



Expectations of Members

What you can expect from the Men's Kitchen:

Our aim is to establish and support fun, safe, supportive and instructive environments for older men to learn cooking skills.

To achieve this aim we will:

- Welcome all new members and will not reject any person on the basis of race, disability, religion or age, although some conditions may apply.
- Certain restrictions may be placed on participation for physical safety reasons or if a participant needs the assistance of a carer (which must be provided by the participant).
- Provide a safe physical environment
- Provide a safe and supportive social environment
- Provide referrals to other services or agencies when appropriate or requested
- Respect the rights and decisions of all involved
- Respect the confidentiality and privacy of participants

What we expect in our Kitchen:

- We will conduct ourselves in a courteous manner towards Cooking Instructors, Coordinators, all other members and volunteers - this includes being considerate of other persons need for space, utensils or appliances in the Kitchen.
- We will share learning, celebrate success and acknowledge and recognise participant's contributions.
- We will recognise when other members have a need for personal help or support and bring that need to the attention of the Cooking Instructor.
- We are all responsible for maintaining generally accepted personal health and safety standards including any requirements as directed by the Cooking Instructors and ensuring they are adhered to at all times. Each member is responsible for the safety of his fellow members.
- We are not allowed to smoke anywhere within the Men's Kitchen venue. If you need to smoke, ask the Coordinator to explain the places where to smoke. Cigarette butts and packets must be disposed of appropriately.
- Abuse, violence, anti-social behaviour or infringements of the rights of others is not acceptable- persons indulging in this type of behaviour will be asked to leave the Men's Kitchen.
- Alcohol and illicit drugs are not allowed in the Men's Kitchen - Any person arriving at the Men's Kitchen obviously suffering from alcohol or drugs, will be asked to leave immediately and only return when sober.
- No dangerous or illegal activities are to be undertaken in or around the Men's Kitchen.

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MEN'S KITCHEN ASSOCIATION

General Guidelines

Signing in and Per Diem fees

- You are to sign-in on arrival at the Kitchen, whether you are attending for the full Cooking Session or just dropping by. This is an important insurance requirement.
- Pay your annual membership fee plus the nominated Cooking Session Per Diem fee each time you attend. For Honorary Members and Volunteers these fees are waived.
- All persons attending the Men's Kitchen are to wear and display their name tag while in the Kitchen.

Dress Standards

All attendees at the Men's Kitchen are to wear appropriate clothing and footwear:

- Closed shoes are to be worn at all times, thongs or sandals are not to be worn in the Men's Kitchen.
- During each Cooking Session a Men's Kitchen apron (supplied) is to be worn.

Kitchen Procedures:

- Follow any instructions given by a Cooking Instructor and/or Cooking Session Coordinator.
- If you see a safety problem, report it to the Coordinator or Cooking Instructor.
- Help with the washing up after the meal. This is part of your Kitchen experience.
- Clean up after yourself. Return utensils to their proper storage area and clean any appliances, benches and work areas. The Kitchen must be clean and tidy before leaving each Cooking Session, if the Kitchen area looks unclean, please clean it.
- All rubbish bins are to be emptied at the end of each Cooking Session.

Kitchen Maintenance

- No member of the Men's Kitchen is to carry out any Kitchen maintenance, unless approved by the Committee.
- Report any faults, breakages or damage to the Coordinator before leaving the Kitchen.
- All appliances and utensils purchased by the Men's Kitchen remain the property of the Men's Kitchen.

Car Parking

All members attending the Men's Kitchen are requested to use the designated car parking areas.

Fire Extinguishers

All members of the Men's Kitchen are to familiarise themselves with the approved operation of fire extinguishers.

IMPORTANT NOTICES

Do you have a pacemaker?

According to Dr Mike Knapton, associate medical director British Heart Foundation, when a pacemaker is near an induction hotplate: "The pacemaker may sense electrical currents and therefore not deliver any pacing therapy. This could possibly cause a light dizzy feeling but not affect the heart. Although all pacemakers realise that there is electrical noise, so they revert to a non-sensing mode where the pacemaker continues to deliver pacing treatment. Generally, it is highly unlikely that you will notice anything if you get too close."

It is therefore recommended that members with a pacemaker be aware of a potential impact from an induction cooktop and remain arms-length away from the induction plate when using them. If any discomfort is experienced the member should refrain from using the induction hotplate.

Using your vehicle for Men's Kitchen business

As you may be aware the Men's Kitchen Association carries a number of insurance policies to protect the organisation and our members in the event of several potential impacts. As a member you need to be aware that if you use your motor vehicle for Men's Kitchen Association business it is not covered by our insurance policies. If you do use your vehicle for the Men's Kitchen Association, it must be properly registered and preferably carry with it third-party accident insurance. Therefore, by conducting Men's Kitchen Association business using your motor vehicle you are accepting all risks associated with any loss or damage to it or caused by it while doing so.

Strenuous tasks

Members of the Men's Kitchen Association are generally older and have varying limitations in strength and mobility. It is therefore a requirement that all tasks of a strenuous nature (including but not limited to setting up tables and chairs, moving heavy boxes, carrying heavy groceries, etc.) must be a shared task. Ask a mate to assist and have a chat at the same time.

Footwear standard

All attendees to cooking sessions or other cooking activities must wear closed shoes, of a sufficiently sturdy nature to prevent injury from a falling knife or spilled hot fluid.