



## NSCD COVID GUIDELINES AND PRINCIPLES FOR SEPTEMBER 2021.

This information is correct at time of writing August 2021 but may be subject to change. An update will be released w/c 13th September.

Table of Contents

<b>NSCD COVID-19 operational guidelines and principles for September 2021.....</b>	<b>2</b>
Introduction:.....	2
Outbreak plans .....	2
Plans for contingency to deal with any identified positive cases of COVID-19 or outbreaks.....	3
The practicalities of coming to study at NSCD in the Autumn term 2021 .....	3
Mental shifts: Attitudes, habits, perceptions. ....	3
NSCD Ethos .....	4
Equality, Inclusion and access to learning and support during the Autumn term at NSCD .....	4
How NSCD may take advantage of new opportunities for local, national, and international connections within the dance field, broader dance industry and arts community: .....	5
Signage in the building: .....	6
Temperature checks:.....	6
One way system: .....	6
Social distancing:.....	6
Face coverings .....	6
Social contacts .....	7
Risk assessments.....	7
NSCD Assessment of risks around Covid-19.....	7
Obligation and commitment to running a safe working environment: .....	7
<i>Cleaning NSCD spaces</i> .....	8
Keeping occupied spaces well ventilated.....	8
Testing.....	8
<b>Testing before travel</b> .....	9
<b>Testing on arrival</b> .....	9
Contact tracing .....	9
Positive test result .....	9
Those identified as a close contact of a positive case .....	9
COVID-19 vaccination.....	10
Overseas students and COVID-19 vaccination.....	10
Arrival procedure for students travelling to the UK from overseas.....	10
Accommodation: Forming new households .....	11
Accommodation: General guidance around cleaning .....	12
Travelling nationally and internationally during your studies at NSCD. ....	12
Summary and commitment: .....	13

## **NSCD COVID-19 operational guidelines and principles for September 2021.**

This document has been written in respect of the latest Government operational guidelines for Higher Education update on 19<sup>th</sup> July 2021 <https://www.gov.uk/government/publications/higher-education-reopening-buildings-and-campuses/higher-education-covid-19-operational-guidance>

As a Higher Education Provider: we have considered and comply with our legal responsibilities under:

- Health and Safety at Work Act 1974
- Equality Act 2010, and to comply with those obligations

All the staff at NSCD hope that you are well and safe, wherever you are and managing to make a daily routine that supports your health and well-being during this global pandemic.

As we look towards the Autumn term 2021, NSCD, along with other Conservatoire school and other National organisations such as OneDance UK and CUK has been facilitating online discussions about if, and how, teachers and students can safely return to their school and studios a year on through this Covid-19 pandemic.

### **Note around interpretation of this information:**

As we go into the new term let us remember that NSCD became and remained a very covid safe place to be and we managed to work together to ensure that face to face teaching continued and we ended the school year with much to celebrate.

NSCD will make every effort to advise its students around practical modes of operation in the interpretation of these guidelines. We would like to say that NSCD is mindful of the anxieties that may exist in its staff and student population as we begin the new term. With this in mind we would welcome individuals and groups to talk to each other and agree together parameters where rules may be interpreted to the group's advantage.

For example

***Although the government guidance is that we do not in the first instance need to wear face masks, if a number of your group were so anxious to come into school without them, would it be an issue for more individuals in the group to support more active wearing of masks to reduce peers' anxiety in the short term? It may feel right that rather than make new rules, students can make supportive decisions together.***

It is important to note that we are governed very strictly by the regulations and guidance for Higher education so it is important that no comparison is made to any other operations e.g. dance studios in Leeds as these come under different operational guidelines and rules. Some of what they may do may seem far more relaxed or indeed more confined to our operations.

### **Introduction:**

The government are no longer placing any restrictions on the approach to teaching and learning in Higher Education as a result of Covid-19.

### **Outbreak plans**

NSCD has plans in place to respond in the event that there is an increase in the number of cases, or an outbreak associated with the school, when we may have to adapt elements of our provision at very short notice. NSCD will agree outbreak plans with Leeds Director of Public Health and share our plan in due course with the Department for Education (DfE).

