

COVID-19 RESPONSE PLAN

In lieu of the Coronavirus (COVID-19) pandemic, Sober Soc have put together a COVID-19 Response Plan as a measure in which we did have an outbreak or a positive case within the society, we would be prepared as a committee and society to deal with said circumstance swiftly and effectively in order to keep everyone safe while still having fun.

COVID-19 is spread in sneeze or cough droplets. To infect you, it has to get from an infected person's nose or mouth into your eyes, nose or mouth. This can be direct or indirect (on hands, objects, surfaces).

The Sober Soc committee has elected 3 committee members as our COVID Officers who are available to discuss any matters regarding COVID-19 with all members of the society so if a member has any queries we would urge the member to contact:

Tarryn McCoy

Ruairi Flynn

Lara Walsh Fagherazzi

Also if you feel more comfortable talking to another committee member please do so, or contact either:

Ruth Guildea (Chairperson)

Roisin McArdle

Following the National Guidelines instructed by the HSE (Health Service Executive) we are going to take a number of precautionary actions to prevent any infection as much as we possibly can:

- All members at Sober Soc events are expected to don a protective face mask correctly, covering both mouth and nose during all in-person activities, both indoors and outdoors
- Coughing and sneezing etiquette is expected from all members of the society, cover your mouth with either a tissue or your sleeve into your elbow if you need to sneeze or cough
- Social distancing of 2m (6ft) is mandatory at both indoor and outdoor events, although we are a big family at Sober Soc and we would love to be giving each other hugs unfortunately we are keeping contact at a minimum
- We shall be providing sanitisation stations at all events and if all members could please bring their own hand sanitizers with them in order to wash their hands regularly to prevent any contamination, our Sanitization Plan will contain any information and guidance on handwashing if anyone should require it
- As a committee, we are responsible for sanitizing and cleaning all surfaces before and after events in order to create as clean and safe environment as possible for all of our members
- Due to HSE restrictions, we are having to limit our society events' maximum capacity of people attending, at the moment the restriction for people meeting indoors is 6 people from 3 different households and 15 people from three different households may meet outside. However we are hopeful that as time progresses, it will be safe

enough for these restrictions to be eased and we are able to see all of your lovely faces

- In regards to our on campus movement being limited at this time, our wonderful events are to take place over Zoom until restrictions are eased, however we are always planning events for when we can get back on campus again
- If any member of Sober Soc is experiencing any cold-like symptoms (an in depth list of symptoms will be listed below), is awaiting a COVID-19 swabbing result, has been in contact with anyone with either a confirmed or suspected case of COVID-19 or has tested positive for COVID-19, we would urge you to PLEASE let us know if you have attended any of our in-person events and to not attend any further events until you have either been tested with a negative result, or have been 2 weeks/14 days symptom free. We understand how hard this is but our main priority is for everyone to be safe and healthy and we will welcome you back with open arms after this period
- We would like to note that if any member does have a positive COVID-19 case, there is absolutely no sense of any negative feelings or anything in that manner towards them, we understand that the virus is difficult for everyone and we would hate to think that anyone experiencing any feelings of guilt or anything like that
- Once in-person events begin, the committee are asking for all members to complete a health questionnaire and we will be taking each member's temperatures and asking them a series of yes/no questions in regards to symptoms, which the member shall have to sign to declare their health, any members with a temperature above a precautionary 37 degrees Celsius or answer yes to any symptoms will have to return home and contact their GP

List of Symptoms that could Indicate COVID-19

Shortness of breath or breathing difficulties

Sore throat

Loss of taste or sense of smell

Any form of cough

A temperature above 38 degrees Celsius

Fatigue

Aches and pain

If you are experiencing any of these symptoms it may not mean you have a positive case of COVID-19, however it would be advised that you contact your GP via phone in order to see if they think if you should be tested or not, all phone consultations with your GP regarding COVID-19 are free of charge

If a situation arises where we do have a positive case of COVID-19 within Sober Soc, the committee shall act effectively and swiftly to ensure that we can keep everyone as safe and healthy as possible:

- If someone is tested positive with COVID-19 they must let the committee know as soon as possible if they have attended any of our in-person events
 - It must be noted that if this does occur, we will treat this event sensitively and confidentially, we shall not discuss your health with other members of the society and keep the cases anonymous

- If said member has attended any of our in-person events, the committee will organise testing for all members present at said event and will ask all said members to limit their movement due to their exposure to the virus
- Our COVID Officers will inform the rest of the committee members and will proceed to inform Clubs and Societies, the SU and the SLC and will provide them with regular updates regarding the matter
- Our COVID Officers and the rest of the committee will keep the society informed of what is going on within the society while protecting the privacy and dignity of any individuals
- Once all members have been tested and are 14 days symptom free with a negative COVID-19 swab, we shall be able to resume our activities with caution

We understand that times are difficult at the moment and we would love nothing more than to go back to normal this year so you can all experience Sober Soc. However, we are dedicated to making sure that all of our members have the best possible experience with Sober Soc this year in the safest way possible.

List of helpful links for information regarding COVID-19:

<https://www2.hse.ie/coronavirus/>

<https://www2.hse.ie/conditions/coronavirus/symptoms.html>

<https://www.hiqa.ie/areas-we-work/health-technology-assessment/covid-19-publications>

SOBER SANITISATION PLAN

Prior to the event, 10 - 15 mins should be used to deep clean the room using spray and cloths. This will include:

- Wiping over all surfaces
- Cleaners (allocated for each event) should wear gloves and a mask
- Hand sanitiser will be made available at the entrance to event by door.

Attendees arrival should be staggered if possible.

- Temperatures should be taken upon arrival.
- Attendees should wear masks for the entirety of the event.

When the event is over, attendees will leave one at a time to accommodate social distancing.

Then, the room will be deep cleaned for 10-15 minutes using spray and cloths as before. All gloves and cloths should be disposed of bags placed to one side to prevent further contamination.