

COVID-19 GUIDELINES For Learners 2020/2021

As you are aware we are in the middle of a pandemic; Covid-19 has impacted and continues to impact our daily living. However the College will operate within the parameters of the Government's Public Health and Safety advice at all times, as the safety and wellbeing of the students and staff are of the utmost importance. For this to occur personal responsibility as well as shared cooperation to all guidelines must take place.

Covid-19 is a Viral Respiratory Tract Infection mainly passed on through droplet infection: through breathing, talking, coughing, laughing and sneezing. These droplets can be transmitted directly through the air or when droplets land on surfaces (here they can survive for varying amounts of time depending on the surface up e.g. to 72 hrs/3 days approx.) where they can be transferred to the eyes, nose or the mouth via the hands or other contaminated items.

College Guidelines:

- Please adhere to the one-way systems within the College buildings e.g. entrance/exits, stairs.
- Follow the marked lanes on the floors being used to help social distancing.
- Please maintain 2m social distancing at all times (where possible) and certainly no less than 1m; avoid physical contact.
- Hand Hygiene: Hand wash frequently (for at least 20 seconds – sing Happy birthday twice), if not possible use Hand Sanitiser (there are numerous stations throughout the College) – use before and after each class, as well as before and after eating, using the bathroom etc. Please do not use Hand Sanitiser before smoking/vaping or using any flame source as it is highly flammable and is a burn risk. Please wash your hands instead. Gloves are not recommended as a method of hand hygiene.
- Face Masks: Cloth face coverings are a requirement while in the building and classroom, Full-Face Visors can be used in exceptional cases instead.
- Reduce time in shared space indoors – when possible e.g. between classes
- Cough/sneeze Etiquette: cough/sneeze into your elbow if needed or with a tissue and dispose in a covered bin.
- A daily contact log needs to be maintained by each student – for contact tracing purposes (if needed) – if you spend 2 hours or more with someone they may be considered a close contact
- It is recommended that the HSE Contact Tracing App is downloaded by All.
<https://covidtracker.gov.ie/>
- Do not share your personal items with others e.g. pens, phones, food, water bottles etc.
- Avoid touching your face, eyes, nose, mouth

- If individuals use safe practices outside of the College and minimise their risk to Covid-19, it'll reduce the likelihood of personal infection and the introduction of the virus into the College Community
- Do not attend College if you are showing signs of Covid-1: Cough, Fever, loss or change of smell/taste, shortness of breath. Please ring your GP immediately and self-isolate – email your Course Director.
- If you feel unwell at the start of class, you will need to leave, contact your GP, email your Course Director.
- If you feel unwell during class inform your teacher immediately who will help you. You will be taken to the Isolation room: The Main building – the First Aid Room, in Morrison Campus: The Caretakers Office – where you will ring your GP and wait to be picked up.
- The College will keep Learners updated with any relevant information as needed. Please see noticeboards and emails. Please also see <https://www2.hse.ie/coronavirus/>