

Campai UISCE - COVID-19 Student Induction Training

A parental guide to prepare students prior to camp arrival

COVID-19 is a highly infectious illness that can affect lungs and airways. It is caused by a virus called **coronavirus**. UISCE recognises the importance of implementing safety measures and promoting best practices in conjunction with current and up to date HSE guidelines to help prevent the spread of COVID-19.

To help us achieve this, we require that you cover the following points with your child prior to arrival to Campai UISCE.

Practical measures students can take to reduce the risk of spreading Covid-19

The most important action we can take to protect ourselves and others from Covid-19 is regular hand-washing and good respiratory hygiene.

1. Hand-washing and good respiratory hygiene

All students are required to:

- Wash hands thoroughly and often to avoid contamination. For example, after using the toilet area, before and after both mealtimes and activities.
- Sanitize hands regularly using the hand sanitizer available at all entry points and toilets within the college
- Cover mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue promptly and properly in bins provided
- Avoid touching eyes, nose, or mouth with unwashed hands
- Avoid physical contact, for example, shaking hands or hugging when saying hello or greeting other people
- Maintain a distance of at least 2 metres (6 feet) away from other people
- All students are required to wear masks indoors

Onsite measures to reduce the risk of spreading Covid-19

In keeping with the practical measures we can take to reduce the risk of spreading Covid-19, we have adapted and implemented some specific measures in order to facilitate social distancing as much as possible.

2. Rapid Antigen Testing

All staff and students will have an antigen test on arrival. UISCE has engaged a professional Covid testing company, Communicare Medical Supplies who will be providing this service for us. More information about antigen testing is available on our Parent Information page.

3. Social Distancing

The following measures are specific to attending an UISCE camp.

- Upon arrival, students will be shown to their allocated rooms and dormitories
- Students will have designated areas for meals, areas for drying wet gear and Clothes.

Our objective is to limit contact and sharing of common facilities between people in different pods as much as possible rather than to avoid all contact between pods. It is important to note that the latter will not always be possible.

4. Who to talk to go to if you feel unwell or anxious?

We understand that it can be difficult for children to understand why they cannot socialise normally with their friends or why it's so important to adhere to social distancing. We are also aware that they may be feeling anxious or nervous about being away from home while we all adjust to the "new normal."

If your child is feeling unwell, scared or anxious please encourage them to speak to a member of staff. Each pod will have an allocated *maoirseoir*, or supervisor. All staff members will be wearing hi-viz coats and will be recognizable throughout the duration of the camp.

We strongly recommend going through our '**Is Your Child Ready for the Gaeltacht**' document with your child. This document covers issues such as homesickness, Riail na Gaeilge, who to talk to as well as helpful hints and tips to prepare your child for being away from home. You can access the document at the following link: <https://uisce.ie/wp-content/uploads/2019/05/Is-your-child-ready-for-the-Gaeltacht.pdf>

5. Code of Behaviour, Rules, Anti Bullying policy and Disciplinary Procedure

We expect all students to conduct themselves in a respectful and co-operative manner while adhering to the social distancing and safety measures that have been put in place.

We strongly advise that parents familiarise themselves Colaiste UISCE's Code of Behaviour, Rules and Disciplinary Procedure prior to the start of camp. A list of prohibited items, our anti-bullying stance and normal disciplinary procedures are available in this document.

We specifically advise that you go through the rules with your child, as disruptive behavior and non-compliance to social distancing will be subject to normal disciplinary procedures. Repetitive non-compliance will result in a student being removed from camp.

A copy of our Code of Behaviour, Rules and Disciplinary Procedure is available at the following link: <https://uisce.ie/wp-content/uploads/2019/06/Code-of-Behaviour-Rules-and-Discipline-Procedure-Oifigi%C3%BAil-2019-2.pdf>