

Masks are no longer a requirement to attend a JRC course. There are a number of measures that we will continue to keep in place:

What you can expect from us:

- We are following Government advice on safe hygiene and ensuring the venues we use also do so.
- Tissues and hand sanitiser will be available.
- Staff will disinfect the classroom and toilets (if required) before and after the course.
- We will be considerate in how we run activities on our courses.

What we expect from you:

- We ask that you do not attend a JRC course if you are displaying any signs of COVID or feeling unwell.
- If you are travelling back into Jersey leading up to the course you are kindly asked to follow Government guidelines on testing and isolation requirements.
- If you develop COVID symptoms after attending a JRC course, please contact the COVID Helpline for further advice.
- We will no longer be providing refreshments on our courses so please remember to bring your own.
- Please bring your own notebook and pen to our courses.

Please wash your hands or use hand sanitiser provided when attending our courses. Please follow any other hygiene and safety asked of you by JRC.

JRC wants to ensure the safety of our staff and students.

We kindly ask you to not attend our classroom courses should you show any signs of the coronavirus (COVID-19).

We aim to have one virtual course each term, that you can attend from the safety of your own home.

The most common symptoms of COVID-19 are recent onset of:

- New, continuous cough
- High temperature/fever
- Loss or change of smell and taste

These symptoms may be accompanied by one or more of the following:

- Headache
- Tiredness
- Muscle ache
- Sore throat
- Diarrhoea
- Gastrointestinal symptoms
- Nasal congestion
- Conjunctivitis (red eyes)
- Different types of skin rash

Should you attend our courses and have any of these symptoms, we will kindly send you home to seek further guidance through the COVID Hotline.

If you think you may have the virus, call the helpline on 01534 445566. Don't visit your GP surgery, pharmacy or hospital.