



Safety & Hygiene Practices

of the Cooking School at the Essential Ingredient Newcastle

During shutdown we have taken the opportunity to review our operations and to consider what measures we need to put in place to meet the current COVID-19 safety standards. We have updated our standards in line with those currently in place in the Australian hospitality industry and have outlined them in this document for your consideration. Before we welcome you back into our cooking school it is important for every attendee to become familiar with these new precautionary measures.

To our customers:

Please do not attend a cooking class at the Essential Ingredient Newcastle in the event that:

- You have travelled overseas within the past 14 days,
- You have a suspected communicable disease (such as coughing, sneezing, flu-like symptoms) or if you present with any other symptoms associated with COVID-19,
- You have been diagnosed with COVID-19 within the past 14 days,
- You have been in contact with someone confirmed to have COVID-19 in the past 14 days.

Please note that we will not allow anyone in the Cooking School who is visibly sick, affected by alcohol or drugs or otherwise behaving in any way that may danger participants or staff.

Like any workplace, we maintained standards of behavior and strove for impeccable hygiene before COVID-19. We have procedures in place to protect customers from food borne illnesses, and additionally, have adapted to the requirements pertinent to COVID-19 restrictions. Read on for more information on the measures we have taken to ensure everyone's safety:

- Staff and customers in the cooking school will have their temperature taken by an infrared thermometer before entering a cooking class. Their temperature must fall below 37.4C for entry, as per NSW Health guidelines which can be found at <https://www.nsw.gov.au/covid-19/symptoms-and-testing>
- Customers are asked to supply their home address and contact number on their Cooking School Indemnity Waivers to comply with NSW Government regulations.
- Workstations will be staggered and separated by no less than 1.5 meters

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- No more than four cooking school customers will be situated at any one workstation
- Disposable cutlery, plates, bowls and drinking glasses will be available to each and every attendee
- Guests and staff will be provided with gloves to use during cooking classes. These will be available to guests at each and every workstation
- Regular handwashing will be encouraged particularly after bathroom and meal breaks
- Hand sanitizer will be stationed around the cooking school
- Both staff and customers will be encouraged to cough or sneeze into their elbow or into a tissue, which they should dispose of straight away into the provided bins

Please note, if you have enrolled into a cooking class on someone else's behalf, we request that you pass this information onto this person/s prior to the start of the class.

Children's Classes

If you have enrolled your child into a class at the Essential Ingredient Newcastle, we ask that you communicate these measures and guidelines to them before their class occurs. We understand it may be difficult for children to accept and monitor social distancing within the confines of our cooking school, but following these rules will allow us to keep everyone safe and for classes to continue. If your child continually struggles to adhere to these rules and regulations, you (their parent or caregiver) may be contacted and asked to collect your child before the class concludes.

Each and every customer (or caregiver) will also be required to read and sign a liability waiver on arriving to the cooking school at the Essential Ingredient Newcastle. This waiver will stipulate that you, our customer, understands there are unfortunately some risks associated with partaking in a gathering of a small group of people (i.e. a cooking class) and that you will make every effort to follow and maintain the guidelines outlined in this document.

We are professionals in our industry and want to assure you that we are committed to providing each and every customer, staff member and cooking demonstrator with a safe working environment. At times, this may mean we will direct attendees on the correct usage of equipment, safe food handling, social distancing and other precautionary COVID-19 measures. We appreciate all of your cooperation and patience at this time and understand that some of these hygiene practices may take some getting used to. We are all in this together,

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and again, would like to ensure you we are doing our part. Welcome back to the cooking school at the Essential Ingredient Newcastle; now let's get cooking!

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