

Girton College: Covid Protocols for Michaelmas Term 2021

The best ways to reduce covid transmission risks and protect one another are:

- If you feel unwell, stay in your room, and contact the nurse or porters for advice.
- Wear face coverings indoors unless eating and drinking or unless you are in a private meeting where all have agreed to remove them.
- Take two asymptomatic tests each week.
- Ensure you are fully vaccinated.
- Keep your distance wherever possible.
- Open windows and use the great outdoors.
- Wash hands frequently and use the sanitisers across the site.

LEGAL RESTRICTIONS & ISOLATION.

It is the law that you must isolate if:

- You have a positive test or symptoms (legal requirement).
- You are instructed to isolate by NHS test and trace.
- You are a close contact or household contact of someone who has tested positive for Covid and
 - you are not fully vaccinated or,
 - you are under 18 years and 6 months old.
- You are required to quarantine on entry to the country.

COLLEGE/ SWIRLES ISOLATION

At College/Swirles, if someone in your Household (a household is defined as those sharing kitchen and bathroom facilities) tests positive for Covid, that person **must** isolate in their room for 10 full days after the date of the test or symptom onset. They may not exercise outside or use the shared kitchen but will be supported through online contact and meal deliveries.

Everyone else in the household must take a PCR test and should keep within the household while awaiting results. Regardless of the test result, anyone not fully vaccinated (Fully vaccinated = both doses given by the NHS, the second one more than 14 days ago) **must** isolate within the household for 10 days, unless they are under 18 years and 6 months old.

Provided they test negative they may take outdoor exercise at designated times and spaces and use the shared kitchen wearing masks and maintaining distance. Housemates who test negative **and** are fully vaccinated **or** are under 18 years 6 months old are not usually required to isolate but should take extra care during their friend's isolation to avoid close contact with others, should wear a facemask and should keep the household well-ventilated and scrupulously clean.

We hope that non isolating household members will do all possible to support housemates who have to isolate.

DISTANCING

You are advised to avoid or minimise close contact, unless you are sure there isn't a transmission risk, and especially in poorly ventilated areas where few are wearing masks. According to the NHS close contact includes sharing a car/taxi, being within 1m of someone, being within 2m for more

than 15 minutes including over the course of a day. College is set up to enable distancing of at least 1m at all times and additional mitigations such as masks and screens are in place for situations where you may be between 1 and 2m. Please maintain 2m distance from College staff when they are working in your household.

VACCINATION

Details of walk-in vaccination centres are here: [The Vaccinators | COVID-19 Vaccination Centres | Cambridgeshire and Peterborough](#)

FACE COVERINGS

Council (22/07/21) has agreed that face coverings are required indoors on College premises until further notice, except within your own household or when eating/drinking.

TESTING

You are expected to test twice weekly – either participate in weekly pooled Asymptomatic PCR (gold standard) testing on Tuesdays, and follow up on Fridays/Saturdays with a self-administered lateral flow test, OR test twice weekly using lateral flow tests.

Lateral Flow Tests are free from the government [Order coronavirus \(COVID-19\) rapid lateral flow tests - GOV.UK \(www.gov.uk\)](#).

Access to social events will be on the basis of routinely testing negative twice a week.

VENTILATION

Please keep your room, and all shared areas well ventilated and report any problems with extract fans, sticky window etc to maintenance. Use outdoor routes across site where you can.

Do not close windows at events in the public rooms – the event will be closed down if you do!

CLEAN HANDS FREQUENTLY

You are expected to make use of the hand sanitiser stations across the sites (and especially before entering teaching rooms, offices, and dining areas) and to keep shared kitchens hygienically clean.

VISITORS

- You may have visitors in your room. Where possible you should meet friends in groups outdoors or in public areas and not risk the health of those you live with by introducing large groups or multiple consecutive contacts into the household shared kitchen except by common consent.
- Normal College rules on private social gatherings now apply, so **no private** social gatherings of more than 10 people anywhere on Girton College Premises, and no household parties without the Senior Tutor's prior permission. Please book your planned event online here: [Internal Event Booking \(wufoo.com\)](#)
- Overnight Visitors: As per normal College rules, you are permitted one overnight visitor in your room for a maximum of 3 consecutive nights in any week. Overnight visitors must be signed in and out at the Porters' lodge. Your visitor should please take a lateral flow test before coming to stay with you. No overnight visitors in freshers' week before everyone has tested please.

- **Public spaces and Visitors:** You are welcome to bring visitors to the Social hub and bar, cafeteria and to Formals where guests are allowed. Please use the outside tables in Ash Court where possible, and don't crowd at the counters as this is a risk to staff. Hub Pizzas, paninis etc are available for pre-order on the app for takeaway as usual.

CLEANING AND DOMESTIC SERVICES

Cleaners and maintenance staff will access residential areas as usual, except when positive test pools are waiting for individual test results and when there is more than one covid case in a household. Cleaning supplies will be issued during any interruption to service and cleaning will resume as soon as isolations end.

SPORTS FACILITIES

Some sports facilities have restricted capacity in order to ensure that air exchange is adequate during exercise, and close contact avoided, mitigating against the risk of particles building up to transmissible levels via an infected person

Weights Gym / Multigym	<p>Inducted users only in Weights Gym 3 people Open 7am-10pm -cleaning break 12-1. 50-minute slots + 10 mins clean down 1 slot per user per day Book by phoning the lodge 01223 338999 no more than 48 hours in advance. Sign in at Lodge for access</p>
Erg Room	<p>Boat Club List Only Open 7am-9pm 50-minute slots + 10 mins clean down – can book 2 consecutive slots for a longer session Book by phoning the lodge 01223 338999 no more than 48 hours in advance. Sign in at Lodge for access</p>
Squash Court	<p>Open 9am-9pm Solo or 4 people, guests welcome. Book by phoning the lodge 01223 338999 Bookings max 48 hrs in advance Slots are 50 minutes + 10 minutes clean down time and you can book consecutive slots for longer play.</p>
Croquet	<p>On cricket outfield, please book in advance with Head Groundsman sw355</p>
Swimming Pool	<p>Open 7am – 8pm daily. Max 6 accompanied guests welcome. No lone swimming. All users must provide evidence of a negative PCR or Lateral flow test taken within the previous 48 hours. Ventilation in the pool area is mainly recirculated air so the pool is a higher risk environment for Covid transmission. Testing and capacity limits are the mitigations in place. Book by phoning the lodge 01223 338999 no more than 48 hours in advance. Sign in at Lodge for access</p>

Any queries please email: covid@girton.cam.ac.uk

Junior Bursar – 1 October 2021