

St Padarn's Covid-19 Guidelines

We take people's safety very seriously and the following guidelines are taken from our risk assessment which was developed in consultation with staff and learners. We ask that you follow these for the sake of others as well as your own safety.

1. Good practices

- Regular hand washing/hand sanitising are always key in reducing the risk of all infections, including Covid. Hand sanitiser will be available at key points around the St Padarn's, Cardiff, site, and at St Padarn's residential at other venues.
- While there are no longer any regulations on distancing, close contact, especially in crowded areas, will increase the risk of infection, so be mindful of distance still.
- Good ventilation will help reduce the spread of Covid, and so where groups of people are gathering, particularly when close together, and so the opening of doors and/or windows is encouraged.
- Masks are no longer mandatory in Wales except in health care settings. The government still encourages their use in crowded spaces. Anyone involved in any St Padarn's activity should feel comfortable to wear a mask if they wish to do so.

2. Symptoms, testing and isolating

St Padarn's is following the Welsh Government's recommendations on testing and isolation for those with Covid. People with Coronavirus symptoms should take a lateral flow test before engaging with any St Padarn's activities.

There are an increasing number of symptoms of Covid being reported but according to the NHS the key symptoms are still:

- A high temperature
- A new continuous cough
- A loss of smell or a loss of taste

Lateral flow tests are free for people in Wales with Covid symptoms, they can be ordered [here](#). People from the other home nations can also find out whether they are eligible for free lateral flow tests. Lateral flow tests can also be bought at pharmacies.

If your lateral flow test is negative you can continue to engage with St Padarn's activities.

If your lateral flow test is positive you must isolate from St Padarn's activities for 5 full days. Day 1 is the day after your symptoms started or the day you had the test, whichever is earlier.

On day 5 you should take another lateral flow test. If it is negative you should do another test on day 6. If both are negative and you feel well you can return to St Padarn's activities.

If the day 5 or 6 lateral flow test is positive you should continue testing until you get 2 negative tests in a row, taken a day apart, or until day 10 – whichever is sooner.

You do not need a negative lateral flow test on day 10 to re-engage with St Padarn's activities.

If you have negative lateral flow tests before 10 days, you are advised to be careful whom you have contact with until the 10 days is over.

If you do not have symptoms but have had a positive Covid test the above arrangements should be followed.

Those who are well enough and are able to do so can continue to work/study from home while isolating from St Padarn's activities.

If you develop Covid while you are on a residential you should let the Programme Leader know and isolate from others on that residential. If you are well enough you should make arrangements to go home. If you are too unwell to travel please let the Programme Leader or Coordinator know and arrangements will be made to look after you.

Staff should let their line manager know if they have Covid.

Line managers and Programme Leaders should let the Director of Operations know about staff with Covid, or learners who have developed Covid at a St Padarn's event.

Full details of the Welsh isolation recommendations can be found [here](#).

St Padarn's candidates should follow their placements' guidance on isolation when engaging with placement activities.

Special circumstances

1. **Extremely vulnerable staff/learners/contributors.** People in this category 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 then 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 situations 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. Or you may have caring responsibilities which mean you have to be extra careful about the risk of infection. Please talk to your line manager or Programme Leader in these circumstances.