
September 2021

Dear CIE student/ parents/ guardians/ agents,

We are open and continue to welcome the students at CIE.

As you might be aware, the situation keeps changing and so are the rules.

The information below includes the most recent updates that you need to know before travelling to the UK.

TRAVEL UPDATES

From Monday 4 October the list of fully-vaccinated travellers who do not need to quarantine on arrival in England will be expanded to include those with a full course of the Oxford/ AstraZeneca, Pfizer, Moderna or (single dose) Janssen vaccines from a relevant public health body in 50 countries in total. Please check if your country is on this list.

Under 18s will be treated as vaccinated adults if they are from the UK, or 50 other countries where vaccine status is recognised.

- These **fully-vaccinated travellers** will not need to take a pre-departure test (PDT), a day 8 PCR test or quarantine for 10 days. **They will continue to need to book a day 2 PCR test in advance of travel** and complete a **passenger locator form**.
- Those travelling from non-red list countries who do not meet the eligibility requirements for fully-vaccinated travellers will continue to need to quarantine for 10 days, take a pre-departure Covid-19 test and pre-book day 2 and day 8 PCR tests. They can still take a day 5 test-to-release test to shorten their quarantine period (England only).
- The rules for arrivals from red list countries are unchanged.
- From the end of October, eligible fully-vaccinated travellers (see above) will be able to replace their day 2 PCR test with a cheaper lateral flow test. Anyone testing positive will need to isolate and take a confirmatory PCR test at no extra cost.

CORONAVIRUS INFORMATION

What to do if you develop symptoms of coronavirus (COVID-19) or tests positive for COVID-19

The main symptoms of coronavirus (COVID-19) are:

- a new, continuous cough,
- or a high temperature,
- or a loss of, or change in, their normal sense of taste or smell (anosmia).

If you develop symptoms of coronavirus (COVID-19), you should get a PCR test via Get a free PCR test to check if you have coronavirus (COVID-19) - GOV.UK (www.gov.uk) or by calling 119 and remain at home at least until the result is known. If negative, you can end self-isolation; if positive, you should isolate until at least 10 days after your symptoms appeared. You can return to your normal routine and stop self-isolating after 10 full days if your symptoms have gone, or if the only symptoms you have are a cough or anosmia, which can last for several weeks. If you still have a high temperature after 10 days or are otherwise unwell, stay at home and seek medical advice. If you have a positive test result but do not have symptoms, you should stay at home and self-isolate for 10 days from the date the positive test was taken. This isolation period will be extended if you go on to develop symptoms by counting 10 full days from the day following your symptom onset.

Instructions for people who live in the same household as someone with COVID-19 (tested positive or symptomatic awaiting a test result)

Please see [the stay at home guidance](#) with information of what the household should do and who is exempt from isolation as a close contact. Even if you are exempt, it is recommended that contacts get a PCR test, and undertake other measures outlined in the guidance such as limiting contact with anyone who is extremely clinically vulnerable and wearing a face covering in enclosed spaces while the person in your household with COVID-19 is self-isolating.

If you develop symptoms at any time, even if these are mild, self-isolate immediately, arrange to have a COVID-19 PCR test and follow the guidance for people with COVID-19 symptoms.

For most people, coronavirus (COVID-19) will be a mild illness.

If you develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111.

Contacts who are not required to self-isolate from 16 August 2021

From 16 August, you will not be required to self-isolate if you are notified you have had close contact with someone with COVID-19 and any of the following apply:

- you are fully vaccinated
- you are below the age of 18 years 6 months
- you have taken part in or are currently part of an approved COVID-19 vaccine trial
- you are not able to get vaccinated for medical reasons

Students who are under the age of 18 years and 6 months or older students who are fully vaccinated can still attend the educational setting if identified as a close contact. They are recommended to get a PCR test if 5 years and older (for household contacts there is no lower age restriction), avoid anyone who is extremely clinically vulnerable for the time they would have isolated and follow additional measures outlined below.

