

## **Individual Code of Conduct Policy**

### **Kidney Care UK Mount Cook Residential Weekend**

### **Friday 9 – Monday 12 September 2022**

You are registering to attend the Young Adult Residential Weekend taking place at Mount Cook, Derbyshire, Friday 9 – Monday 12 September 2022. To help ensure that you get the most out of the weekend, we hope you will participate as fully as possible. Kidney Care UK and its volunteer staff attending the weekend will support you to do so.

We would like to avoid the late cancellation of any places, as this will disadvantage other young adults from having the opportunity of attending. As we have made the decision to reduce the total number of people attending to facilitate the measures we have put in place to limit the risks of Covid-19 transmission, it is particularly important that you do not drop out at the last minute. Consequently, we ask that you confirm your attendance by the advertised date.

We appreciate that there will always be unplanned circumstances that may stop you from taking part at the last minute, but if this happens, we ask that you let us know as soon as possible.

**To ensure the weekend is enjoyable and safe for all, we ask that you read this conduct policy carefully and sign and return the form to confirm that you are willing to agree to these basic rules:**

### **Privacy and respect**

- All discussions with other young adults or Kidney Care UK volunteer staff during the weekend will remain confidential within the group.
- There are some exceptions where Kidney Care UK volunteer staff are unable to keep information shared confidential. If we are made aware that someone is in immediate danger, someone is at risk of serious harm, or a crime has been committed, we have a responsibility to share this information with the appropriate agencies. In these circumstances, we will support individuals involved, making sure they are fully informed about the actions we are taking and who we are sharing information with.
- You agree to listen to and respect the opinions of all young adults, activity staff, Mount Cook staff and Kidney Care UK volunteers attending.
- Although there is no set time when we would like everyone to be in their rooms in the evenings, please respect those who are sleeping by keeping noise levels to a minimum after midnight.
- The overnight accommodation will be in same-gender shared twin rooms.

### **Media consent and images**

- Formal media consent will be gained through your completion and signing of the Kidney Care UK Media Consent form (see separate sheet). Kidney Care UK intends to capture images across the weekend to use in future publications and materials. These can be shared with attendees post event upon request.
- We recognise that attendees will want to take pictures across the weekend. We ask that you ask other attendees for permission before taking pictures and sharing them on personal social media platforms. All attendees should be aware that Kidney Care UK has no control over images captured by other attendees across the weekend.



- We encourage all attendees to create a safe environment for others who ask not to be included in personal photos during the weekend.

## Smoking and alcohol

- Smoking of cigarettes and e-cigarettes is allowed in designated areas, but please ensure this is only in the allocated areas set out by the venue.
- It is Mount Cook's policy that only alcoholic drinks bought on site can be drunk on the premises and surrounding grounds. This means you **cannot bring alcohol with you** and drink it in the rooms/social areas. Social drinking of alcohol is allowed, however please be mindful of those who do not want to participate. We ask that you only drink in the evenings once all the activities are finished. Please be mature, respectful, and mindful of your and other people's behavior.
- If you intend to drink alcohol, we ask that you are always in control of your actions and behaviour. Anybody found to be excessively consuming alcohol will firstly be asked to stop. If excessive consumption continues, they will be asked to leave the activity weekend, for their own safety and the safety of others.
- Anyone found to be in possession of or partaking in the use of illegal substances during the weekend will be reported to the police and will be asked to leave immediately.

## Safety and security

- Verbal or physical abuse and behavior considered inappropriate towards other young adults or staff will not be tolerated.
- Theft or deliberate damage of any venues or equipment during the weekend will not be tolerated.
- It is forbidden to invite friends/family to visit the Mount Cook Adventure Centre and outdoor areas during the residential weekend. Only registered young adults, Kidney Care UK volunteers and support staff are allowed to attend. Identity wristbands will be worn at all times.
- It is recommended that items of value are not brought to the activity weekend. Personal items you bring with you are your responsibility. There are lockable storage units in the Mount Cook bedrooms. Staff will not take responsibility for your personal items. The theft of anyone's personal belongings will be dealt with appropriately.
- Anybody found with any weapons or knives will have them confiscated and will be asked to leave the residential weekend and Mount Cook Adventure Centre immediately. Any incident involving a weapon will be reported to the police. It is an unlawful act to carry a firearm, knife, pointed article or bladed weapon in a public place.

