
Covid-19 School Safety Protocols

STUDENT INDUCTION

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Contents

1. Coronavirus
 2. How the virus spreads
 3. Control measures
 4. At risk groups
 5. Symptoms
 6. Covid-19 School Safety Protocols
 7. Return to School Form
 8. Travelling to the school
 9. Travelling abroad / Holidays
 10. Welfare
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*Before starting your course it's important
that you are aware of our COVID-19
policies and ensure you remain compliant.*

What is Coronavirus?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems (like cardiovascular disease, diabetes, chronic respiratory disease, and cancer) are more likely to develop a serious illness.

How the virus spreads

Coronavirus is spread in sneeze or cough droplets.

You could get the virus if you:

- Come into close contact with someone who has the virus and is coughing or sneezing.
- Touch surfaces that someone who has the virus has coughed or sneezed on and bring your unwashed hands to your face.

How long the virus can survive on surfaces

- Up to 72 hours on plastic and stainless steel
- Less than 4 hours on copper
- Less than 24 hours on cardboard

More information can be found [here](#).

What's the best way to prevent Coronavirus?

- Protect yourself and others from infection by regularly **washing your hands** with soap or **using an alcohol based rub**.
- Wear a **face-mask** when travelling on public transport, in shops, or in school.
- **Avoid touching** your **eyes, nose and mouth**.
- Keep a **social distance** from other people.
- **Avoid crowded places and large gatherings**.











At Risk Groups

Some people are at higher risk than others from Coronavirus. These include **older people**, people with **lung or heart conditions**, or those being treated for **cancer**. Please click the link below for a full list of all conditions that may place you at higher risk from the virus.

[People at Higher Risk from Coronavirus](#)

If you think that you may fall into one of these categories **it's important that you contact us before you return to school.**

Symptoms of COVID-19

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

It takes up to 14 days for symptoms of coronavirus to appear.

They can be similar to the symptoms of a cold or flu.

According to the World Health Organization (WHO), about 1 in 5 people with COVID-19 become seriously ill. These individuals can develop severe pneumonia or respiratory failure and may require oxygen or mechanical ventilation.

More information can be found [here](#).

Covid-19 School Safety Protocols

We have introduced a range of Health and Safety protocols to help keep our students and staff safe for when we reopen.

You can read these here:

[Covid-19 School Safety Protocols](#)

Please note that these measures are regularly updated to reflect the latest government advice and international best practice.

Important points

Please note some important points below:

1. We will take **temperature checks** for all staff and students each morning. Anyone with a temperature **above 38°C** will not be able to attend class.
2. Class times will be staggered at **30 minute intervals**.
3. Class sizes will be reduced and a **distance of 1m** will be maintained between students while in class.
4. Students **must wear face masks / face coverings** in the school building at all times.
5. Common areas and the cafeteria will be closed.

Student Responsibilities

It's important that all students:

1. **Wear a face mask / covering** while in the classroom.
2. **Wash** or sanitise your **hands** with alcohol rub **regularly**.
3. **Cough** or sneeze **into your elbow** or a tissue.
4. Follow all school signs and floor markings.

Before returning to school

Before you return to school it's important you complete the form below:

[Online Return to School Form](#)

This is to confirm that you have no symptoms of COVID-19 and that you are not self-isolating or awaiting the results of a COVID-19 test.

This form must be returned by **Thursday** before you start your course.

Travelling to School

Top travel tips

- Follow social distancing and personal protection advice. Step off any train or bus that is too busy
- If you need to use public transport, you must wear a face covering
- Wear a **face covering** if you have to share a vehicle to travel to school
- Clean and disinfect your hands when arriving at the school
- Stay at home and contact the school if you show any symptoms

Travelling Abroad / Holidays

If you are leaving and returning to Ireland during your course

- You must inform the school of your travel plans and flight details.
- Depending on where you are going, you may have to quarantine for 14 days when you return to Ireland and will not be able to join the face-to-face classes during that time.
- There will be no online component to make up for these classes.
- You can find a list of green list countries that do not need to quarantine at the moment [here](#).
- Please note that this list changes continuously and the advice is **not** to travel outside Ireland.

Mental Health and Wellbeing

We often underestimate our ability to cope when faced with a crisis such as COVID-19.

When facing a situation such as COVID-19 it is normal to experience the following:

- Feeling tense
- Being unable to focus
- Having racing thoughts

These are signs of stress. Recognising the signs is the first step to managing them.

We can help to manage stress by speaking about our concerns and with techniques like:

- Talking to friends and family
- Activities such as breathing or relaxation exercises
- Minimizing stressors such as distressing news
- Taking care of our diet, sleep, exercise

Keep safe!



**We look forward
to seeing you in
Atlas soon!**
