



Cardiff Buddhist Centre - volunteer/staff protocol

- Ensure you give yourself enough time to clean and sanitise.
- Windows open whenever possible.
- Currently we are obliged to wear face masks in a public building.
- Hand sanitiser will be provided, but hand washing offers more protection (and is better for the skin).
- If more than one of you keep 2m distance at all times.
- Do not use the tea and coffee area, bring drinks if you wish.
- Clean areas where you have been using spray and clothes provided. Wipe door handles, window handles toilet flush, toilet seat and any work surfaces you have been in contact with. Leave the antibacterial spray on the surfaces wet, for at least ten minutes. Run taps for five minutes to prevent other bacteria buildup.
- Only use the upstairs toilet through the kitchen to minimise risk.
- Do not come to the centre if showing any symptoms, or have recently been in contact with anyone suspected of carrying the virus.
- Wash hands on arrival and before leaving.
- Initial, time and date the cleaning log after you've done.

We will monitor this protocol and adjust according to the situation at the time. We take your health and well being seriously.

