

## COVID - 19 Hygiene Plan

Revised 1<sup>st</sup> March 2021

### Hygiene Principles

Instruction will take place in accordance with the current hygiene framework concept for school hygiene regulations. Based on the framework concept from the Bremen Education Authority.

### Most important measures:

- **Students and teachers must stay at home if they have Coronavirus (COVID-19) symptoms such as an elevated temperature of 37.5+, sore throat, dry cough, shortness of breath, changes to the sense of smell or taste or gastric problems. They should make contact with their family doctor. They should quarantine if returning from an at risk area, unless evidence of a negative test can be produced.**
- For adults among themselves and with adults and students above Grade 7
  - Observe current distance rules of 2 m
  - No touching, hugging or shaking hands
- Wearing of face masks in school:
  - ELC students are not required to wear masks
  - Elementary and Secondary students are required to wear masks in corridors and communal areas
  - Mask requirement for Grade 6 and above in class. Air breaks outside to be given incorporated into their day (at the end of each period)
  - Grades 10-12 are required to wear surgical or FFP2 masks
  - Staff and visitors required to wear surgical or FFP2 masks in corridors and communal areas, except when staff are sitting alone in an office, or when eating in the staff room, when they may be removed. Ensure a distance of 2m is kept for the latter case. In ELC for the wearing of a surgical or FFP2 mask for staff is only a recommendation from the Senate.
- Students Grade 1 and above will only be allowed in the bathroom areas one at a time, and if moving around the school they should be wearing a mask at all times.
- Shock ventilation of classrooms and teaching areas, with windows wide open for 5 minutes every 20 minutes. Ensure child safety is adhered to, with an adult standing next to the window when it is open.

- P.E.
  - for ELC and Elementary students contact sports can take place
  - For Grades 6-12 the 2m physical distance is required (non-contact sports)
- Hand hygiene:
  - The most effective infection control measure is to wash your hands regularly and thoroughly with soap, especially after blowing your nose, coughing or sneezing, after using public transport, after contact with banisters, door handles, handholds etc., before and after eating, before putting on and taking off a protective mask, after going to the toilet.
  - Hand disinfection: The proper disinfection of hands is especially useful when thorough hand washing is not possible. For this purpose, hand sanitiser will be distributed throughout the school and should be massaged into the hands for approx. 30 seconds until completely dry.
- Do not touch the face, especially the mucous membranes with your hands, i.e. do not touch the mouth, eyes or nose.
- If possible, do not touch publicly accessible objects such as door handles or elevator buttons with your full hand or fingers, use elbows if necessary.
- Coughing and sneezing in the crook of your arm are among the most important preventive measures! Keep the greatest possible distance when coughing or sneezing, it is best to turn away

**We should be teaching the students and encouraging good personal hygiene whenever possible.**

### **Cohort Principle**

Subject to corresponding provisions in the Senate's Corona Legislative Decree, the **cohort principle shall now take the** place of the distance requirement to be observed throughout. In this case, **the obligation to observe the distance rule among the students is not required within a cohort or group, e.g. a grade.** The idea behind the cohort principle is it ensures a regular school operation. By defining **groups in a fixed composition (cohorts)** the contacts and **infection paths can be traced effectively** in case of infection. The aim is to ensure that **quarantine regulations** do not affect the entire school in the event of infection, but only this group **within which a risk of infection may have existed.**

There should be no mixing of cohorts within the school.

During **breaks, lunch**, etc., the cohorts are separated from each other as far as possible by **staggering the time of day or having designated break out areas.**

**Teachers generally move across cohorts**, since they are deployed in different classes either in the Elementary or Secondary Schools or as Specialists. Teachers are therefore required

to observe the **principle of physical distance** between themselves and their students wherever possible and wear a facemask (surgical or FFP2). They should wash or disinfect their hands after teaching one cohort and moving to the next one. Teachers and other persons who are in special situations who have to be deployed not only **across** cohorts but also **across the grades in the different parts of the school**, have to ensure they observe all protective measures. In addition, they must record their deployment so that contacts can be traced in case of infection.