

ADDITIONAL HEALTH AND SAFETY GUIDANCE FOR PEOPLE AT HIGHER RISK

If you think you might be at a higher risk from COVID-19, or you care for someone who is, please use this self-assessment and guidance to keep yourself safe.

We have the following control measures in place to make our buildings safe as far as is reasonable practicable:

General health and safety measures	
Those with symptoms being asked not to attend the Conservatoire	Tutors to maintain 2m social distancing in classes unless otherwise specified
Local COVID reporting and tracing process in place	Sanitising points available throughout the buildings
Safety signage throughout the building	Controlled access to café bar and catering provision
Induction information for students	Controlled access to bookable rooms, study spaces and toilets
2m+ social distancing in place and face coverings to be worn in communal areas unless the individual is exempt	

More information on our general [health and safety measures can be found here](#).

SELF-ASSESSMENT

If you answer 'yes' to any of the questions, please follow the guidance in each section.

1. Personal factors

Are you clinically extremely vulnerable?

The NHS has guidance on who is regarded as clinically extremely vulnerable and this can be found [here](#). You should not return to campus until the guidance on shielding changes.

Are you living with or caring for someone who is extremely clinically vulnerable?

Are you clinically vulnerable?

The NHS has guidance on who is regarded as clinically vulnerable and this can be found [here](#). This includes people who are pregnant.

Are you living with or caring for someone who is clinically vulnerable?

Are you from a Black, Asian or Minority Ethnic (BAME) background?

[If you answer yes to any of these questions, please follow this guidance.](#)

2. Safeguarding and wellbeing

Are you worried about yourself or someone one else? Has anything happened to make you feel unsafe since COVID-19 started.

Has your mental wellbeing been affected by the impact of COVID-19?

If you answer yes to any of these questions:

Consider referring yourself to the [Health and Wellbeing team for support](#).

You can find further information about the service on the [Health and Wellbeing pages on Space](#).

Complete the referral form [here](#).

3. Health factors

Do you have a health condition which prevents you from wearing a face covering or using Personal Protective Equipment?

Do you have a medical condition (temporary or permanent) which means you require assistance whilst at the conservatoire?

Do you require assistance to evacuate the building in an emergency?

Do you have a hearing impairment which means you have difficulty hearing the fire alarm?

Do you have a medical condition (temporary or permanent) which means you are unable to walk significant distances?

Do you have a medical condition (temporary or permanent) which requires you to use a lift rather than stairs?

Are you required to come into contact or work closely with a support assistant where 2 m social distancing is not possible? (Please note that transient contact for a few seconds or minutes is deemed low risk.)

If you answer yes to any of these questions:

Complete the [online referral form](#) to tell us about your support needs. You can also use this form to upload evidence of your learning difficulty, health condition, disability or impairment.

4. Studying and using equipment

Our general health and safety and equipment booking and cleaning measures are designed to keep everyone safe in our buildings.

Please make sure that you [follow this advice](#) and follow all building signage and instructions from staff.

5. Any other factors

If you have read the guidance and you still have concerns about your health and safety while you are at the conservatoire if you were to attend scheduled in-person classes, you should email your Programme Leader to request that you continue to be permitted to study wholly online. Please note that although we will endeavour to accommodate these requests in these circumstances, there may be courses or modules where this is not possible.

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If you have identified that you are at higher risk from COVID-19, please follow the relevant guidance below.

You might want to inform your Programme Leader or tutor that you are in a more vulnerable group so that they can take extra care – this is your choice, and they will keep it confidential unless you ask for the information to be shared with others.

If you are clinically extremely vulnerable:	<p>You must:</p> <ul style="list-style-type: none">• Not return to campus until the guidance on shielding is changed• Avoid close interaction with others• If close interaction is absolutely necessary, limit the duration• Wear face coverings during interactions• Avoid contact with people outside the people you live with and are taught with• Make sure you use all of the protective equipment in our spaces, including screens and cleaning equipment• Wash your hands and use hand sanitiser regularly• Follow all of the general safety guidance throughout the conservatoire
If you are living with or caring for someone who is clinically extremely vulnerable:	<p>Our general health and safety measures will provide an acceptable level of protection, as far as is reasonably practicable.</p> <p>Follow all of the general safety guidance throughout the conservatoire.</p> <p>You may also want to follow the guidance for those who are clinically extremely vulnerable, above.</p>
If you are clinically vulnerable:	<p>Our general health and safety measures will provide an acceptable level of protection, as far as is reasonably practicable.</p> <p>Follow all of the general safety guidance throughout the conservatoire.</p> <p>If you are pregnant, you can access additional NHS guidance:</p>

	<p>https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/pregnancy-and-coronavirus/</p> <p>People who have a Body Mass Index (BMI) of 40 or over are also classed as clinically vulnerable. If you think this might apply to you, you can use the NHS BMI calculator.</p>
<p>If you are living with or caring for someone who is extremely clinically vulnerable:</p>	<p>Our general health and safety measures will provide an acceptable level of protection, as far as is reasonably practicable.</p> <p>Follow all of the general safety guidance throughout the conservatoire.</p>
<p>If you are from a Black, Asian or Minority Ethnic (BAME) background:</p>	<p>You must:</p> <ul style="list-style-type: none"> • Avoid close interaction with others • If close interaction is absolutely necessary, limit the duration • Wear face coverings during interactions • Avoid contact with people outside the people you live with and are taught with • Make sure you use all of the protective equipment in our spaces, including screens and cleaning equipment • Wash your hands and use hand sanitiser regularly • Follow all of the general safety guidance throughout the conservatoire