**PACC Committee advice to minimise the transmission of Covid-19 Virus**

**Most important - Masks are to be worn** when walking round the buildings and in the studios but can be removed when sitting or working at a workspace (spare masks are provided in each room) Please work with the tutor to reach a consensus about mask wearing with those present in the class

**Please where possible conduct a Lateral Flow Test to check for Covid infection before classes**

Following Government guidelines these are the steps that we advise should be in place to minimise the risk to the membership:-

**Please do not enter the buildings if you have a positive test result– or been asked to isolate- or if you have the following symptoms:**

The most common symptoms are:

* **New fever/high temperature (37.8C or greater)**
* **New continuous cough**
* **New loss of, or change in, sense of smell or taste (anosmia)**
* **or you have common cold symptoms**

A high temperature is feeling hot to the touch on your chest or back (you don’t need to measure your temperature). You may feel warm, cold or shivery.

A new continuous cough is where you:

* have a new cough that’s lasted for an hour
* have had 3 or more episodes of coughing in 24 hours
* are coughing more than usual

If develop symptoms and you subsequently test positive and you have been in a class with contact to other students or tutors then please inform a member of the committee without delay. All class members will be informed if any one person reports a positive test.

**Measures to be put in place by tutors and membership to minimise risk in the buildings**

**Masks are to be worn** when walking round the buildings and in the studios but can be removed when sitting or working at a workspace (spare masks are provided in each room)

**Ventilation of the rooms** - the main transmission mechanism is now considered to be air borne and so where possible doors and/or windows in all rooms should be opened so there is a good through ventilation

**Hand Sanitiser** is provided in each studio and should be used on entry to the room

**Surfaces should be wiped down after** classes as part of tidying up. Sanitising spray and paper towels are provided in each room for this purpose. If there is an uncertain gap between classes the room should be wiped down before classes as well.

A **clear break** is to be used to ventilate the rooms between classes

**No cups are to be shared**. **Please bring in your own cup and take it away to be cleaned at home.** The kettles will be replaced in the rooms for hot drinks to be prepared.

*‘We must do what we can to keep each other safe’* PACC Committee