NSCD's plan includes proportionate actions to reduce transmission and will consider scenarios including:

- increased prevalence of infection locally that requires interventions in the whole community, including students and staff
- a large-scale outbreak that may impact on the activities of the School
- a localised outbreak in a student household
- a localised outbreak involving a particular student or staff member, faculty or department

Where restrictions are considered necessary, the default position is that NSCD will remain open, and work with Directors of Public Health locally to identify additional measures to put in place. For instance, by increasing testing, quickly identifying contacts within the School's setting and providing appropriate support to those who are required to self-isolate.

### **Plans for contingency to deal with any identified positive cases of COVID-19 or outbreaks.**

You will remember that we wrote to you all in June and in that communication:

*'In accordance with the OfS guidance, NSCD communicated clearly to their students what they can expect from planned delivery of teaching and learning. This included different scenarios; one based on the current circumstances (PLAN A), and one based on changes that would be made in response to changing health advice (PLAN B and then PLAN C), so that they are able to make informed choices.'*

We presented three plans in place should we need to react to circumstances which Covid might present:

PLAN A: No restrictions full face to face teaching with some classes delivered online as this has proved a better method e.g. theory sessions.

Plan B: to reduce the number of classes to go into smaller study bubbles with a mixture of face to face and online provision

Plan C: Should the government declare another lockdown we know that we can quickly revert to online teaching of all modules (This would be our least desired mode of operation and not driven through choice).

Where an individual is told to isolate, they will have access to learning online throughout the period of their isolation.

### **The practicalities of coming to study at NSCD in the Autumn term 2021**

Some of you may have understandable concerns or questions about returning to a study environment for the first time in quite a few months. These guidelines are designed to hopefully explain and clarify some of the procedures that we have put in place and help to answer any questions that you may have. Programme and module leaders will be discussing this with you during the early weeks of term 1 to ensure that you are confident with our new operating procedures and protocols and that you feel safe and assured in coming for the first time or returning to the building in September.

#### **Mental shifts: Attitudes, habits, perceptions.**

Play your part and help NSCD to develop and maintain a culture of enthusiasm, in spite of our present challenges:

- Find value in the new opportunities presented through online, hybrid online and face to face, formats.
- Discover ways to communicate that value to each other.
- Share as much as we can together with families and communicate early with staff and student services (don't let things fester and become something more than it need be).
- Let us become stronger advocates for the aspects of your training that go beyond physical practice and technique.
- Work with staff to articulate the ways that NSCD's practice fosters creativity, communication skills, citizenship, leadership, and empathy.
- Help our leadership and marketing team to discover new ways to market these benefits and convince all those concerned including, parents, etc. of the importance of what you get as an education, outside of physical practice.

### **NSCD Ethos**

NSCD's Ethos to keep students at the heart of the learning experience

We are supporting staff and students to:

- Regularly check in: Look at what is needed in terms of physical practice, emotional support, and creative expression?
- Recognise and acknowledge that everyone's needs will change throughout the term, so this question will need to be asked often.
- Remind each other about what we want to take away from this new experience?
- Reflect upon how we are all adjusting to new ways of learning, thinking about the art form, and how individually they are 'read' by the teacher and other students?
- Ask students to contribute fully to the aspects of the student voice - What feedback do you have in terms of class content, delivery, and assessment? When possible, other staff will sit in on or take online or socially distanced classes to see what they are like from the student perspective.
- We will invite students to contribute to the curriculum design, lesson planning, delivery strategies and assessment methods.

How NSCD will support students to work with us and find agency through their learning experience:

- Use of small group or one-to-one tutorial sessions
- In evenings and weekends whilst some students undertake self-directed or directed study in the studio, others use recorded materials or independent research from home
- Directed independent studies, in which students design and implement their own learning experiences.
- Increased focus on student reflection through journal writing, discussion, draft essays, and movement experiences
- Increased student involvement in assessment through collaboratively designed evaluation processes, self and peer assessment, and alternate approaches to summative and formative assessment.

