

St Padarn's Covid-19 Guidelines- Learners

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 Covid symptoms please stay away from St Padarn's activities and arrange for a PCR test. Only attend St Padarn's activities if the test 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 lateral flow or PCR test please stay away from St Padarn's face to face activities and follow the regulations for isolation.. A flowchart explaining the current isolation regulations for isolation can be found in Appendix A.
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. 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 while you are 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, and arrange for a PCR test. 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](#).

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

In the event that cannot attend your learning because you have Covid or are in isolation 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 use the same chair throughout your time and avoid moving closer to others.
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.
8. We work with other venues to ensure they have thorough risk assessments in place.

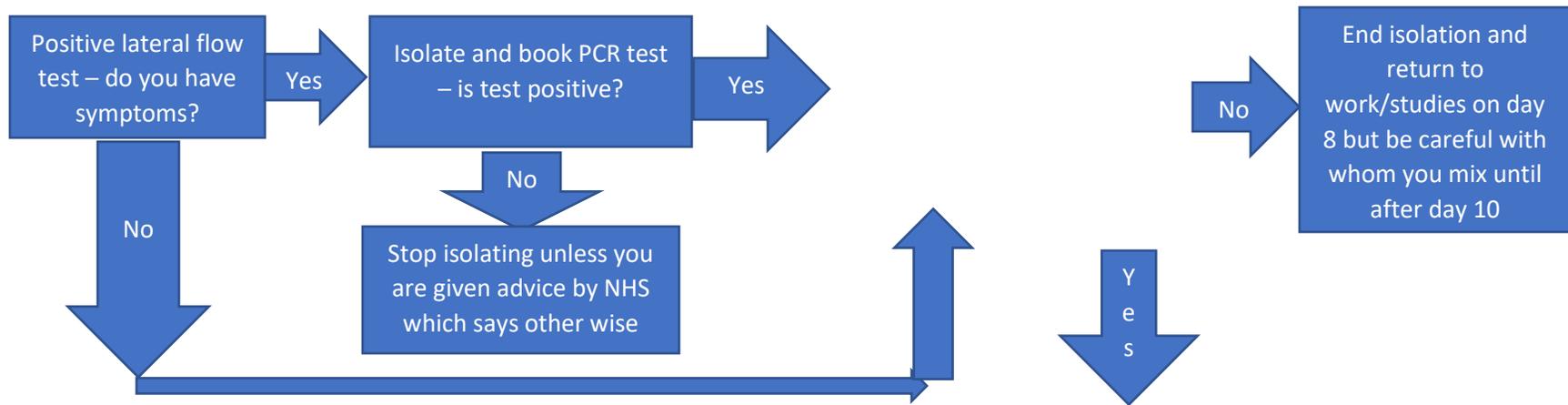
Special Circumstances

1. **Extremely vulnerable learners.** Extremely vulnerable learners are those who would have been asked to shield during lockdown. A list of conditions can be found [here](#). If you fall into this category and let us know and we will undertake an individual risk assessment to see if there are extra measures we can put in place to ensure your safety.
2. **Responsibilities to others.** There may be temporary situation in your life e.g. relative about to have a serious operation which mean that we need to take extra measures to minimise risk for you. Please talk about this with the Programme Leader.

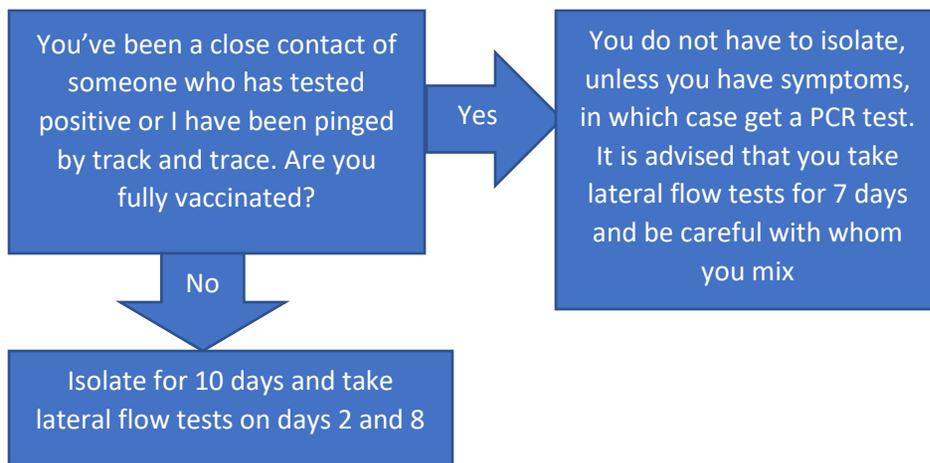
Appendix 1 Isolation Flowchart (follow link above to check isolation guidelines if you have returned from abroad)

Isolation for positive test results

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 & 24 hrs later on day 6 of isolation – is the result



Isolation for close contact of someone with Covid



Take lateral flow tests on the following days. You may come out of isolation the day after you have 2 negative lateral flow tests 24 hours apart or you have 10 full days of isolation, whichever is sooner