

## COVID-19 Guidelines for Visitors, Spring 2022: Covid Sense

SMO is following Scottish Government guidance to reduce the risk of anyone on campus contracting COVID-19. Adherence to the following guidelines is essential to allow everyone to visit the campus, continue their education and participate in activities at SMO. Please be respectful of other visitors, students and staff to allow everyone to continue safe and well. Skye prides itself on welcoming visitors to share and enjoy our beautiful island, language and culture, but note that SMO is part of a small, rural community, with limited healthcare resources and an older population. These guidelines may be subject to change at short notice if there is a change in Government guidance or a local outbreak.

Any suggestions or concerns should be raised with the Covid Management Team [covid@smo.uhi.ac.uk](mailto:covid@smo.uhi.ac.uk)

### If you have COVID19 symptoms

- Take an LFT to confirm if you have Covid-19.
- Report positive results to [covid@smo.uhi.ac.uk](mailto:covid@smo.uhi.ac.uk) or phone: 01471 888000 (888255 out of hours).
- Report you results to **Test & Protect** on [www.nhsinform.scot](http://www.nhsinform.scot) or ring **0800 028 2816**.
- Download the **Protect Scotland App** to support Test and Protect identification of close contacts.

### Asymptomatic testing

- Asymptomatic testing is still in place in Scotland.
- If you are visiting SMO, or participating in a course or event on campus, we ask that you take 2 lateral flow tests (LFT) prior to travel, 3 days apart. These can be ordered online at [www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](http://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)
- On arrival you will be asked to take another lateral flow test, and a second during the week if your stay is longer than 3 days. Test kits are available at reception.
- Note all students and staff on campus are asked to test twice weekly too.

### Isolation and quarantine

- If you have COVID-19 symptoms before you travel, stay at home and do an LFT.
- If you are a close contact of a positive case and are fully vaccinated (x3), you do not need to self-isolate, but need to take an LFT every day for 7 days.
- If you develop symptoms while on campus, please return immediately to your room and take an LFT.
- Current self-isolation rules for fully vaccinated people is for 7 days, if you have a negative LFT on days 6 and 7.
- If required to isolate on campus, you will be fully catered to in your room, and will be charged full board for any additional days' use. We will facilitate making any isolation stay as comfortable as possible.

### Use of Face masks

The use of face masks is still mandatory when moving around in public indoor areas of the College and on College transport

- Face masks can be removed when seated for food and drink in hospitality areas or student kitchens / living areas.
- Face masks can be removed when seated in 1m+ spaced and well ventilated classrooms, but those that would prefer still to wear their masks should be supported to do so.
- Understanding should be shown to those that cannot wear masks for health reasons.

### Social Distancing

Social distancing is no longer mandated, but please be respectful of others that may feel uncomfortable at close quarters. Avoid crowding in public indoor spaces.

### **Ventilation**

- Good ventilation should be maintained at all times in any shared indoor spaces.
- Keep windows and doors open, as long as the door is not a fire-door.

### **Hygiene**

- Frequently wash your hands for 20 seconds and dry them thoroughly – and always before/after eating and after using the toilet.
- Use a tissue or elbow to cough or sneeze into and dispose of tissue waste immediately.
- Use hand sanitizing facilities at key exit/entry points of buildings.
- Wipe any shared surface prior and after use with the alcohol wipes provided, such as printers, keyboards, desks in study areas, kitchen surfaces in student kitchens etc.

### **Risk assessments**

Risk assessments, taking into account Covid-specific risks as well as other potential hazards, are required to be filled out for the following activities. Liaise with your SMO contact or email [covid@smo.uhi.ac.uk](mailto:covid@smo.uhi.ac.uk) for more information:

- Sports activities (both indoor and outdoor) being run for students or other groups
- Lectures and conferences that are open to external participants
- Music or performing arts activities and events
- Events being run by other organisations, hiring College space.

### **Failure to abide by rules and regulations**

- Failure to comply with SMO's COVID-19 health and safety procedures will result in visitors being asked to leave the campus with immediate effect. Refunds will not be available on accommodation or booked venues in these circumstances.
- In Scotland there is mandatory use of face coverings in indoor public places, including college campuses, libraries and shops.
- Scottish law requires everyone to comply with Test & Protect requirements, including requests to self-isolate.