Equality, Inclusion and access to learning and support during the autumn term at NSCD

Student services and the Academic staff at NSCD has been working on strategies which are thoughtful and open at this unprecedented time. These include information, communication and practices related to how we can support students who may be disproportionately affected by the pandemic:

- NSCD has hardship fund to support all students at specific times of hardship. This is supported by funding from the Leverhulme Trust for undergraduate students.

- Using our virtual learning environment (Moodle) to build lessons with distinct learning strategies that teach and support all students how to be successful in online or hybrid online and in-person learning environments
- NSCD may be able to make special arrangements or exceptions for students with mitigating circumstances for health and wellbeing conditions or who are at high risk and may need to take extra precautions.
- NSCD is considering access equity issues that arise when teaching online and hybrid online and in-studio classes that rely on at-home resources and support.

NSCD recognises issues and supports students with access, IT and environment issues that are associated with online hybrid learning:

- We realise that students may not have access to technology and equipment needed for successful online learning, including laptop, access to high speed internet, and private space within the home for learning. Speak with student services to see how the school may adjust expectation and assessment practices accordingly.
- In few instances we realise that students (living at home) may be taking on new responsibilities at home, such as caring for siblings. Synchronous learning experiences may be difficult at times under these circumstances. Speak with staff early to consider if there are options for fulfilling coursework that are asynchronous and flexible.
- NSCD realises that students may be uncomfortable sharing their home on camera or may not have family support at home to help. In these instances, student services will hold frequent check-ins with students, one on one (via zoom) where possible to support learning frameworks.
- NSCD recognises that Covid-19 and study can create levels of increased anxiety. Student services and the well-being team will support you with well-being support resources.
- NSCD recognizes that all students, but those especially who have been disproportionately affected by the crisis, may display behavioural issues, obvious or less obvious signs of stress, lack of focus and motivation, and other symptoms of trauma. NSCD will negotiate and discuss with you ways to include emotional growth and learning into your coursework.
- NSCD recognises that students may be uncomfortable sharing their home spaces via video for a variety of reasons. NSCD will work with you around fulfilling coursework that does not expose you in such a manner.

***Please speak to Student Services for advice and support.***

How NSCD may take advantage of new opportunities for local, national, and international connections within the dance field, broader dance industry and arts community:

- Share resources with other teachers, programs, or institutions in CDD or in the sector.
- Create new opportunities for networking and engagement, both for ourselves and our students.
- Collaborate digitally with other schools or studios, including joint choreography projects, sharing of performance work, pedagogical exchanges, and other opportunities to connect online.
- Explore new ways to share our students' work through outdoor, site-specific, and streamed performances and dance on film.
- Encourage students to take advantage of opportunities to take online classes with other instructors in a range of dance genres and across cultural practices.
- Encourage students to explore the wealth of digital dance content now available online.

- Make it a priority to invite guest tutors and lecturers from various backgrounds, perhaps connecting with dancers, choreographers, and educators who are unemployed due to the pandemic

### **Signage in the building:**

During July the school will be removing much of the signage and one way system in the school. It may be as we go forwards that we introduce new signage as reminders of safety and good practice for all our protection and care.

### **Temperature checks:**

From July 2021, NSCD will no longer be carrying out temperature checks on individuals entering the building. Although a higher temperature is one of the covid symptoms, it is also linked to many other ailments including seasonal flu that make individual feel unwell.

**We ask all individuals', if you do not feel well (including having a temperature or not) DO NOT come into school and speak to student services around any support you need.**

### **One way system:**

From September 2021, the school will no longer need to operate a one way system but ask all individuals to support the easy flow around the building by letting people past and not blocking stairs and corridors.

### **Social distancing:**

There is no requirement for social distancing although there is a degree of common sense we can apply here given that Covid will always be part of our lives and we will consider this further around local data. It does mean however that we can return to bigger capacity in the studios, offering a fuller provision that in previous years.

NSCD will continue to carry out risk assessments for particular circumstances and we will implement sensible and proportionate control measures which follow the health and safety hierarchy of controls to reduce the risk to the lowest reasonably practicable level.

