

# Going back to youth services guide



# Going Back to Youth Services

On Friday 20 March, all Education Authority (EA) funded youth service centres and programmes were asked to close to protect the health and safety of young people.

Whilst our buildings were closed and you couldn't come to see us, our youth workers were available to support you online and to provide some specialist services, which we hope you were able to take part in.

You have all been amazing at listening to the advice to stay home and stay safe, we are delighted to tell you that we are getting ready to reopen our centres and programmes, as we have really missed you.

We are really looking to seeing you, but we need you to know that it will be different from how it was before. These changes are to make sure that you are kept safe and well, whilst you take part in our programmes.

If you're not sure what they mean, or if you are worried about returning to the youth centre/ programme, please let us know and your youth worker can call you and speak to you about this.

## In this guide we will:

tell you some of the changes you might see when you return to your local youth club, centre or project

give you some tips on how to cope if you are feeling worried or nervous

## Is it safe to go to my youth club, centre or project?

Children and young people are at very low risk of becoming ill from coronavirus. Coronavirus hasn't gone away completely, but because we all stayed at home there is a lot less of it around at the moment. This means that the Government has decided it is safe for children to go back to school and youth settings. To make sure it is as safe as possible, there will be some changes to when you are using youth services.

## What will it be like at my youth club, centre or project?

Not every youth setting will do the same thing. Your youth club, centre or project should tell you what will be the same and what will be different, and if they don't, it's OK to ask them.

## Getting used to being back in your youth club, centre or project

You might be excited to see your friends again, but it will be important to make sure you keep your distance from each other. With the other changes you're seeing at your local youth club, centre or project it might feel a bit much to start off with. But give yourself some time and you'll soon get used to the changes.

## Will I have to wear a face covering?

The Government has said you don't have to wear face coverings in classrooms **but it is strongly recommended that you do when in your local youth club, centre or project.** There may be times when your youth workers wear face coverings. In areas where new restrictions have been put in place, you may be asked to wear a face covering in confined areas such as corridors and common spaces. This is an added precaution to keep everyone safe.



## What we need you to do:

1

Don't come to the youth centre/programme if you have symptoms of COVID-19 (high temperature, new or persistent cough and/or loss of taste or smell).

2

Give us your parents' written permission for you to come to the centre or programme.

3

Only come to the centre/programme at the time you are given by your Youth Worker. It is really important that you don't come before that.

4

Leave the centre when your youth worker tells you to. You won't be allowed to stay outside of the centre or in the grounds.

5

If you come to the centre and start feeling unwell, please tell a youth worker straight away.

6

When in the centre, stay 1 metre away from your friends and 2 metres away from your youth workers and any other adults in the centre.

7

Wash your hands before you come to the club and when you go home.

8

Understand that it is unsafe to play games or contact sports for this time. These won't be allowed in the centre until it is safe to play.

9

Don't share any equipment you are given with your friends.

10

You will not be required to wear a face covering whilst taking part in the youth programme or project, but we would strongly encourage you to do so.

11

If we use public transport as part of your youth programme and you are aged 13 years or older you will have to wear a face covering.

## What we will do:

1

Welcome you at the front door of the centre and bring you to the room where you will be taking part in the programme.

2

Provide a hand cleaning station at the front door and at other key locations throughout the youth club, centre or project

3

Place markings on the floor of the centre to help you to social distance from others

4

Put posters up around the walls of the centre telling you how to follow the health guidance. Please read these and make sure you follow the instructions. If you don't understand them, please talk to your youth worker.

5

**Work with you to draw up a safety agreement. You will have to follow this agreement when you're in the centre or attending a programme.**

6

We will not be able to give you food or drinks at the centre or programme and you will not be allowed to bring your own during this time

7

Make sure you wash your hands, at the start, during and after your programme or session and we will show you how to do this properly.

8

If you need equipment for your sessions, you will be given this by a youth worker.

## How to cope if you are feeling worried

Let's find out how you're feeling

**Write down all the things you're excited about here:**



**And write down all the things you are worried about here:**



You can show what you have written to an adult you trust (like your mum / dad / carer / youth worker) and they can talk about it with you.

Sometimes we worry about something new because we don't know what it will be like. When we get there, it isn't anywhere near as bad as we thought it was going to be. And all that worry was for nothing!

A good tip is to be prepared. Ask your youth setting to give you as much information as they can about what changes there will be. You can spend some time thinking about this and getting used to the idea so that when in your youth club, you will be prepared for the changes.

## Who to talk to

You can talk to your local youth worker at any time, we are here to listen, help and support you. Child line also offer online and telephone support

[www.childline.org.uk](http://www.childline.org.uk)

**0800 1111**

## Some tips on hygiene

We all need to wash our hands often

Click or tap the video below which shows you how to wash your hands properly



## Catch it! Bin it! Kill it!

When we cough or sneeze, we can pass on infections.

We can reduce the risk by coughing or sneezing into tissue, putting it in the bin and then washing our hands thoroughly





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