

# The Birthing Institute - COVID-19 Safety Plan

The Birthing Institute policies and procedures outlined are subject to change to meet the fluid requirements and challenges presented by the COVID-19 Pandemic. Prior to any face to face teaching, The Birthing Institute will be adhering to the current COVID-19 health restrictions in place within a specific area of NSW and VIC.

These health restrictions are subject to change by the government with little notice. We will keep you informed if changes affect the course.

We always remain committed to providing an engaging and safe learning environment. This could mean that a group face-to-face course becomes a private course, a live group zoom interactive course, or a full online course plus a private consultation.

All Australian state health departments note that both vaccinated and unvaccinated can transmit COVID; thus, social distancing and hygiene measures will remain in place for the foreseeable future.

The Birthing Institute requests that educators, doulas and assistants complete a negative test before teaching a course or attending an appointment. Doula work is a private arrangement for a family and therefore can vary according to discussions. We cannot legally require any of our team or attendees to provide proof of confidential medical information.

We will at all times endeavour to follow state and federal health regulations on an ongoing basis. Please note that no refunds will be made available if changes occur. Upon booking, you are agreeing to the above and the following.

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A participant must not attend a She Births® Weekend Course if they

- have been in a hotspot and/or tested for COVID-19 in the last 14 days
- have been to a close, casual or monitor for symptoms locations in the last 14 days
- have been in contact with someone else who has been tested or have: visited/lives within a hotspot
- display any COVID symptoms such as temperature, cough, runny nose, loss of taste, change of taste, loss of smell, diarrhea.
- are close contact of a person with confirmed COVID-19 who is within their isolation period
- are living in a household with a person who is currently isolating
- are waiting for a COVID-19 result

If you are at all concerned please go to a free testing area nearest you immediately and self isolate.

If you are unable to attend, The Birthing Institute will make a plan for you to learn childbirth education with us in a safe manner using online courses and instructions or by moving to another date if possible.

Government guidelines state that 4-metre square is allocated per person. Our venues vary in size and numbers are limited accordingly.

- Our venues have signage that outlines COVID-19 conditions both outside and inside the space.
- All participants must sign in/out of the space using the QR code of the venue.
- All participants must wash hands and/or sanitise as soon as they arrive.
- All participants must bring their own mat/props/blankets/pillows/fitball for use during the course as well as their own drinking and eating utensils. Teabags will be supplied but please bring your own tea/coffee cups. There may be some disposable cups, cutlery and plates in your venue.
- Educators have the right to turn away students who appear symptomatic.
- Morning tea and lunch is brought by each participant and can be eaten on the grounds and around the space but not a space that does not allow for a 2m separation rule.
- Disposable masks are made available to participants by your Educator and can be worn at your discretion or at the directions of the state governing body.
- Chairs will be marked out to allow for physical distancing within the venue.
- Educators will keep a 2m distance from all participants.
- Educators will only provide adjustments to participants that request it and will sanitize hands between adjusting other people while wearing a fitted N95 mask.
- Participants and educators will go outside if they need to cough or sneeze.
- Participants will ask educators to turn lights or heaters on/off rather than touch the switch themselves.
- There will be hand sanitizer within the bathrooms, venue, tea room and lounge areas.
- After each day the educator will wipe over the bathroom and door handles, the heater switches and the front door handle with anti-bacterial wipes.
- Educators will make a gentle announcement at the beginning of each day to remind participants of these protocols.