### **Face coverings**

NSCD still advises that all students and staff should have a face mask to hand or on their person most days as there is likely to be a situation where you choose to wear one.

Face coverings are no longer compulsory for students, staff and visitors either in teaching rooms or in most communal areas. The government has removed the requirement to wear face coverings in law but expects and recommends that they are worn in enclosed and crowded spaces where people may come into contact with people they don't normally meet. This includes public transport.

**NSCD ask that students and staff continue to wear masks in the crowded spaces such as the reception social area or in the foyer area when queuing to go into Riley Theatre.**

**Staff and students do not need to wear a mask whilst seated at tables to eat lunch.**

**A common sense approach would be if a communal space is crowded (foyer, corridor, lockers space, changing space) consider wearing a mask as this will support some of your peers to be less anxious. As a general rule have conversations with your class cohort to determine when and where you would feel comfortable wearing a mask.**

If there is an outbreak in NSCD, a director of public health might advise us that face coverings should temporarily be worn in communal areas or teaching rooms (by students, staff and visitors, unless exempt). NSCD will ensure this is covered in our risk assessment and Outbreak Management Plan.

NSCD is following guidance from the NHS in that Face coverings (whether transparent or cloth) should fit securely around the face to cover the nose and mouth and be made with a breathable material capable of filtering airborne particles.

No student at NSCD will be denied education on the grounds of whether they are, or are not, wearing a face covering.

### **Social contacts**

At present, there are no legal limits on social contacts in England. If you are travelling to Scotland and Wales you should check out their guidelines as these may be different.

Use the [Coronavirus restrictions: what you can and cannot do](#) guidance to find out more.

### **Risk assessments**

As employers and a HE provider we have a legal responsibility to protect workers and others from risk to their health and safety, including from the risks of COVID-19. NSCD will complete a suitable and sufficient assessment of the risks of COVID-19 in the workplace and identify control measures to manage that risk, based on relevant government guidance and best practice. NSCD will continually check, revise and update our risk assessments, especially when there is new advice and guidance.

#### **NSCD Assessment of risks around Covid-19**

Following the advice from the Health and Safety Executive,  
<https://www.hse.gov.uk/coronavirus/working-safely/risk-assessment.htm>

We recognise that we must protect people from harm. For NSCD, this includes taking reasonable steps to protect you and others from coronavirus. This is called a COVID-19 risk assessment and it has helped us manage risk and protect people.

We have:

- identified what work activity or situations might cause transmission of the virus
- thought carefully about who could be at risk
- decided how likely it is that someone could be exposed
- acted as responsibly as we could to remove the activity or situation, or control the risk

We have attempted to cover all our main working areas and our own practices. Our Health and safety officer (Kirk Worley) created a comprehensive and valid record (Covid-19 Risk assessment) of the general controls / mitigation measures that are currently in force. This Risk Assessment is viewed in conjunction with activity specific risk assessments which have been created or amended considering the current situation. As with all risk assessments, under the prevailing circumstances are kept under ongoing review by NSCD management team. Please note that this risk assessment has been produced in line with the current Government guidance and advice available at the time of writing (May 2021). The risk assessment will be updated in line with further updates as and when they arise.

### **Obligation and commitment to running a safe working environment:**

NSCD will continue to make efforts to reduce the risk of transmission where possible. Where possible we will do this in a way which will not put in place measures which limit the teaching and learning



outcome for our students, or significantly limit the wider activities we do as an institution. NSCD will continue to follow guidance on working safely during the COVID-19 outbreak (<https://www.gov.uk/guidance/working-safely-during-covid-19>) where it is applicable to our facilities and core business.

### **Cleaning NSCD spaces.**

NSCD has put in place and will maintain an appropriate cleaning schedule. This will include regular cleaning of areas and equipment (e.g., twice per day), with a particular focus on frequently touched surfaces. Under new guidance, it will not generally be necessary to clean areas and equipment between use by different groups throughout the day and the sharing of equipment should be permitted.

NSCD would still recommend to students that they carry out a clear cleaning regime in communal spaces where they live such as kitchens and bathrooms.

