

A guide to reopening EXIT



1. OBJECTIVES OF THE GUIDE

1. Reassure our team by using preventative measures to help prevent the spread of COVID-19
2. Reassure visitors about our health & safety standards

2. SYMPTOMS AND TRANSMISSION

How is COVID-19 transmitted?

The virus is transmitted in two main ways

1. Airborne

The disease is transmitted by droplets that are projected whilst coughing, talking or sneezing.

Close contact is considered necessary to transmit COVID

2. By Contact

By touching eyes, mouth or nose with hands after touching a contaminated surface

WHAT ARE THE MAIN SYMPTOMS?

Coronavirus (COVID-19)

COVID-19 is a new coronavirus that has been identified as the cause of an outbreak of respiratory illness globally.

SEVERE SYMPTOMS

- High fever (100.4 or higher)
- Pneumonia

PRIMARY SYMPTOMS

- Fever
- Runny nose
- Dry Cough
- Shortness of breath
- Fatigue
- Body Aches

TRANSMISSION

Spread from person to person through sneezing or coughing.

Respiratory droplets containing the virus can remain on surfaces even after the ill person is no longer near.

3. SIMPLE HYGEINE PRECAUTIONS

1. Cough or sneeze in the crook of your elbow or into a tissue
2. Use a single tissue and dispose of immediately after use.
3. Stay more than 1 meter apart
4. Don't shake hands
5. Wash your hands with soap and water on a regular basis. If unable to wash use hand sanitiser.

What should I do to prevent catching and spreading the virus?

Wash hands frequently with soap and water or use a sanitiser gel

Catch coughs and sneezes with **disposable tissues**

Throw away used tissues (then wash hands)

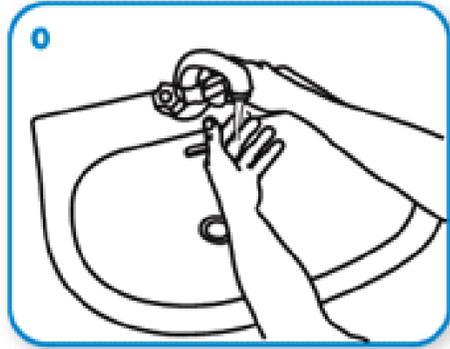
If you don't have a tissue **use your sleeve**

Avoid touching your eyes, nose and mouth with unwashed hands

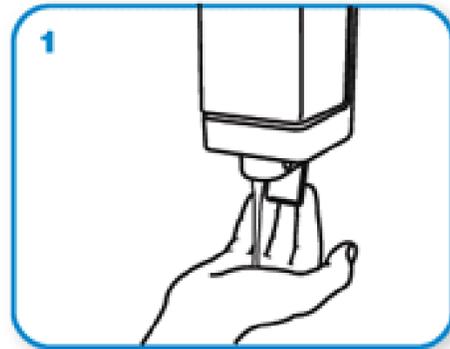
Avoid close contact with people who are unwell

Source: NHS BBC

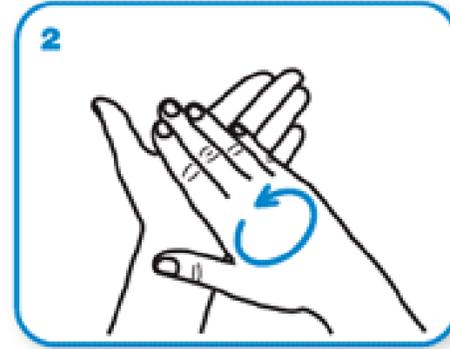
4. HOW TO WASH YOUR HANDS?



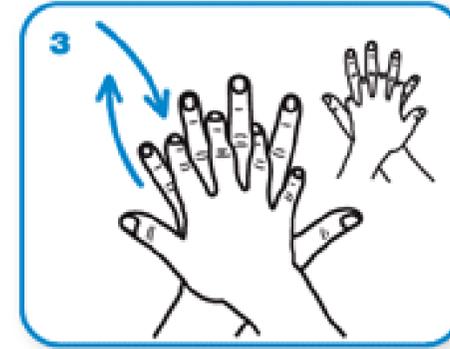
Wet hands with water



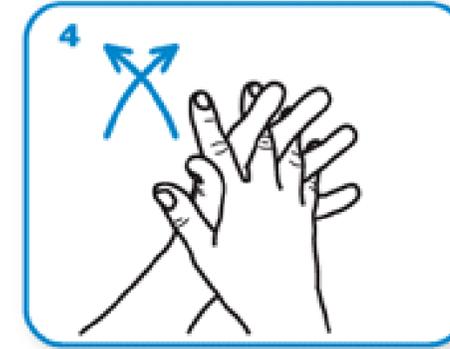
apply enough soap to cover all hand surfaces.



