

# Guidance for community food growing and communal gardening



We know that outdoor activities such as food growing and/or gardening activities can help us feel good and be beneficial for health and wellbeing. This activity can be used as the one form of exercise for the day.

Now more than ever it is important to support people to feel safe and comfortable to grow food and to practice safe measures when doing so. This guidance for community gardens during Covid-19 has been sourced and compiled from trusted sources including Public Health England, Sustain and the NHS.

## Guidance for access and travel to community gardens

- Community gardens should be accessible only to members who live close by and not open to the public.
- Anyone considered medically vulnerable/ subject to government shielding advice should not visit the community garden.
- Rotas should be set up where there are a lot of members to limit to single households going into the community garden at any one time.
- During Covid-19 outbreak growers should wherever possible travel to gardens by bike or foot. At no time should public transport be used.
- Those who are deemed vulnerable and classified as in the shielded group should stay at home.
- Anyone displaying a fever or dry cough or has someone in their household with these symptoms should stay at home and comply with national guidance. See [gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection)
- Garden leaders should publicise visitor restrictions on any communications and on external signage. This should include reference to government guidance on social distancing.

## Social distancing and Sanitation

- At all times, social distance (minimum 2m) must be maintained between growers.
- Hand washing should be followed according to government guidance. Wash your hands when you arrive at the garden, wear gloves while working in the garden and ensure you only use your own gloves and take those home with you in a disposable bag.
- Have hand sanitiser available and use before opening and closing any gate locks.
- Ensure any visitor to the site washes their hands with soap and water if available, or with hand sanitiser before they engage in growing activities even if they are going to wear gloves.
- Growers should only use tools if wearing (own) gloves, otherwise no tools to be shared,
- Do not offer guest gloves to garden visitors or volunteers during this period.
- If children are onsite, ensure that they stay within its confines and do not run around on communal paths and spaces.
- All associated communal facilities should be closed. e.g. tea making facilities.

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[lambeth.gov.uk/coronavirus](https://lambeth.gov.uk/coronavirus)

  
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