



Covid-19 guidance: Mentoring Project December 2021

In light of the current Covid-19 situation and new variant, we are asking mentors and mentees to follow this guidance. Please follow these instructions to keep you and your mentee safe. Up to date government guidance can be found [here](#).

Before meeting, please check that your mentee is comfortable to continue face-to-face meetings.

If you or your mentee don't feel comfortable with face-to-face meet ups at any point, don't hesitate to contact Jess or Olivia. We can discuss various options you can take to make sure everyone feels comfortable and safe.

If you or your mentee feels more comfortable meeting remotely, please follow remote meeting guidance found [here](#). If you or your mentee need access to a laptop, please contact marta@borderlands.org.uk as we have some available to use at Borderlands.

Meeting outside

If possible, try to meet your mentee outside. This could be for a walk or meet in a public park.

If you are meeting outside, please wear a face mask if you feel comfortable to do so.

At all times, remain 2 metres apart.

Wash/sanitise hands before and after meeting.

Meeting inside

Government guidance says that face coverings are required by law in most indoor settings. Please wear a face mask if you meet up inside.

At all times, remain 2 metres apart.

Before meeting inside, we recommend you do a lateral flow test (available at local pharmacies).

Wash/sanitise hands before and after meeting.

The Sanctuary Room in Borderlands is available. It is sanitised after every day of use, and has hand sanitiser in it and a window that can be opened.

Cancelling meetings

Cancel the meeting if you, your mentee or someone in your or their household has Covid-19 symptoms. Cancel the meeting if you, your mentee or someone in your or their household tests positive for Covid-19, and/or is contacted by NHS Track and Trace. Only resume after completing recommended isolation period.

Tell your mentee if you develop Covid-19 symptoms or if you receive a positive Covid-19 test result.

If you have any questions, email jess@borderlands.org.uk or olivia@borderlands.org.uk or call Jess on 07732 901175 or Olivia 07732 901174.