



Fitness to Attend a Marmalade Food Club Cookery Club session.

Thank you for booking a place at Cookery Club

Fitness to Attend Policy

People who are around open food while suffering from certain infections (mainly from bacteria and viruses) can contaminate the food or surfaces the food may come into contact with. This can spread infection to other people through the food. These are known as food-borne illnesses examples of which include:

- Salmonella
- Campylobacteriosis (Campylobacter)
- Escherichia coli (E.coli) O157:H7 Infection
- Listeriosis (Listeria monocytogenes)
- Norovirus Infection (aka Norwalk virus, calicivirus, viral gastroenteritis)

No staff member, volunteer, or class participant experiencing diarrhoea and/or vomiting may attend any Marmalade Food Club session.

The 48-Hour Rule:

Individuals with these symptoms must not attend sessions until at least 48 hours have passed since their symptoms have stopped naturally. This is also in-line with School policy.

If anyone begins to show symptoms during a session, they will be taken to a safe place away from the session area and supervised until they are collected/can safely make their way home as appropriate. They will be unable to continue with the session. Surfaces, any contact areas, equipment and utensils will be cleaned and disinfected in-line with food safety and hygiene requirements complying with the Food Safety Agency (FSA) Safer Food Better Business system.

Other Symptoms to Report:

While diarrhoea and vomiting are the most common signs of illnesses transmissible through food, individuals must also report and seek guidance from the class lead before attending if they have:

- Discharge from the eyes, nose, or ears
- Severe coughing, fever, nausea, stomach cramps or pain.
- Skin infections, sores, or cuts on the hands/arms. Any cuts, sores, or abrasions on hands or arms must be completely covered with a clean, waterproof, coloured plaster before handling food.

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These symptoms will be assessed and it may be that the adult or child will be asked to leave the session for the safety of others. Children will be supervised outside of the session area until they are able to be safely collected.

All staff, children or other adults entering a Marmalade Food club session must always:

Wash and dry their hands before handling food or touching equipment and/or surfaces likely to come into contact with food. This must follow a formal recommended format of using running water and soap for at least 20 seconds and drying them thoroughly using disposable paper towels or use alcohol hand rub or sanitiser (follow manufacturer's instructions) if soap and water are not available. At cookery club, adults and children must wash hands frequently and routinely.

See: <https://www.nhs.uk/live-well/best-way-to-wash-your-hands/> for a guide to hand-washing best practice.

This is because it is possible to be infected but not have symptoms.

The following provides more information (there are also other sources available):

<https://www.gov.uk/government/publications/fitness-to-work/fitness-to-work>

<https://www.food.gov.uk/safety-hygiene/norovirus>

<https://www.gov.uk/government/publications/e-coli/ecoli>

<https://www.food.gov.uk/business-guidance/e-coli-cross-contamination-guidance>

<https://www.food.gov.uk/safety-hygiene/salmonella>

<https://www.food.gov.uk/safety-hygiene/campylobacter>

<https://www.food.gov.uk/listeria>

Any questions please feel free to ask at any time.

Contact details: Tina at info@marmaladefoodclub.co.uk M. 07733 003 191.

Thank you!

www.marmaladefoodclub.co.uk

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