

Covid-19 Declaration



It is essential that we provide a safe environment for all of our students and instructors. In this unusual time, it has been necessary for us to make some significant changes to how we will run our courses to enable us to meet the government guidelines on becoming Covid-19 Secure. The main changes are listed below, and your instructor will brief you before you start your course on any specific areas which you need to be aware of.

Please read this carefully and ensure that you understand what we are doing and what this means to you while you are on the course.

A full list of all the changes we have made are on our website at [NBSC Covid-19 precautions](#). If you have any questions or concerns please contact Steve Goddard our Chief Instructor (steve@nbsc.org.uk) who will answer your questions.

The changes we have made:

When you arrive for your course your temperature will be taken with a non contact thermometer. If you have a temperature of 38c or higher you will not be allowed to participate in the course.

You will be issued with a disposable mask or you may bring your own. This must be worn at all times except while eating or drinking. If you are on a two day course this will be replaced on day two.

You will be required to wear gloves except while eating or drinking. For classroom based courses disposable nitrile gloves will be provided. For boat based courses please bring your own gloves. Gardening or rigger gloves are ideal. Non slip gloves are not recommended.

You will be issued with a lifejacket and windlass if you are on a boating course. These are yours for the duration of the course and should be kept separate from all others.

Meals will be provided in separate boxes for each student. We discourage swapping food items with other students. You will be provided with mug for hot drinks. Please use this for the duration of the course and wash it at regular intervals. Bottled water will be available on the boat and a water cooler is available in the classroom along with disposable cups but if you have a refillable bottle please bring it.

Hand sanitiser will be made available. Please use this on a regular basis.

It is essential that we maintain social distancing at all times. Try not to have face to face conversations rather look in the same direction. Respect other people's space.

Please sign and date below signifying that:

You have read, understood and are comfortable with the measures we have taken to reduce Covid-19 risk

You have not experienced any Covid-19 symptoms (high temperature, new persistent cough, loss of taste or smell) or been in contact with anyone who is self-isolating due to exhibiting Covid-19 symptoms in the last seven days

You agree to allow us to share your contact details with the NHS Track and Trace team if necessary

Name

Signature

Date

Student Temperature Reading