

St Padarn's Covid-19 Guidelines – Associate Tutors/Contributors to Residentials

We take people's safety very seriously and the following guidelines are taken from our risk assessment in order to ensure we minimise the risk of coronavirus infection. We ask that you follow these for the sake of others as well as your own safety.

The key things to remember in order to avoid infection are:

- Maintain distance
- Wash staff hands/use hand sanitizer regularly.
- Ensure good ventilation at all times.

While it is no longer mandatory to wear masks in most public buildings the Welsh Government still encourage their use to reduce infection.

Tests, symptoms and isolating

1. Please take a lateral flow test before attending any St Padarn's activities.
2. If you have any coronavirus symptoms please get a PCR test done and only attend if it is negative. The most common symptoms of coronavirus continue to be a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste. However, new variants and post vaccination infection can have a wide range of symptoms.
3. If you have received a positive test please stay away from face to face work until your period of isolation is over. Let your line manager know. If you are well enough, and it is possible to do so, then you should work from home. Appendix A gives a guideline to the current isolation regulations. The full regulations can be found [here](#).
4. If you are a close contact of someone with Covid and have been fully vaccinated you no longer need to isolate, but you should be careful about mixing with those who are vulnerable. It is recommended that you take a lateral flow test for 7 days after contact. Those who have been a close contact and are not vaccinated must isolate for 10 days. Please let your line manager know. Unless you are unwell you should work from home, if it is possible to do so. A flowchart explaining the current isolation regulations for isolation can be found in Appendix A. The full regulations can be found [here](#). Close contact is defined as:
 - face-to-face contact including being coughed on or having a conversation within 1 metre
 - skin-to-skin physical contact for any length of time
 - contact within 1 metre for one minute or longer without face-to-face contact

- contact within 2 metres of someone for more than 15 minutes (as a one-off contact, or added up together over 1 day)
 - travelled in the same vehicle or a plane
5. If you develop symptoms during your time at St Padarn's please isolate immediately and let the Programme Leader know straight away. If you are local to the event you will need to go home. If it is a residential we will help you arrange a PCR test, and you will need to isolate until your result. If it's negative you can join in with the residential again, if it's positive we will discuss with you the best course of action, but we will ensure you are looked after.
 6. Anyone who has been abroad must follow the current isolation regulations before interacting with St Padarn's. Information on current isolation regulations regarding travel can be found [here](#).

More information on the Welsh regulations on isolating can be found [here](#).

Information on ordering lateral flow tests or booking PCR tests in Wales can be found [here](#).

In the event of any of the above please let the Programme Leader know as soon as possible.

Safety measures

1. Teaching rooms and other shared space will be set out to allow as much distancing as possible. Please discourage learners from moving chairs closer together.
2. Windows are likely to be open to in order to ensure good ventilation, please do not close them. You may need to bring extra layers!
3. Changes in regulations mean that it is no longer mandatory to wear masks at St Padarn's activities, including when walking around the St Padarn's, Cardiff site. The Welsh Government still encourage the use of masks and people should feel comfortable to wear them.
4. There will be lots of hand sanitizer and anti-bac wipes around, please make good use of them.
5. Whether your event is at St Padarn's, Cardiff or elsewhere we will have worked through arrangements for catering which help minimise risk.
6. On the St Padarn's, Cardiff, site there are restrictions on numbers in some rooms, these will be displayed on the doors.
7. Regular cleaning of high touch areas will be taking place.

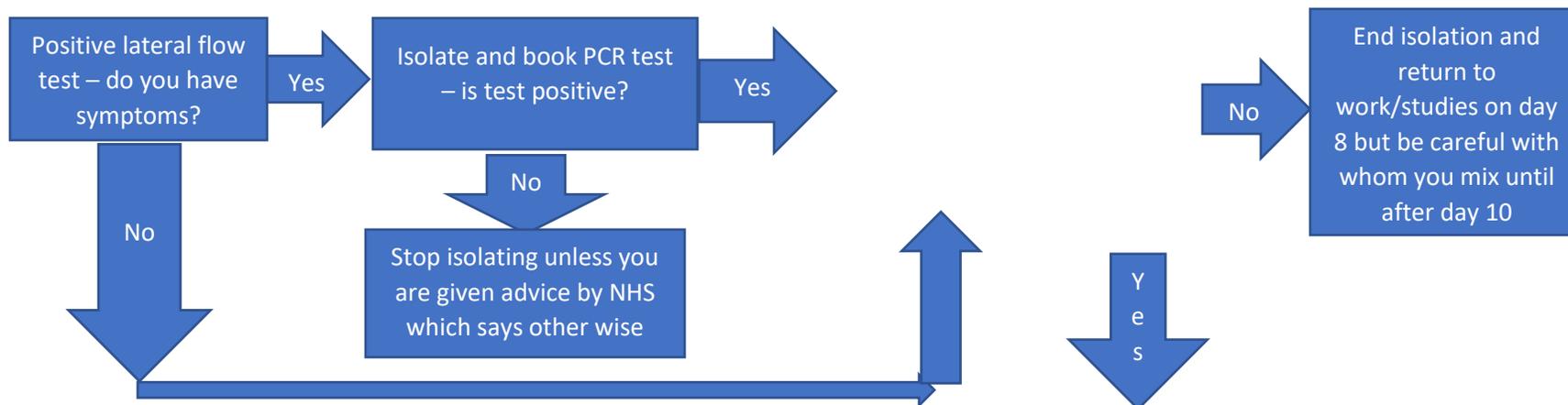
If you are Extremely Vulnerable

1. If you fall into the extremely vulnerable category, (i.e. those who would have been asked to shield during lockdown) let the Programme Leader know and we will undertake an individual risk assessment. A list of conditions can be found [here](#).

Appendix 1 Isolation Flowchart (follow link above to check isolation guidelines if you have returned from abroad)

Isolate for a minimum of 5 full days after symptoms started or, if no symptoms, after the positive test. Take lateral flow tests on day 5 &

Isolation for positive test results



Isolation for close contact of someone with Covid

