

**Guidance for Volunteers Offering Lifts in their Cars – August 2021**

Thank you for agreeing to give a lift to someone to come to an OPAL service. The purpose of this guidance is to keep you and the person you are offering a lift to as safe as possible, and we ask you kindly to please follow our guidance.

You will only be asked by your Organiser to give a lift to one person (or 2 people who live together) who are able to get in and out of your car and put on a seat belt without assistance from you. We will endeavour to arrange that you give a lift to the same person each time.

If you are new to offering lifts for OPAL, please complete a Volunteer Drivers Form, available from your Organiser. We suggest you check with your car insurance company that you are covered to give **occasional** lifts as a volunteer to older people attending social events.

**Please do not give anyone a lift if you, someone you live with or someone you have had close contact with has Covid symptoms, has had a positive test in the last 10 days or has been asked to self-isolate.**

**The Day Before or in Morning prior to giving a Lift**

1. Take a Rapid Lateral Flow Test the day before or in the morning you are to offer a lift, and only provide the lift if the result is negative. Test kits are widely available in pharmacies and some supermarkets and are free. Information about obtaining a test or getting a home testing kit can be found at <https://www.cheshirewestandchester.gov.uk/news-and-views/incidents/coronavirus-covid-19/covid-19-testing/testing-without-symptoms.aspx>.
2. Telephone your passenger the day before you are giving them a lift or in the morning to check they are well and they and their family do not have any Covid symptoms. You can only offer them a lift if they answer no to all the questions below.

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|  Please ask your passenger the following questions:- 1. *Have you had any* ***cold,******runny nose****,* ***headache****,* ***Covid, or flu like symptoms*** *in the last 10 days ?*
2. *Have you received a positive Covid test in the last 10 days ?*
3. *Has anyone you live with or are in a social bubble with, in the last 10 days,*
4. *had cold, runny nose, Covid etc. symptoms ?*
5. *taken a Lateral Flow or PCR test and it was positive ?*
6. *Have you been asked to socially isolate in the last 10 days ?*
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**Before You Set Off**

1. Sanitise all door handles, head rests, seat belts and any other parts of your car the person is likely to touch.
2. Sanitise or wash your hands for 20 seconds before you start your journey.
3. Take a mobile phone, hand sanitiser and/or antiseptic wipes with you.
4. Wear a face mask while in your car and keep your car windows open while driving.

**Offering a lift**

1. Try and maintain 2 m social distancing (or 1 m wearing a face mask) when collecting your passenger from their home.
2. It may be helpful if you are the only person who opens and closes their passenger door.
3. Your passenger must sit in the back of your car, preferably diagonally from you. They must put on a mask before they get into your car and wear it during the journey.
4. Your passenger should get into your car by themselves and do up their own seat belt.
5. Drive, wearing a mask, with the windows open so that there is cross ventilation.
6. In the unlikely event of any incidents or accidents, please report them to your Organiser.

**Please Note**

Good hygiene is important to avoid catching Coronavirus. However it is now thought that good ventilation is as, or even more, important, in order that you do not inhale the virus droplets that are spread when an infected person breathes out.

Thank you. Please contact your Organiser if you have any queries.