

## Training Courses and Covid-19

As we move into the 2021 training season we want to ensure that our courses run without putting our staff, trainers and attendees at any risk. We have reduced the number of attendees on all the courses, and postponed (or moved to online training) any which utilise indoor spaces.

### Before the course

1. To make the course as safe as possible we encourage you to carry out a lateral flow test 48 hours before the course (these are available for free [here](#)). If you get a positive result please let us know immediately and we will refund your fee.
2. Please do not come on a course if you have any Coronavirus symptoms or have received an alert from NHS track and trace within 14 days of the course.
3. Please think hard about coming on a course if you have underlying health conditions and have yet to be vaccinated.

### During the course

#### We will ensure:

1. All our trainers will either be vaccinated and/or have taken a lateral flow test before the event.
2. We will remain outside for the duration of the course & ensure as much distance is maintained between attendees as possible. As the autumn progresses some courses may involve an indoor pub lunch and we will follow government guidance on this.
3. We will limit sharing of any equipment between attendees, which means we will not be able to lend out hand lenses etc. We will also provide one central hand sanitising station.
4. We will put you in a sub-group at the start of the day and ask that you remain in your group as much as possible.

#### What we will ask of you:

1. We recommend you bring your own hand sanitiser.
2. Please wash/sanitise your hands regularly during the day.
3. Please bring a mask and wear it in any indoor spaces (toilets, snack shop, pub etc.)
4. Please keep 2m apart during the course.
5. Please only share vehicles with members of your pre-existing work/home bubble.
6. Bring your own drinks and food.

#### After the course

1. Please inform us as soon as possible if you develop symptoms of and/or test positive for C19 in the 14 days after your course.