

# Social Distancing and Hygiene Rules

## 2m Social Distancing



- ✓ Keep 2 metres apart at all times. This applies everywhere indoors and outdoors.
- ✓ Follow signs and instructions, such as the new one-way systems which are designed to stop people passing near each another.

## Bubbles



- ✓ You will be allocated to a small group, called a 'bubble'. You must not mix at all with students from different bubbles, because this would cause a greater risk of spreading the virus.
- ✓ Stay in your designated area.
- ✓ Even within your own bubble, you need to stay 2m apart.

## Hygiene



- ✓ Wash your hands for 20 seconds when you arrive, whenever you use the toilet, and before you leave. Soap destroys the virus.
- ✓ Sometimes, you may need to form a socially-distanced queue to wash your hands. Be patient and keep 2m apart.
- ✓ Do not touch your face.
- ✓ Catch it, bin it, kill it. Cough or sneeze into a tissue, or into your elbow as a last resort. Throw this in the bin, and wash your hands immediately.
- ✓ Wear your Sports Kit. Shower and wash your clothes as soon as you get home.
- ✓ You can wear PPE if you wish, although government advice is explicit that this is not necessary if you follow the social distancing and hygiene rules.

## Getting to and from the Academy



- ✓ Travel on foot, or cycle, or ask a parent/carer to drive you if possible. Avoid public transport unless you have no other options.
- ✓ Walk on your own, not in a group with friends. Keep 2m apart.
- ✓ Please arrive and leave at the exact times we tell you.
- ✓ Travel directly between your home and the Academy. Do not meet up with others or stay out to socialise.



## Equipment

- ✓ More crucial than ever is the expectation to be ready to learn.
- ✓ Do not share equipment from other students as this can increase the risk of spreading the virus.
- ✓ You must bring your own pen to complete your work.



## Mobile Phones

- ✓ Our policy for mobile phones remains unchanged. Mobile phones must remain switched off whilst in the Academy, and out of sight.
- ✓ Should a mobile phone be seen, it will be confiscated. You should place it in to an envelope provided in order to minimise contact of other people with the mobile phone.



## Serious Incidents

- ✓ Persistent or deliberate disregard for social distancing and hygiene rules will not be tolerated.
- ✓ You must never spit, cough, or sneeze towards anyone else. Even pretending or threatening to do so will not be tolerated.
- ✓ Be sensitive with your language around the COVID-19 situation.
- ✓ Although the Academy will not issue reparations, detentions, or isolation at this time, fixed term exclusions will be used.



## Self-isolation

- ✓ If you or anyone in your household has a high temperature, a new and continuous cough, or a loss in sense of smell or taste, or if you have been contacted by an NHS contact tracer, you **must not come to the Academy**. Self-isolate in line with the guidelines and inform the Academy immediately.