

**GUIDELINES FOR:
Bikeability Scotland Instructors delivering in highland council school premises
who show symptoms of covid-19 during Bikeability sessions**

Bikeability Scotland Instructors (BSI/CT), and other adults associated with training, should not be attending a school session with symptoms of a fever (37.8C), a new continuous cough or a loss. The BSI/CT should not attend sessions if they come from a household showing symptoms, even if they are symptom free, unless the affected household member has tested negative for Covid-19.

- If a BSI/CT or other associated adult's symptoms start at the school, they must inform the nominated person in the school immediately using their own mobile phone, continue to maintain 2m distance from others and catch coughs and sneezes in a tissue. If they do not have any tissues available, they should cough and sneeze into the crook of their elbow.
- If the BSI/CT or other associated adult's symptoms are mild, they should go home as soon as they notice symptoms, self-isolate and arrange to be tested and cooperate with the Test and Protect process. Where possible they should minimise contact with others, e.g. use a private vehicle, cycle or walk to get home. If well enough, they can drive their own vehicle, alternatively they should request a member of their household pick them up immediately. If neither is possible, the BSI/CT or other associated adult can take public transport home directly to start self-isolation. If they have no other option but to use public transport, they should wear a mask, try to keep away from other people and catch coughs and sneezes in a tissue and follow all Scottish Government guidance for use of public transport. If school has supplies of fluid resistant face coverings one could be provided for the affected person returning home on public transport; also tissues and sanitiser if required, without making close contact with affected person or allowing them to come into the building.
- If the BSI/CT or other associated adult is so unwell that they require an ambulance, a member of the school staff should phone 999 and let the call handler know they are concerned about COVID-19. The school's own relevant procedures should be followed whilst waiting for advice or an ambulance to arrive.

- At no point should the BSI/CT or other associated adult enter the school building.

[These Guidelines are based on information from the Scottish Government Advice and Guidance "Coronavirus (COVID-19): social distancing in non-healthcare public services **accessed on 09/04/2021** and are subject to change.]

(Updated 20.04.2021)