## Health and wellbeing

- Your health and wellbeing will be your responsibility throughout the weekend. Please bring all the medications or treatment regimens you will need for the full weekend. We expect you to store, administer and dispose of correctly, any medication or medical equipment needed to ensure

you remain in a good state of health for the weekend (unless it has been agreed in advance that you require assistance with this).

- If you forget to bring your medications, it will be your responsibility to get replacements, either by returning home to collect them or having a friend or family member bring them to you at the Mount Cook Adventure Centre.
- If it has been agreed that you will bring a helper/carer with you, it will be both yours and their responsibility to ensure you are safe and well throughout the weekend.
- You will be responsible for managing and undertaking your own peritoneal dialysis (CAPD or APD), or home haemodialysis (Baxter NxStage machine). A private bedroom will be provided, or you can request to share with another young person if they are in full agreement. The Kidney Care UK Volunteer staff are not able to assist you with your renal replacement therapy.
- First aid response is available on site, with all Mount Cook duty managers and activity instructors being first aid qualified. First aid kits are carried and administered by Mount Cook the activity staff and the Kidney Care UK volunteer team with have a basic first aid kit available to use. There are several minor injury units nearby with the nearest kidney unit based in Sheffield. The Kidney Care UK volunteer staff who are medical professionals will not be providing medical cover or renal care during the weekend.
- If you have any concerns about the health and wellbeing of any other young adults attending the residential weekend, please share these with the keyworker allocated to you, or the Kidney Care UK team day leader.

## Covid-19 precautions

- Please read the separate Covid-19 policy, as this will give you full details of how we aim to reduce the risk of Covid-19 transmission and infection. You need to familiarise yourself with the precautions Kidney Care UK and Mount Cook Adventure Centre are taking to keep you as safe as possible during the weekend. Check [www.kidneycareuk.org/YAKG-2022](http://www.kidneycareuk.org/YAKG-2022) continuously in the run up to September for updates regarding this.
- Everyone attending, both young adults and Kidney Care UK volunteer staff, must have completed all their required Covid-19 vaccinations. This will be checked against NHS records.
- You must provide proof of two negative Covid-19 tests (lateral flow tests). Please check [www.kidneycareuk.org/YAKG-2022](http://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 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](http://www.gov.uk/report-covid19-result). The result should also be sent via WhatsApp/text message to your named keyworker for verification.
- You must comply with all Covid-19 regulations and rules as stated by the Mount Cook Adventure Centre. [www.mountcook.uk/covid-19-resources](http://www.mountcook.uk/covid-19-resources)
- Whilst at Mount Cook, if you feel unwell or develop Covid-19 symptoms, you must immediately isolate yourself and contact the Mount Cook team leaders for assistance. Check [www.kidneycareuk.org/YAKG-2022](http://www.kidneycareuk.org/YAKG-2022) and [www.kidneycareuk.org/coronavirus](http://www.kidneycareuk.org/coronavirus) for the latest Covid-19 guidelines.
- Ensure that you regularly check the Kidney Care UK Young Adult Kidney Group webpage in the run up to September for more in-depth information about the Covid-19 policy, and for other updates. Kidney Care UK will be receiving advice and continuous guidance from renal clinicians, renal national bodies and infection, prevention, and control experts to reduce risks and this information will be updated on the Kidney Care UK website.

**Thank you!**

## Individual Conduct and Covid-19 Safety Policy Consent form

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

Please sign and return this Individual Conduct and Covid-19 Safety Policy Consent form. Failure to return this form with your other documentation will mean that we will be unable to offer you a place at this year's Young Adult Residential Weekend.

Full name (block capitals) \_\_\_\_\_

Date of birth \_ \_ \_ \_ / \_ \_ \_ \_ / \_ \_ \_ \_

NHS number \_\_\_\_\_

I agree to adhere to the guidelines and rules stated in Young Adult Residential Weekend Individual Conduct Policy and Covid-19 Safety Policy. I agree to check [www.kidneycareuk.org/YAKG-2022](http://www.kidneycareuk.org/YAKG-2022) regularly for updates.

Signed \_\_\_\_\_

Date \_ \_ \_ \_ / \_ \_ \_ \_ / \_ \_ \_ \_

Please return this signed form via email to: [nuth.newcastlerenalyoungadult@nhs.net](mailto:nuth.newcastlerenalyoungadult@nhs.net)

If you have any queries, or need to speak to someone about this form, contact:  
[holly.loughton@kidneycareuk.org](mailto:holly.loughton@kidneycareuk.org)