



UPDATED COVID SAFEGUARDING RISK ASSESSMENT

CHEPSTOW 'BRIDGE TO SHORE' - BOOK STUDY SUNDAYS 7.00 - 8.15pm

Saint Christopher's Church, 2 Pembroke Road, **Chepstow**, NP16 5AF

PRE-BOOK ATTENDANCE ON 07779161093

E.S.H. SHARES EVERY 2ND & LAST SUNDAY OF THE MONTH

As of the 19th August 2020. Guidance has been updated to provide clarification on the test and trace. The Government has provided information on what to do if a member of your household has symptoms and it is essential that everyone follows this guidance.

The information on the NHS Test and Trace and how it works can be found at:

<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

Important: If anyone shows symptoms of Covid-19 or has been in contact with someone displaying symptoms within the last two weeks, then they should stay at home until an NHS practitioner advises them that they no longer need to remain in isolation.

We ask that masks are worn on arrival to ensure that we do not bring the venue or C.A.Wales into disrepute.

Masks, gloves and hand sanitisers are available for anyone without who wants to wear or use them. We will be following a one way system within the building to ensure we keep a minimum of two metres apart at all times. So please enter through the main church door. Exit will be the side door.

Each participant should self-screen prior to arrival to ensure they do not have any of the following symptoms as these are potential indicators of Covid-19 infection.	Check Negative	Check Positive
A high temperature (above 37.8oC) We are doing on-site temperature checking.		
A new continuous cough or a sore throat		
Shortness of breath.		
Loss of or change in normal sense of taste or smell.		
Feeling generally unwell.		
Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks.		

Arrival at the venue 6.45pm - 7pm. Please social distance!

Ensure you arrive in a mask as it is a condition of our agreement with the venue.

Our greeter will check that each participant completed the self-screen checklist above before attending and if so, if the self-screen checks were negative for all participants. Ensuring everyone understands the importance of this simple process being completed before travelling is essential to avoid potential transmission.

If a participant says they forgot to self-check before their arrival, then the greeter will ask them the health check questions before they join the meeting within the venue. If they answer 'yes' to one or more of the questions, participants must not take part in the activity and should be told to safely return home. If an attendee is openly sick during the meeting they will be asked to leave.

Masks are to be worn right through until you are seated.

Capacity: 20 CA Members:

(25 maximum capacity of venue to include newcomers)

The group has decided that it is asked if you would like to attend and are known to the group that you can confirm your attendance prior to the meeting on 07779161093 so we can track phone numbers and register.

We hope that this will ensure that we have capacity for newcomers & outsiders who are unknown to us. If we get to a point where we could potentially exceed the venue restrictions (25) due to being over capacity we will hold an on the spot conscience and volunteers may give up their place.

Registering:

In accordance with government guidelines any newcomers or visitors will need to **add their name and telephone number to our register** which the greeter will hold and this information will be kept for 21 days before being destroyed.

- If you develop symptoms, you must continue to follow the rules to self-isolate with other members of your household and get a test to find out if you have coronavirus
- If you test positive for coronavirus, you must share information promptly about your recent contacts through the NHS Test and Trace service to help us alert other people who may need to self-isolate. 07779161093 will be the point of contact for this.
- If you have had close recent contact with someone who has coronavirus, you must self-isolate if the NHS Test and Trace service advises you to do so.

By entering the venue you understand that you may be called to self isolate should anyone attending show symptoms.

Anonymity is the spiritual foundation of all our traditions:

A.A. co-founder Bill W. wrote in *The Language of the Heart* (p. 15) that “It should be the privilege of each individual A.A. to cloak himself with as much personal anonymity as he desires. His fellows should respect his wishes and help guard whatever status he wants to assume.” It is thus up to each individual to decide how anonymous he or she wishes to be, at any level below that of the public level. Giving your last name in an C.A. meeting is not “breaking” C.A.’s Tradition of anonymity. The Tradition states that we should maintain our anonymity at the level of press, radio, and films.”

It is not necessary to break another member’s anonymity for contact tracing. Members may simply say they met as friends or as part of a spiritual gathering.

Tradition 7:

Chepstow group Tradition 7 monies will revert back to being managed on a group level. Anyone wanting to make a contribution or buy literature by cash will need to be mindful of the risks.

If you prefer payments can be made by transfer.

Other things to note:

- Please bring your own copy of the Big Book.
- Readings will be done using members' mobile phones.
- We will not be serving tea, coffee or biscuits. Please bring any soft drinks or snacks with you.
- Please use the one sign posted bin for disposal of any rubbish.
- The toilet will need to be sprayed and sanitised after each use.
It is the responsibility of the person using it to safeguard themselves and their fellows.
- All surfaces must be cleaned when we leave the building and the rubbish disposed of safely.
The greeter will make sure that this is done.
- As tempting as it is to hug and greet **when outside** or in the venue **please don't**.
- Serenity Prayer will comply with the 2m distancing rule.
- Keyrings will be sanitised lol.
- Please keep all **noise to a minimum** outside of the venue.

No smoking outside the venue!

As part of our agreement we have to safeguard attendees as well as the reputation of the church in the community. To ensure we can continue to open and host meetings we have been warned that we are not to congregate outside the venue. Please do not smoke before or after the meeting in groups or in public view. We respectfully ask for your help in adhering to this rule so we don't get closed down.

Preamble:

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem, and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self-supporting through our own contributions. We are not allied with any sect, denomination, politics, organisation or institution. We do not wish to engage in any controversy and we neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom. * We use the Twelve Steps Of Recovery, because it has already been proven that the Twelve Step Recovery Program works.

Who is a C.A. Member?

While the name "Cocaine Anonymous" may sound drug-specific, we wish to assure you that our program is not. Many of our members did a lot of cocaine; others used only a little, and some never even tried coke. We have members who drank only on occasion, those who casually referred to themselves as drunks, and others who were full-blown alcoholics. Lots of us used a wide variety of mind-altering substances. Whether we focused on a specific substance or used whatever we could get our hands on, we had one thing in common: eventually we all reached a point where we could not stop. According to C.A.'s Third Tradition, the only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. Whatever you may have been using, if it led you to this meeting, you're probably in the right place.

Over time, virtually every single one of us has realised that our real problem is not cocaine or any specific drug; it is the disease of addiction. It can be tempting to focus on our differences rather than our similarities, but this can blind us to potential sources of support in our recovery. As we hear other members' stories, the most important question to ask ourselves is not, "Would I have partied with these people?" but rather, "Do these people have a solution that can help me stay sober?" We encourage you to stick around and listen with an open mind. With its all-inclusive Third Tradition and First Step, Cocaine Anonymous welcomes anyone with a drug or alcohol problem and offers a solution. C.A.'s Twelve Steps are not drug-specific, and Cocaine Anonymous is not a drug-specific Fellowship. It doesn't matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome here!

Alcohol Card:

Alcohol is a mind-altering substance in liquid form. Many people don't realise that it is no different from cocaine or other drugs in its ability to lead to addiction. One drink is never enough, just as one hit, fix, pill or snort is never enough. We are masters at combining and substituting one drug for another to get high. Many of us never felt that alcohol was part of our problem. However, take away the drug of choice, substitute another, and eventually it becomes a problem drug.

The Serenity Prayer:

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.