

Important information regarding coronavirus COVID19

ARPA Active Over 50's acknowledges the threat the coronavirus, COVID-19 poses to our global community. As an organisation it is mindful of its responsibility to do all it reasonably can to contribute to efforts to stop the spread of the virus and to minimise risks to members, volunteers, employees and the community.

Mindful of developments and the evolving advice of federal and state health officials the Council will do all it can to act on that advice for the benefit of the older people we serve and the employees and volunteers who make up the ARPA team. We are especially conscious that older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease), are more vulnerable to becoming severely ill with the virus. We also recognise the risks of prolonged isolation and lack of social contact.

The varied nature and the diverse range of activities provided by ARPA Active Over 50's, makes it impractical to provide blanket advice in regard to the continuation or otherwise of these activities. For example, groups of people sitting indoors playing cards in close proximity would likely pose a reasonable risk, whereas a group of cyclists in the outdoors, riding a reasonable distance from each other is likely to present a lesser degree of risk. It is ultimately up to the Coordinators of each activity group to decide whether or not to continue, moderate or suspend group activities. In doing so they should refer to advice and material provided by the government which can be accessed at <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>. The relevant heading is "How to protect yourself and others". If having considered this advice Coordinators are still unsure whether or not to continue with group activities, they should err on the side of caution and suspend such activities.

Members should also consider their own situations when deciding whether or not to participate in activities. In particular anybody feeling unwell, as well as high risk individuals (ie those with any condition compromising their health, particularly heart and lung problems) should isolate themselves as much as possible.

For the time being the ARPA office in Leigh Street, Adelaide will remain open, but with only the necessary number of staff and volunteers required to undertake the basic administrative functions. All staff and volunteers are required to wash their hands with soap and water immediately prior to entering or re-entering the office. All activity group use of the office and meeting rooms will be suspended for the time being unless specific prior arrangements (with associated precautions) are made with the Office Administrator.

It is essential that all ARPA members follow Australian Government health guidelines. These state that everyone should be diligent with hand washing after being in public areas and in contact with others, this means washing with soap, lathering for at least 20 seconds. Avoid touching your face with your hands at all times. If you need to cough, do so into your elbow or better still into a disposable tissue. At present it is only gatherings of 500 or more at outdoor activities or 100 or more indoors that are being restricted, however if you attend a smaller gathering, advice is to keep a distance of 1.5 metres from other people. In addition anyone who has returned from overseas since Sunday March 14 must self-isolate for 14 days

As the situation evolves and official advice changes, there may be a requirement to amend these arrangements. The Council has established a task group with the authority to make such changes as and if they become necessary. Any such changes will be advised to Coordinators and posted on the ARPA Active Over 50's website.

Please be mindful of your health and eat plenty of fresh foods and keep active as best you can. Social isolation is a real risk in the months ahead so please make regular contact with friends by phone and internet and any of your group members who may have little or no family support.