

## Covid-19 briefing note for ITE students

### 1.0 Introduction

As an ITE trainee starting ahead of other Sussex students, we've put together this briefing to let you know about the current Covid-19 controls in place and inform you how you can assist the University in lowering transmission risks.

- 1.1 This briefing note will be supplemented by a general student induction video, which is in the process of being produced; we will let you know when this is available.
- 1.2 Some of the information in this note may change following reviews of how teaching works. Where this is the case it will be communicated to you by the School of Education and Social work.
- 1.3 While many members of the University will have a relatively low risk of developing complications or serious symptoms from Covid-19, it is important that we all collaborate to protect everyone. Details are provided below of how the University of Sussex is working to reduce the transmission rate and what you are expected to do to help with this.

### 2.0 Basics of disease transmission

- 2.1 There is a lot of information out there about Covid-19 and it can be difficult to keep up to date; the best sources of information are Public Health England (PHE), the National Health Service (NHS) and, for travel, the Foreign and Commonwealth Office (FCO).
- 2.2 Contact infections



Covid-19 can be transmitted by hand contact by:

- Touching a contaminated surface
- Transferring contamination to your face and respiratory tract

Covid-19 on the surface of your hand is not enough to cause an infection, as your skin provides an adequate protective barrier; that's why hand washing and sanitation is the best control measure, rather than wearing gloves.

### 2.3 Droplets and airborne infection



The difference between droplets and airborne infections is the size of the particles. The risk from this form of infection can be reduced by

- Social distancing
- Face coverings
- Airing spaces

- 2.4 Maintaining 2 metres distance from others significantly decreases the chance of spreading Covid-19. If you are closer than 2 metres to another individual who is not part of your household, you should wear a face covering. Wearing a face covering at a distance of 1 metre provides a similar degree of protection to individuals who are 2 metres apart and not wearing masks.



### 3.0 Covid-19 symptoms and what to do

- 3.1 The major early symptoms of Covid-19 are a high temperature, continuous cough and changes to your sense of taste and or smell. See detailed guidance on symptoms:

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

- 3.2 If you develop symptoms you must take the following steps:

- If you are on campus, immediately return to your residence on campus or your home off campus while covering your nose and mouth

- Contact the NHS to arrange a test: <https://www.gov.uk/get-coronavirus-test>

- Inform your academic supervisor

- Complete the University's Covid-19 symptoms reporting form:

<http://www.sussex.ac.uk/hso/specialist/covid19symptoms>

- Follow the most up-to-date advice from the NHS about self-isolating

It is vital that you do not attend class while you are experiencing symptoms.

### 4.0 Controls in class

- 4.1 All students will be seated at least 1 metre apart and must wear a face covering during class and in the corridors on their way to class. Face coverings are not compulsory outside but we do recommend you wear them, especially in areas prone to overcrowding.

To be effective a face covering must:

- Cover both your nose and mouth

- Fit snugly around the nose and other facial features, while still being comfortable

- 4.2 Disposable, reusable or homemade coverings (including scarfs or bandannas) are all acceptable. Reusable masks should be washed regularly. Disposable face coverings should be disposed of in a bin once past the manufacturer's recommended time. Avoid adjusting your mask too frequently, as this can increase contact transmission.

- 4.3 Exemptions to face coverings can be made in some laboratories where a face covering would pose a safety hazard and for individuals with a recognised condition identified by a lanyard like the one shown below. Please be considerate of any individuals with this lanyard and provide them with additional space if required.



- 4.4 Our cleaning team have shifted their focus to cleaning contact points (for example, door handles and light switches). Due to time constraints, teaching rooms will not be cleaned in between classes. Because of this, sanitising wipes are available in each room. You should wipe down your desk and any shared equipment before using it. These wipes can be disposed of in a standard waste bin.
- 4.5 Lecturers and other teaching staff have been provided with a position 2 metres away from students and have been provided with an optional face visor. If teaching staff need to move amongst the class, they must also wear a face covering. Before teaching in this way, teaching staff should ask you and the rest of the class if you are comfortable with this. Raise any concerns you might have about this with the member of staff concerned.
- 4.6 In the event of a fire alarm, evacuate the building as normal and resume social distancing once you are outside.
- 4.7 In auditoriums and other areas with fixed desks, available seats will be indicated by this sign:

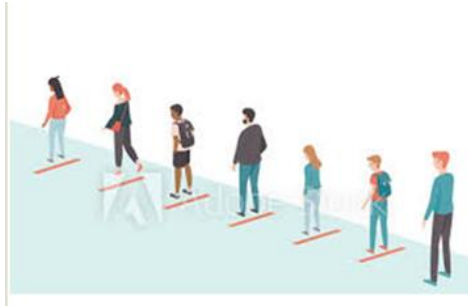


## 5.0 Getting around

- 5.1 Where possible please avoid using public transport at peak times. Face coverings are required by law on public transport as it is not always possible to maintain 2 metres distance.
- 5.2 One-way systems have been set up in most campus buildings. These are mandatory at all times. One-way systems are indicated by blue floor arrows and no entry signs on doors.



- 5.3 Please take extra care in planning your arrival to class and do not wait in the corridor outside classrooms. This is to enable fellow students and other members of the University to move around the building while maintaining social distance. Where possible, please wait outside the building until your class starts; bring suitable clothing in the event of bad weather.



## 6.0 Additional information

Additional information is available online:

- 6.1 Health & safety advice: <http://www.sussex.ac.uk/hso/specialist/hscovidpage>
- 6.2 Covid-19 hub: <https://www.sussex.ac.uk/about/community/responding-covid-19>
- 6.3 Guidance for students: <https://student.sussex.ac.uk/coronavirus/>

## 7.0 Raising concerns

- 7.1 If you have concerns about another member of the University who is not maintaining social distance, not wearing an appropriate face covering, or behaving in another way that places our community at risk, please follow this procedure:
  - In the first instance, raise the issue with the individual concerned. We must all as a community hold each other to a high standard so as to protect each other. Be polite; if challenged, do not place yourself at risk.
  - If this does not resolve the situation, report the issue to either the individual's line manager or academic supervisor.
  - If this does not resolve the situation, you can escalate it to the Health & Safety team or Student Experience team.
- 7.2 If you have concerns about local arrangements, discuss them in the first instance with teaching staff or the course coordinator. They can then request support from the Health & Safety team with regards to any additional controls that may be required.