



## LUTON ADULT LEARNING IS OPEN

Adult Learning is exempt from the current Covid restrictions but the guidance advises that as much learning as possible should be delivered online. Where online learning is not possible, classes are continuing to be delivered face-to-face at our Arndale House centre within existing Covid secure health and safety guidelines.

## SAFETY MEASURES IN ARNDALE HOUSE

- Our centre at Arndale House is open with reduced staffing - if you have an enquiry, make an appointment before you visit.
  - When entering the premises please come in one at a time so that social distancing is maintained.
- Please read the Covid-19 related posters in your classroom and ask your teacher if you don't understand something.
  - Follow the one-way system within the building to ensure that social distancing is maintained.
- Keep to your own desk or table in classrooms and do not move the tables as they have been placed to ensure social distancing.
  - Face coverings (masks) must be worn by everyone in shared areas, unless you have an exemption
    - Hand sanitiser is provided to use on entry and exit and is available in all classrooms.
- Wash your hands more often than usual and ensure you wash them for at least 20 seconds in warm soapy water.
- Wash or sanitise your hands after coughing, sneezing, blowing your nose or using the toilet and before eating.
  - Sanitiser is available in all classrooms to use on tables and chairs before and after use.
    - Please bring your own refreshments with you.
    - Toilets are only to be used by a maximum of 2 people at any one time.
  - If you are feeling ill do not attend class. Inform your teacher by phone or email.
    - If you feel ill after attending class inform your teacher straight away.
    - Don't arrive for your class any earlier than 5 minutes before it is due to start.
    - Avoid physical contact, for example handshakes, hugs and pats on the back.
  - If a teacher needs to come closer than 2 metres then masks or visors must be worn.
- Avoid touching your face and avoid sharing objects such as pens, calculators, staplers etc.

## COVID-19 SYMPTOMS

Be aware of the symptoms of Covid-19, which are currently understood to be:

- New, persistent cough
- Difficulty in breathing
- Fever (38.0° C [100.4° F] or greater using an oral thermometer)
  - Loss of or change to your normal sense of taste or smell
- Do not come to class if you have tested positive for Covid-19, please self-isolate in accordance with Government guidance.