

10Eighty's COVID-19 Policy

Guidance and Advice

Do

- ✓ Try to undertake a Lateral Flow Test prior to attending your face to face coaching session. If you test positive, please contact your coach as soon as possible so your session can be arranged virtually or rearranged for another time.
- ✓ Try to wear a face covering in communal areas if possible e.g. lifts and entrance lobbies. You are not required to wear a face covering in your coaching sessions, but you may choose to wear one in communal areas.
- ✓ Follow strict hand hygiene measures.
- ✓ Keep a reasonable distance from your coach during your coaching sessions.
- ✓ Where possible, open the windows to ensure good ventilation.

Don't

- ✓ Attend sessions if you are showing any signs or symptoms of COVID-19. Please inform your coach as soon as possible.
- ✓ Assume a negative Lateral Flow Test means you do not have COVID-19. If you think you have any of the symptoms listed [here](#), please let your coach know that you will not be attending your session as you have symptoms. Your session can be rearranged or changed to virtual.

Thank you for your support.
It helps to protect our coaches and our partners at The Office Group.

If you do not have your coach contact details to hand, you may wish to contact Anita in office support at 0207 9528 699 or email at anita.brooks@10irighty.co.uk