

## National guidelines - UK

In order to comply with national requirements we are implementing the following further precautionary measures:

<b>Travel</b>	The UK is still on lockdown with no clear exit plan from the UK government as of yet.
<b>Quarantine</b>	Government guidance is stay at home with only go out for <ol style="list-style-type: none"> <li>1. Exercise once a day</li> <li>2. Essential food shop once a week</li> <li>3. Collect medication</li> </ol> The government also advise people with medical conditions to stay at home for 12 weeks, they have all received letters from NHS. If you have any signs or symptoms of COVID-19 you must stay at home, if you live alone its 7 days, with other people the whole family 14 days
<b>Social distancing</b>	Social distancing is now 2 m, with all shops, chemists etc that are open, marking out this in the shops. The shops now also have staff manning the doors and only letting a certain amount of people in at anyone time, also some shops have put in a 1 way system. Contact payment has also been increased to limit the contact of pay machines <b><u>Training Environment</u></b> <ol style="list-style-type: none"> <li>1. Class sizes reduced</li> <li>2. Reception chairs removed to stop people gathering/ break out area closed</li> <li>3. Canteen seat spaced out with allocated tables per course</li> </ol>
<b>Food hygiene</b>	<ol style="list-style-type: none"> <li>1. All food with be service, no self service</li> <li>2. All cutlery wrapped</li> <li>3. Coffee machines cleaned after each break time,</li> <li>4. All tables cleaned after each person and chairs</li> </ol> Meeting to be had with the catering company before we reopen
<b>Class sizes</b>	1 student to table/ 2 seats space between to meet the UK government Regs
<b>Restrictions on courses/ methodology/ equipment</b>	<ol style="list-style-type: none"> <li>1. All visitors/students and staff will fill out a questionnaire</li> <li>2. All visitors/ staff and students will have their temp check done, if with us for more that 1 day, this will happen every day. If temp over 37.8 will not be allowed to continue with training</li> <li>3. First aid/CPR on mouth to Mouth/ or live casualty handling</li> <li>4. instructor manikin deep clean after each use by the instructor</li> <li>5. Working at height, no live casualty for exercises</li> </ol>
<b>Cleaning of equipment</b>	Following manufacture guidelines with regards to COVID-19
<b>Other national specific guidelines</b>	Unless key workers to travel to work, all others should work from home unless furlough.