

BROS GLOBAL TRAINING AND WORKSHOPS COVID-19 GUIDELINES (Updated 1 August 2020)

BROS GLOBAL takes our commitment to maintaining robust Coronavirus (COVID-19) guidelines as advised by the WA Department of Health seriously. WA remains in a State of Emergency, with Phase 4 Restrictions in place.

WA's recent low numbers are encouraging, and the WA Government thanks the community for playing their part and taking this seriously. We cannot be complacent and need everyone in WA to stay the course. This will give us the best chance of protecting every Western Australian. Information and advice on COVID-19 for the community and business in WA is available on the WA Government website.

Visit the WA Department of Health – COVID-19 webpage here:
<https://www.wa.gov.au/government/covid-19-coronavirus>

Please read the following information carefully.

1. Minimising Personal Risk

The risk of COVID-19 transmission in Australia remains low, however the situation is evolving. Western Australians should remain alert, but not be alarmed.

- Follow good hygiene practices such as washing your hands with soap, covering your nose and mouth with a tissue or flexed elbow when coughing or sneezing.
- Avoid close contact (maintain a distance of at least one metre) with anyone who has cold or flu-like symptoms.

If you have cold or flu-like symptoms and/or are concerned that you may have been in contact with someone who has, or if you become unwell and think you may have symptoms of COVID-19, seek medical attention. Tell your doctor about your symptoms, travel history and any recent close contact with someone who has or may have COVID-19.

2. COVID-19 Standard Precautions (WA Phase 4 restrictions)

BROS GLOBAL has recommended infection control measures in place during our workshops and training sessions:

COVID-19 Screening:

- All participants will be asked the following COVID-19 initial screening questions before entry into the course facility:
 - Have you been diagnosed with COVID-19 and have not been discharged from isolation?
 - Have you arrived in Australia from overseas in the last 14 days?
 - Have you recently come into contact with a person who has a confirmed case of COVID-19?
 - Do you have any symptoms of acute respiratory infection such as breathing difficulty, cough, sore throat, runny nose & loss of sense of smell or taste?

If you respond yes to any of the health screen questions or have a temperature higher than 37.5 degrees Celsius, will be denied entry into the course. You will be advised to visit the nearest hospital for a COVID-19 test. We can arrange for a deferment of your course to a more appropriate time when you are not assessed as being at-risk of having COVID-19.

Other COVID-19 precautions:

- Training spaces have been limited in size.
- The 1.5m social distancing guidelines apply in all our classes.
- We encourage participants to use hand sanitisation available as you enter and before you leave (and whenever they like during the course).
- Chairs are spaced out, participants have breaks under every 2 hours, surfaces and door handles are sanitised regularly at each break and air the room during break.
- There are gloves that you can use for hands-on exercises, where relevant.
- We have a sign on the door reminding people **not to enter** if they have travelled internationally in the last 14 days or demonstrate signs of fever or symptoms of acute respiratory infection.

All participants are recommended to play their part to help stop the spread of COVID-19. This always means following good hygiene habits and physical distancing during training sessions or workshops:

- If you are sick, stay home. Do not come into the training. (See screening process above.)
- Keep 1.5 metres away from others.
- Do not make unnecessary physical contact with others. Avoid physical greetings, such as handshakes, hugs and kisses.
- Use tap and pay instead of cash.
- Wash your hands regularly for at least 20 seconds with soap and water or an alcohol-based sanitiser.
- Cover your mouth and nose when you cough or sneeze. Use a flexed elbow or a tissue; if you use a tissue, dispose of it immediately and appropriately.

Within a WA State of Emergency – Phase 4, various restrictions are enforceable by fines of up to \$50,000 for individuals and \$250,000 for businesses. Police officers also have the power to issue \$1000 on-the-spot fines. The latest easing of restrictions by the WA Government is due to the continued low number of new COVID-19 cases and WA's hard border with the rest of the country. The easing of restrictions will continue the process of re-starting the State's economy by helping to get more Western Australians safely back to work.

DR SIMON H YAM PhD, DipEd, DipLifeCoaching, MHFA Acc.
ABN: 13 744 819 740 | Tel: +61 411 983 888 | Email: simonhyam@bros.global
Website: www.bros.global | Facebook Page: www.facebook.com/www.bros.global
Mental Health First Aid Instructor profile: www.mhfa.com.au/instructor/420468