How to stop coronavirus (COVID-19) spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

[guidance on how to stay safe and help prevent the spread](#)

- get vaccinated
- wash your hands with soap and water or use hand sanitiser regularly throughout the day
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- meet people outside and avoid crowded areas
- open doors and windows to let in fresh air if meeting people inside
- wear a face covering when it's hard to stay away from other people – particularly indoors or in crowded places

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/> or please do not hesitate to contact a member of staff.

CIE MEASURES

This document outlines the measures we are going to continue with at CIE to manage the risk of infection to our staff, students and local community.

Information and communication

We will:

- Provide detailed pre-arrival information and induction for staff and students which will include:
 - a guide to social distancing and hygiene expectations at CIE
 - a guide to social distancing and hygiene expectations in host family
 - information about social distancing and hygiene expectations in public places
 - information about symptoms and what to do in cases of suspected symptoms
- Update information regularly
- Introduce risk assessments to staff and students
- Have open regular communication between school staff, students and their families, agents and host families.

Social distancing and hygiene practices at CIE

We will:

- Perform risk assessments of every part of our provision
- Have soap and hot water available in the bathroom and kitchen
- Promote 'catch it, bin it, kill it' approach
- Ask staff and students to maintain social distancing and rigorous personal hygiene
- Recommend to wear masks in the common areas during break times and classrooms where social distancing is not possible
- Display clear signposts, notices and directional arrows
- Install a sneeze guard at the reception
- Recommend that toilets are flushed with the lids down
- Regularly clean heavy use equipment and deep clean at the end of each day.

Learning environments

We will:

- Keep class sizes small
- Keep 1 meter between students where possible
- Encourage classes outside and incorporate outdoor cultural activities into syllabus

We will ask students to:

- Use the same classroom for the duration of the day where possible
- Remain at the same desk throughout the lesson
- Use assigned course books only
- Not share pens and other stationery and equipment
- Clean keyboards after using CIE computers

Welfare support

We will:

- Monitor student and staff wellbeing
- Ask for medical information and consent
- Ask for contact details and emergency contacts
- Have access to healthcare provision
- Encourage staff and students to check their temperature daily
- Keep students and staff informed and offer support
- Deal with any suspected cases with urgency
- Use extra PPE when responding to a suspected or confirmed case of Covid-19
- Promote an environment where we all are responsible for taking care of ourselves and others around us.

Managing and reporting symptoms

We will ask staff and students to:

- Maintain personal hygiene
- Stay at home if you feel unwell or display Covid-19 symptoms
- If you display symptoms while at CIE, you must:
 - report to a member of staff
 - go to a separate well-ventilated room / area behind a closed door
 - avoid touching anything
 - use your own mobile phone to arrange a test (119 in England)
 - call 999 in emergency
 - avoid contact with others on your way out
 - self-isolate in line with Government guidelines
- If you are a student under 18, a member of staff will supervise you
- If you experience symptoms after having left CIE, you must report immediately by calling CIE on 01865202238.

- If a confirmed positive result of Covid-19 is reported to us, we will:
 - make every effort to track and trace people and places you have been in close contact with
 - seek advice from Public Health England/ local public health protection team

- deep clean the premises.

Travelling to CIE safely

We will ask staff and students to:

- Follow the latest safer travel guidance on public transport and wear a face mask
- Walk or cycle when possible

School closure/ lock down

If there is a confirmed case of Covid-19 at your school, guidance will be taken from our local public health protection team. In case we need to temporarily close the school, we will continue with our tried and tested course, a combination of self-study and online classes, which we were successfully delivering throughout the lock down from March to June 2020. You will be staying in host families who are able to accommodate students in these unusual circumstances and will support you throughout your stay.

Useful links:

Travel: Entering the UK:

<https://www.gov.uk/uk-border-control>

<https://visas-immigration.service.gov.uk/public-health-passenger-locator-form>

Travel to the UK: travel corridors:

<https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors>

Testing:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/>

Mental health and wellbeing:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

We will be reviewing and updating this guide regularly and will inform everyone involved.

We will be expecting everybody's cooperation to observe these measures and help to keep everyone safe. In case of serious or persistent breaches, this will be handled via our Disciplinary procedure and you will be asked to leave CIE