

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.
- Wear face masks in accordance with SPI safety measures.
- Ensure good ventilation at all times.

Tests, symptoms and isolating

1. We strongly encourage you to take a lateral flow test before attending any St Padarn's activities.
2. If you have received a positive test please stay away from St Padarn's face to face activities until your period of isolation is over.
3. If someone you live with has tested positive for Covid and you have not been double vaccinated then you need to isolate for 10 days. You should do a PCR test on days 2 and 8 of your isolation.
4. If someone you live with has tested positive for Covid and you have been double vaccinated then please arrange to have a PCR test as soon as possible and stay away from St Padarn's face to face activities until you get the result. If it is negative you may return to face to face activities but it is advised that you take lateral flow tests for 5 days after receiving the result.
5. Anyone identified as a close contact of a confirmed or probably case of the Omicron strain of Covid will need to isolate for 10 days, no matter how old they are, or what there vaccination status is.
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7. If you come into contact with someone who tests positive for Covid who you do not live with, and were double vaccinated at least 14 days before the contact, then you do not need to stay away. If you have not been double vaccinated you will need to isolate.
8. 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.
9. 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 at the nearest centre, 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.

10. 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. Masks have to be worn in reception, corridors, library, chapel¹ and at any other time when you are moving about the St Padarn's site. You may remove them while sat in the refectory, teaching rooms or lounge. The same measures will apply at hotels we use. However, if you feel more comfortable not removing your mask you should feel free to keep it on, except while teaching.
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](#).

¹ Although we say masks can be removed in teaching sessions, we are adhering to the Church in Wales guidelines for churches and maintaining the use of masks in chapel.