

# Staying Safe at Hackbridge

## Reducing the risk of Covid-19



### Social distancing

- Enter and leave school by the entrance you have been asked to.
- Stay in your class group; do not spend time with people from other groups.
- Where possible, stay 2 metres away from others.
- Stay at your given desk or carpet spot when asked.
- If you have to get closer to someone, do this for the shortest possible time.
- Try and use the toilet during your group's break times.
- Use the toilets that have been allocated to your class. Wait outside if there is already someone using it.
- When moving around the school, stay in a line 2 metres apart from the person in front (about twice the length of your outstretched arm).
- At break times, stay in your group's area and try to play games that do not involve touching others.

### Hygiene

- Keep your belongings and allocated equipment in your space and try not to touch other people's equipment.
- Check with an adult before touching other items in the classroom.
- Bring a water bottle to school as the water fountains will not be in use.
- Wash your hands, using soap, for 20 seconds, when you: arrive at school; before and after going outside; before and after eating; after using the toilet and before leaving school.
- If you need to cough or sneeze, use a tissue or your elbow. Put the tissue in the bin and wash your hands straight away.
- Touch your face as little as often.
- If you feel unwell or have a cough, tell an adult straight away.

### Well-being

- Ask questions if you are not sure what to do or why.
- If you have any worries, talk to a trusted adult.