

S.W.A.A.T

1 Owen Sivell Close, Liskeard Business Park, Liskeard, Cornwall, PL14 3US

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Centre rules regarding COVID-19

Whilst aiming to offer highest quality training and assessment, we are mindful of the need to keep everyone safe. So, during these times we are adopting a virus reduction approach. Please read this document and follow the advice before attending our centre which has been adopted using guidance from World Health Organization and NHS.

1. We are restricting the number of people that are allowed on site – this is for everyone’s protection – therefore if you are unable to attend please let us know at the earliest opportunity as you will be taking the place of another individual who needs training/assessment. This just needs to be a quick email to info@swaat.co.uk
2. Please **DO NOT ATTEND OUR CENTRE IF YOU FEEL UNWELL AT ALL** – this includes a temperature, persistent cough, feeling lethargic, having a stomach upset, having headaches. We are relying on you to identify if you are not fit to attend – the aim is to keep everyone on site healthy, and this cannot be achieved unless we work together.
3. There is no food available on site please bring pre-prepared meals – please do not plan to buy food at the local shops – every time you go out of centre and mix with other individuals you are increasing the risk. We will provide hot drinks and water in disposable cups to reduce the risk.
4. **PLEASE BRING YOUR OWN FACE MASK OR FACE COVERING** with you, this is to reduce the risk to everyone on site – you may not have any symptoms and yet still be carrying the virus. We ask that you wear masks or mouth and nose coverings when you are in the centre as there are times when the 2m clearance will be difficult to achieve. You will be asked to wear face coverings when you are using the centre. Do not touch your face and dispose of the mask at the end of the day or if it is reusable wash it at 40°C before reusing it again.
5. **PLEASE BRING YOUR OWN DISPOSABLE OR REUSABLE GLOVES** - again this is to reduce the risk associated with the virus. We will provide gloves where possible, but, it has been increasingly difficult to source these supplies.
6. **PLEASE WASH YOUR HANDS FOR 20 SECONDS** when you first come into the centre, when you use the rest or toilet facilities, we have alcohol rub, but, this is not as effective as hand washing.
7. **PLEASE MAINTAIN THE 2M SOCIAL DISTANCING WHERE POSSIBLE** – this is difficult to achieve but, a necessary requirement.
8. **PLEASE DO NOT TRAVEL TO THE CENTRE USING PUBLIC TRANSPORT** – if you do not have your own transport please do not attend the centre. Just let us know via email and we will book you in when the risk has reduced further.
9. **PLEASE FOLLOW THESE SIMPLE RULES AT ALL TIMES, OTHERWISE WE WILL BE FORCED TO ASK YOU TO LEAVE THE PREMISES.**

Thank-you for your understanding.