### **Keeping occupied spaces well ventilated**

Upon your return to school you will immediately notice that NSCD has invested heavily in a brand new ventilation system for the school. Developed, designed and implemented at a time of covid, we have learnt many lessons which has enabled us to acquire a system which will work more effectively than anything we have had before. NSCD recognises it is important to ensure a well ventilated and a comfortable teaching environment is maintained.

Opening external windows can improve natural ventilation, and in addition, opening internal doors can also assist with creating a throughput of air. If necessary external opening doors may also be used (if they are not fire doors and where safe to do so).

NSCD recognises we must balance the need for increased ventilation while maintaining a comfortable temperature for dancers to learn.

### **Testing**

The government has been working with HE providers to offer twice weekly asymptomatic testing to all students residing in their term-time accommodation, or accessing university facilities, and to all staff. NSCD supports lateral flow testing and advises all staff and students to continue testing twice a week for own peace of mind and in helping us to continue to create a covid safe space. During reading weeks and holidays, testing is still widely available, and kits can be collected either from local pharmacies or ordered online. **NSCD will update once we have more information.**

If a student or staff member has recently (within 90 days) tested positive for COVID-19, they are likely to have developed some immunity. If a student or staff member has had a confirmed positive polymerase chain reaction (PCR) test for COVID-19 in the last 90 days, they do not need to be tested again within that time period if they are asymptomatic. They are still required to follow the national guidance for adults who have been identified as a close contact of a positive COVID-19 case, even if this is within the 90 day window.

If students are on a placement and not attending university facilities, they should follow and participate in any testing regime in place at their placement. It is not necessary to travel to NSCD to be tested before travelling to a placement, unless this is advised by us.

Where students have a medical or other reason that prevents them from engaging in LFD testing, you should talk to us about alternatives.

### Testing before travel

Students should expect to test before they travel back to NSCD, by ordering a free test online or collection from their local pharmacy.

### Testing on arrival

On arrival at NSCD, students should expect to take 2 LFD tests either using home test kits or at an on-site testing facility (3 to 4 days apart). This is to reduce the risk of transmission following the movement of students across and into the country.

Final decisions about testing on return and ongoing regular asymptomatic testing in the autumn term will take into account public health advice. The position will be confirmed in the coming weeks.

### Contact tracing

NSCD has supported NHS Test and Trace and we have been clear that students, staff and other visitors know how the contact tracing process works. The NHS COVID-19 app allows users to check-in to venues by scanning a QR code, which enables NHS Test and Trace to send notifications. NSCD has published QR codes for this purpose at the entrance to the building's reception area, Riley Theatre

For those who test positive or who have been identified as a contact by NHS Test and Trace, further information is available in the guidance [NHS Test and Trace: how it works](#). This sets out what individuals should do if they test positive or if they are a contact of someone who has tested positive, and how NHS Test and Trace will work with them to stop the spread of the virus.

### Positive test result

Upon notification of a positive LFD test result or positive home (self-reported) LFD test result, students and staff should follow the [national guidance for people who have received a positive COVID-19 test result](#).

In the autumn term, We will ask all students and staff to continue to report positive test results through our online reporting form as well as through NHS track and trace <https://www.nscd.ac.uk/covid-19-incident-report/> this will enable the school to monitor outbreaks quickly and effectively.

### Those identified as a close contact of a positive case

In general, students over the age of 18 and staff in HE should follow the national guidance for adults who have been identified as a close contact of a positive COVID-19 case.

The government intends to exempt people who have been fully vaccinated from the requirement to self-isolate if they are a contact of a positive case.

**Anyone who tests positive will still need to self-isolate regardless of their vaccination status. Further details will be published in due course and the changes are likely to come into effect later in the summer.**

**Similarly, from 16 August 2021, those under 18 years old will no longer be required to self-isolate if they are contacted by NHS Test and Trace as a close contact of a positive COVID-19 case.**

**If you have chosen not to get vaccinated, you will need to self-isolate if identified as a close contact.**

NSCD will take steps to ensure our students are safe and well looked after during their self-isolation period.

