



Covid Statement Jan 2021

As with many businesses, when the latest lockdown announcements were made, we questioned whether we could/should offer sessions during this time.

We read the guidance that is relevant to our business (a nature based support/health service) and made a decision that we COULD and we SHOULD operate safely and continue through lockdown.

We thought it might be helpful to outline what we're doing to keep everyone safe and why we feel it is not only appropriate to continue it is ESSENTIAL

What the law says (updated Jan 14th 2021)

'Support groups that have to be delivered in person can continue with up to 15 participants where formally organised to provide mutual aid, therapy or any other form of support - but they must take place at a premises other than a private home.'

<https://www.gov.uk/guidance/national-lockdown-stay-at-home#support-and-childcare-bubbles>

It is important to meet people you do not live with outdoors where possible. It has been proven that providing you keep a distance of 1-2m, outdoor transmission of Coronavirus is very low risk. (Helpful graph at bottom of article).

It is critical that everybody observes the following key behaviours:

HANDS - Wash your hands regularly and for 20 seconds

FACE - Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.

SPACE - Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).

What Nature Connects are doing...

- We felt that 15 people was too large a group to operate safely. Our maximum group size currently is 6 people including myself and Alice . This will only change when it feels safe to do so. Booking is essential so we can manage the number of participants.
- We have completed risk assessments for all of our activities and carry out dynamic risk assessments throughout a session making changes if needed
- We ask everyone to answer covid symptom checker questions the morning of the session and to not attend if there is an identified risk
- We meet in private woodland
- We spend the whole time outdoors
- We maintain social distancing at a minimum of 2m at all times.
- We try not to share any tools, materials, etc

- Where this is not possible we provide hand washing facilities and hand sanitiser at all times

Why it's essential

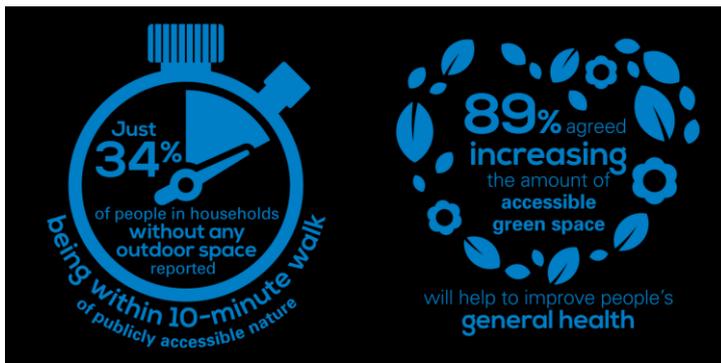
Nature Connects was set up primarily as a way to empower people to connect to nature for their health and wellbeing. There are many medically recognised benefits to facilitated time in nature, these include:

- Lowering stress levels
- Increased immunity
- Improving sleep health
- Reduced social isolation
- Reduced anxiety
- Increased confidence
- Improved self management of health needs

We are part of the Nature and Health Practitioners network and see ourselves as a frontline health service.

We hope this clarifies and provides reassurance. Please get in touch if you have any questions

Alice and Sarah



RSPB infographics from the March 2020 lockdown survey



Type and level of group activity	Low occupancy			High occupancy		
	Outdoors and well ventilated	Indoors and well ventilated	Poorly ventilated	Outdoors and well ventilated	Indoors and well ventilated	Poorly ventilated
Wearing face coverings, contact for short time						
Silent	Low	Low	Low	Low	Low	Medium
Speaking	Low	Low	Low	Low	Low	Medium
Shouting, singing	Low	Low	Medium	Medium	Medium	High
Wearing face coverings, contact for prolonged time						
Silent	Low	Low	Medium	Low	Medium	High
Speaking	Low	* Low	Medium	* Medium	Medium	High
Shouting, singing	Low	Medium	High	Medium	High	High
No face coverings, contact for short time						
Silent	Low	Low	Medium	Medium	Medium	High
Speaking	Low	Medium	Medium	Medium	High	High
Shouting, singing	Medium	Medium	High	High	High	High
No face coverings, contact for prolonged time						
Silent	Low	Medium	High	Medium	High	High
Speaking	Medium	Medium	High	High	High	High
Shouting, singing	Medium	High	High	High	High	High

Risk of transmission
Low ■ Medium ■ High ■

* Borderline case that is highly dependent on quantitative definitions of distancing, number of individuals, and time of exposure

Graph taken from the BMJ (British Medical Journal)

<https://www.bmj.com/content/370/bmj.m3223>