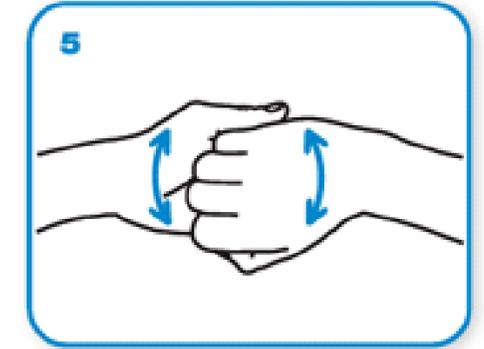
Rub hands palm to palm



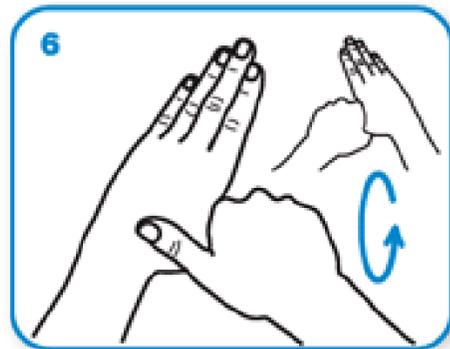
right palm over left dorsum
with interlaced fingers
and vice versa



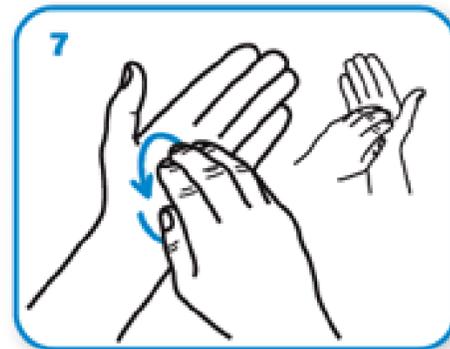
palm to palm with fingers
interlaced



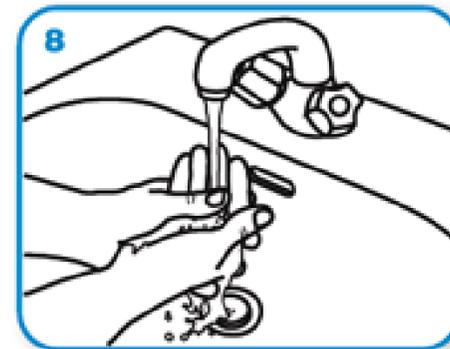
backs of fingers to opposing
palms with fingers interlocked



rotational rubbing of left thumb
clasped in right palm
and vice versa



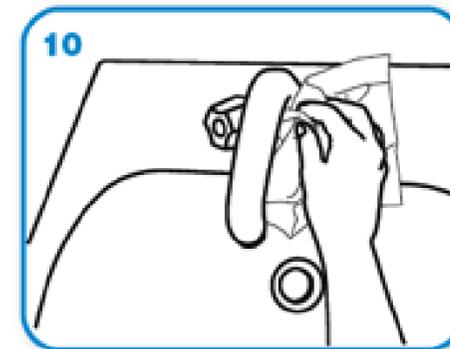
rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.



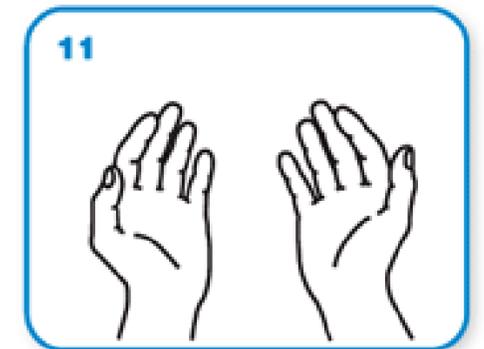
Rinse hands with water



dry thoroughly with a single
use towel



use towel to turn off faucet



...and your hands are safe.

5. GENERAL CLEANING INSTRUCTIONS

Cleaning floors and objects

- DON'T perform actions that can cause surface microorganisms to become airborne. e.g. shaking rugs
- Use wipes preferably (micro-fiber cloths) soaked with a product containing a virucidal surfactant on smooth surfaces
- Use spray as well as cloths on rough surfaces such as wood
- Carpets should be vacuumed with a HEPA filter. This shouldn't be done too regularly to avoid spreading surface virus into the air
- All waste should be double bagged and left in "quarantine" for 24 hours before touching
- Regularly air the premises. Opening windows and doors between groups for at least 15 minutes

IN BRIEF



regularly wipe surfaces



use virucidal spray



make sure vacuum has HEPA filter.



regularly air out rooms for at least 15 minutes

6. GAME CLEANING

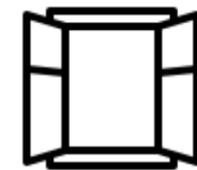
Cleaning the Escape Rooms

- All locks, puzzles and contact points will be cleaned with disinfectant and soap and water between games.
- Rooms will be aired out for at least 15 minutes between games
- Each individual room will have a 1.5 hour gap between groups to limit spread. This will also provide adequate time to clean the rooms
- Gloves will not be worn, we would prefer to use frequent hand washing

IN BRIEF



wipe all surfaces and contact points between games



air out rooms for 15 minutes

7. TEAM UNIFORMS

Cleaning

- Uniform is to be washed at temperatures above 60°C for at least 30 minutes
- Uniform should be washed between shifts to ensure no spread from one day to another
- Care should be taken to avoid contact between dirty and clean laundry
- Where possible should be aired and dried outside