### **COVID-19 vaccination**

NSCD would encourage students to take up the offer of both doses of the vaccine, as soon as they become eligible as this again supports our ability to manage a safe and secure learning and teaching environment.

COVID-19 vaccination is now being offered to everyone aged 18 and over at local sites run by GPs or community pharmacies, at larger vaccination centres and in some hospitals. Local areas may also work with partners to set up 'pop up' temporary clinics at locations convenient for students to access, for example, on university campuses. Students registered with a GP can book their appointment at a larger vaccination centre, a community pharmacy run site or at some GP run sites through the [national booking service website](#) or by phoning 119.

NSCD asks students to register with a GP practice if they have not already done so. Those who are registered with a GP will receive an invitation to be vaccinated from their GP practice. Individuals can request to book COVID-19 vaccination appointments as an unregistered patient through a local GP practice. HE providers should encourage students to consult the COVID-19 vaccination [FAQs for students in higher education institutions](#) which has been published by NHS England and provides a range of important information.

### **Overseas students and COVID-19 vaccination**

International students will not be charged for vaccination against COVID-19. Students should make sure they are registered with a General Practitioner (GP), who will contact them directly to book their vaccine via an online or telephone system when it is appropriate to do so. [Information on booking coronavirus vaccination appointments](#) is available.

If international students have further questions regarding vaccines, they should consult the [COVID-19 vaccination FAQs for students in higher education](#) institutions which has been published by NHS England and provides a range of important information. Students can also read about [being an international student in England during the pandemic](#).

### **Arrival procedure for students travelling to the UK from overseas**

Different restrictions apply to students arriving from overseas (known as the '[traffic light system](#)') depending on level of risk. Risk will be based on factors such as the level of community transmission, variants of concern, levels of testing, genomic sequencing and reporting. This will provide the UK government with flexibility to adapt to the evolving health situation around the world whilst keeping our borders open. Countries will be sorted into three categories:

- **red list countries - high-risk countries**
- **amber list countries - moderate-risk countries**
- **green list countries - low-risk countries**

Students will need to comply with the following measures, depending on which country they have departed from/travelled through in the preceding 10 days:

Measure	Green	Amber	Red
<a href="#">Passenger locator form</a>	Yes	Yes	Yes
<a href="#">Pre-departure test</a>	Yes	Yes	Yes

<a href="#">Managed quarantine at hotel</a>	No	No	10 days
<a href="#">Self-isolation at own accommodation</a>	No	10 days	N/A
<a href="#">Test to release</a>	N/A	On day 5	No
<a href="#">PCR testing</a>	On or before day 2	On or before day 2	On or before day 2
<a href="#">Further PCR testing</a>	No	Day 8	Day 8*

\* please note this table may get updated – always click on the hyperlinks for the most up to date information

Students should refer to the [latest information on country risk levels](#) before travelling as the above may change before your departure.

Before arriving in the UK, all students should:

1. check the very latest information on [entering the UK](#)
2. inform their provider when they intend to arrive on campus so that they can be appropriately supported
3. check the [arrivals procedure](#) for the country that they are travelling from or through, and whether that country is on the [red, amber or green list](#)
4. ensure that, prior to departing for England, they have proof of a negative COVID-19 test result taken within three days of departure - more information on [pre-departure testing](#) is available
5. Book and pay for a [travel test package](#) which will include COVID-19 tests to be taken on or before day 2 and – in some instances - on or after day 8. More information about [quarantine testing](#) is available
6. [complete a passenger locator form](#) upon arrival
7. Check whether the country they are travelling from is a 'red list' country, meaning they will need to complete their quarantine in a [managed quarantine hotel](#). These students should see the guidance for students who have been in, or transited through, a 'red list' country (see below) in the last 10 days
8. while travelling, remember to follow the [safer travel guidelines](#), and plan ahead to avoid busy times
9. speak to your travel insurer

### **Accommodation: Forming new households**

Students can form new households and move into their shared student accommodation as normal. Within student accommodation, NSCD will work with students to continue to seek to identify 'households', which will form the units by which they will manage any response to a suspected or confirmed positive case. A student's approach to deciding what constitutes a household will depend on the physical layout of the accommodation, taking into account who shares a kitchen or bathroom. If you are a student who has chosen to move into one of the cities halls of residences, a household in halls of residence is normally considered to be those students living in the same flat, or on the same floor, who share a kitchen or bathroom, rather than an entire block. Your accommodation providers should make clear which kitchen(s) or bathroom(s) are intended for each household's use.

