will be discussed as part of the Young Adult Residential Weekend Zoom group induction webinar on Wednesday 7 September. These protocols will then be reemphasised at the Mount Cook Friday evening welcome briefing.

11. Although it is not necessary to self-isolate prior to attending the weekend, we encourage young adults and all Kidney Care UK volunteers who will be attending to reduce their individual risk of inadvertently contracting Covid-19 in the preceding weeks by practising safe hand hygiene, social distancing where appropriate and considering their social interactions in the 7-10 days prior to the residential weekend. Where possible we recommend that you travel to Mount Cook by other modes of transport than by public transport, however we acknowledge that not everyone may have an alternative option. Please check www.kidneycareuk.org/YAKG-2022 for additional Covid-19 information regarding travelling to the venue.

12. A Dynamic Risk Assessment will be undertaken regularly in the months, weeks, and days prior to the scheduled residential weekend date, to consider current Covid-19 rates, current renal and government guidelines, and recommendations. The weekend will be cancelled if the outcome of the risk assessment is that it would be unsafe to go ahead. Please check www.kidneycareuk.org/YAKG-2022 regularly for additional updates prior to attending the weekend.