IN BRIEF



wash uniforms at 60°C
for >30 minutes

8. WHICH PRODUCTS ARE WE USING

Cleaning floors and objects

- Virucidal product that complies with European Standard EN14476 such as:

Safe Zone Multi surface virucidal disinfectant | 2 x 5 Litre Pack

Product code: 02-0819-2



Safe Zone™ | Virucidal disinfectant

Extremely effective ready to use liquid disinfectant

- » A proven multi surface disinfectant cleaner with a broad spectrum activity against viruses, bacteria, fungi & spores
- » Kills Norovirus, Influenza, MRSA & C. diff. Passes EN 14476 & EN 1276
- » Ideal for disinfecting washable hard surfaces
- » Removes light soiling & kills bacteria & viruses in one application
- » Provides a high level of disinfection to help prevent microbial transmission
- » Highly recommended use in schools, healthcare, leisure centres and workplaces
- » Supplied in packs of **2 x 5L** bottles
- » View or download the [Product data sheet](#)

IN BRIEF



EN14476

9. RECEPTION; ARRIVAL AND DEPARTURE

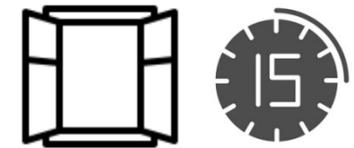
Public Areas and Reception

- Between groups all contact points are to be wiped down
- The waiting room and stair way is to be aired out for at least 15 minutes between groups
- Customers and our team are asked to stick to laid out taped "zones"
- All payments must be taken **before** arrival. This can be either online or over the phone
- Serve any visitors at the desk as quick as possible. This will limit waiting times and potential spread
- Objects are not to be exchanged between visitors and our team
- Players will only be allowed in the building once public areas have been cleaned and aired out and no more than 5 minutes before the start of their game

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wipe all surfaces and contact points between groups



stairway and waiting room aired out for at least 15 mins before groups



all payments to be taken beforehand, either online or over the phone

10. OUR OFFICE

Distancing and Cleaning:

- Chairs and monitors have been spread 2 metres apart to maintain social distancing
- No more than 2 of the EXIT team will be in the building at any one time
- There will be no cross running of games, all staff are asked to stick to their individual game to help maintain social distancing
- All contact points, monitors, keyboards, headphones etc. are to be wiped down between shifts

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maintain 2 meter distance
between our team



no more than 2 of our
team will be in the building
at any one time



wipe all contact
points before handover

11. COMMUNICATION WITH GUESTS

Measures will be conveyed:

- On the website upon booking
- This document and other messages will be added to confirmation emails
- Our team will communicate with guests on arrival
- Posters will be put up in the bathrooms, hallways, rooms etc. to help spread measures throughout the building

IN BRIEF



notices will be on our website



communicated by email



Our team will communicate measures
face to face

12. NUMBERS

**The maximum number of people in
a group is:**

- 8 PEOPLE!
- Only one group will be allowed in either building at any one time

IN BRIEF



No more than 8 people in a
group at a time

13. TEAM PHYSICAL DISTANCING

Our team must:

- Give priority/right of way to guests when moving between the games
- Only one team member to reset a game at a time, no multiple person resets.
- Stick to assigned "zones" in the office, reception and escape rooms
- Introduce games mainly from the waiting room to help ensure social distancing

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give priority to guests

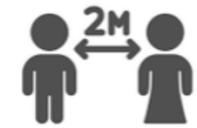


only one person to
reset a game at a time

14. GUESTS ARE ASKED TO

- Respect simple recommended precautions such as hygiene
- Respect physical distancing with our team
- Respect marked "zones"
- 1 person allowed in a bathroom at any one time

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maintain 2 meter distance
between guests and our team



only one person to
a bathroom at a time



respect hygiene precautions

15. MAINTENANCE

Hygiene Instructions

- All tools and materials are to be wiped after use
- Tools are to be stored away in a different room from customers and our team



wipe all tools and after use



store tools away

16. FIRST AID

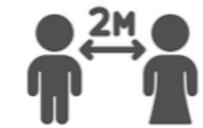
In case of incident:

- In the event of an accident protect yourself (wear face masks, gloves)
- Face shields are required for CPR
- Respect social distancing where possible. (for example social distancing wouldn't be maintained when responding to unconsciousness, respiratory or heart issues)
- Have a publicly accessible first aid kit to avoid having things passed between team and visitors.
- Thoroughly wash hands before and after responding to first aid

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protect yourself with PPE equipment



respect social distancing (if possible)



wash hands before and after responding to first aid

17. PERSONAL ILLNESS

- If any member of staff is showing symptoms, they will not be allowed to come into work
- We ask that no guests showing symptoms visit
- If games need to be rearranged we can do so for any date at least 2 weeks in the future.

IN BRIEF



no staff or guests who show symptoms will be allowed to visit

games can be rearranged