Students living in halls of residence, or Houses of Multiple Occupation (HMO) (which are usually what our NSCD students do, in shared houses), who develop symptoms of COVID-19 should self-isolate in their current accommodation. Students should discuss this with student services, and with the manager of their halls if they are privately owned, or the landlord of their house.

### **Accommodation: General guidance around cleaning**

It is important that shared areas within accommodation such as kitchens and bathrooms are cleaned regularly to minimise the risk of transmission, and in particular, after use by those who have tested positive or are displaying COVID-19 symptoms. More information can be found in the [guidance for households with possible or confirmed COVID-19 infection](#).

Student living in shared accommodation should ensure that appropriate cleaning supplies are readily available. It is likely that where households follow good practice to minimise transmission within the house at all times, the overall risk of transmission will be reduced. This requires focusing on the three main routes of transmission:

- close-range,
- airborne,
- surface contact

with routine measures that include: ensuring regular fresh air of common areas; frequent handwashing using soap and water; limiting the use of sharing surfaces or objects where feasible; and frequent cleaning of shared surfaces.

The Universities Safety and Health Association have [jointly issued a checklist for students living in shared accommodation](#) to help minimise the risk of coronavirus transmission. This checklist includes practical advice on cleaning, food hygiene, and visitors among other aspects of co-living. This guidance also provides advice on how to minimise transmission within shared accommodation, where someone has suspected symptoms or tests positive. NSCD would encourage students and visitors (where visitors are permitted) to follow this advice.

### **Travelling nationally and internationally during your studies at NSCD.**

NSCD would advise students to consider very carefully all of their travel plans during academic year 2021/22. Travel has the potential to present a high risk activity to our student population. There are usually only three windows where students would choose (or not) to travel home or visit others away from their term-time accommodation. **For most part NSCD would ask students to limit travel during their studies.**

Before making any travel plans:

1. Consider if travel is absolutely necessary?
2. Check the local covid data and information of the place you are going to and assess the risks to yourself and others by travelling.
3. If travelling outside of the country, is it worth it if you have to test and quarantine (i.e. does this eat up all your funds and time)
4. Think carefully about the costs involved, especially if travelling during the shorter non-contact day periods (reading weeks and Spring break)
5. Factor in booking flights and trains which take into account quarantine as NSCD will not usually give authorised absence to students who are late returning to their studies or leave early for convenient travel arrangements.
6. Term dates are set well in advance and students should note absence is not usually granted unless it is unforeseen circumstances or an emergency.
7. Travel windows usually consist of three periods during the year (with the exception of MA students who study until August) these are: Winter break (Christmas), Spring break (Easter) and the summer break (July 7th & August)
8. Upon your return to your term time accommodation we would encourage you to take a lateral flow test and not mix with housemates until your test shows negative.

9. Adhere to isolation periods if coming to the UK from overseas. Prepare for this e.g. food etc.

**Summary and commitment:**

NSCD will:

- encourage students and staff to take up the offer of both doses of the coronavirus vaccine as soon as they are eligible
- encourage all students and staff to participate in some form of testing programme once this has become available
- encourage students, including overseas students, to register with a GP local to school as soon as possible after arriving
- Encourage students to ask questions as NSCD will not assume that everyone understands any official guidelines
- ensure the rationale for behaviours and protective measures is understood and bought into by all under the inclusive cultures definition of the school
- encourage an atmosphere within our school that supports actions people can take to keep themselves and others safe
- involve staff and students to support communications
- maintain consistent messaging and guidance
- consider the range of cultural backgrounds when developing communications and plans

**DLC July 2021. Developed in response to Government guidelines published 19<sup>th</sup> July 2021.**