



COVID-19 Pandemic

Notice to Stakeholders from the Board of Directors

We have all received the government instructions regarding what we must do to save lives in the current pandemic. The Team Leaders and the Board of HCF have been hard at work to agree how these instructions affect our work at the farm and comply with government rules and legislation.

We want to reassure you that any advice and guidance we give at the local level for Highbridge Community Farm, is based on our concern for the health, safety and well-being of all our members and the local community.

First of all, it is of course vital that anyone who is at risk, or who lives with someone who is at risk, or who has symptoms of the virus, does not come to the farm. If you are in any doubt, please avoid coming to the farm and let your Team Leader know.

Please **do not come to the farm** if you are at a high risk of developing pneumonia as a result of catching flu, for example if you are on immune-suppressant medication, or have diabetes, hypertension, cardiovascular disease, or chronic respiratory disease.

Please **do not come to the farm at all** if you have a new continuous cough, or a high temperature, for at least 7 days after it starts. If anyone in your household has expressed any symptoms associated with Coronavirus you must not attend for at least 14 days.

Please **inform your Team leader and Lynn** (email lynn.sheil@btinternet.com) if you are self-isolating, or if you are diagnosed with COVID-19. We will keep a central register and aim to co-ordinate help for each other where we can, for example if you live alone and need shopping or meals delivered.

Secondly, we reassure all our members who do not fall into the above categories, that you are still legitimately allowed to come to the farm under these exemptions:

1. Work (that is not deemed non-essential) that absolutely cannot be done from home, and you may travel to that
2. One form of exercise outside your home a day, alone or with other members of your household

This is in line with guidance given by the government also to allotment holders.

Thirdly, we ask that all who can come, be prepared to work on plots other than your own as required, as different crops have different workloads and schedules to follow, and some teams will be very short-handed.

Our Expert Growers will be co-ordinating with the other Team Leaders about this to ensure that we bring all our crops on as best we can in difficult circumstances.



Highbridge Community Farm

Additional Guidance and Rules:

- Only paid up HCF members and children who have been identified on the membership application forms will be allowed on to the farm. Children must be kept under control, not run around and be with their parents at all times.
- Members who are still employed have priority to come to the farm at weekends. Others please come during the week. Soon the evenings will be lighter which will give us all more opportunities to spread our attendance.
- There must be no more than two individuals on any plot, or the fruit area, at any time. Team Leaders will co-ordinate this with their teams.
- Everyone must comply with government advice and strictly follow the 2m distancing rule from any other people who are not members of your household; and ensure that any children in your care do also. You must not congregate in the polytunnels, around the produce sales, hardening off area – keep your distance!
- Tea will not be available, and the hut can only be entered by one person at a time to access the first aid kit or to wash hands - Please bring your own refreshments.
- You are advised to wear gloves when using tools or touching any of the communal gates, doors, etc. - do not touch your face with the gloves - and wash/sanitise your hands after removing them. Either your own gardening gloves which you can wash when you get home, or you may wish to use disposables.
- We prefer that cash continues to be used for produce sales, the tin is kept inside the big shed, but the BACs method will be accepted during this time for purchases of £5 or over, which can be paid in and then produce taken over a couple of weeks or so - details as per previous communications regarding online payment of subs; or contact Steve on sbg@sky.com for our bank account details
- So, we recommend that if you feel normal, not at risk and no one in your household shows symptoms of Coronavirus, keep coming to the farm at the times agreed with your Team Leader; because being out of doors in the fresh air, receiving sunlight, and getting exercise is great for our general health.

Please route any questions, concerns or suggestions through your Team Leader.

Useful links

Government advice and restrictions:

<https://www.gov.uk/coronavirus>

NHS advice for the UK:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>