

## IMPORTANT INFORMATION FOR STUDENTS ARRIVING AT HERIOT WATT HALLS OF RESIDENCE – PLEASE READ

### Welcome to Heriot Watt University.

The following document summarises some key information to explain Scottish COVID regulations and guidance as these may differ from regulations that exist in your home region.

At the heart of the Scottish Government's approach is the FACTS advice:

- face coverings in enclosed spaces
- avoid crowded places
- clean your hands and surfaces regularly
- 2m physical distancing
- self-isolate and book a test if you develop coronavirus symptoms.

You will receive guidance on where face coverings are required within your accommodation setting, in teaching and studying spaces, when accessing our student services and in any retail or commercial space. A sensible approach to take is that if you are in any doubt and indoors (but not in in your household) then wear a face covering.

Once you start to explore the City and surrounding area it will also be clear where face-coverings are required, for example on public transport, in cinemas and shops, but not in hospitality settings such as cafés, restaurants and bars.

You will also be required to provide contact details to allow contact tracing under the Scottish Government's Test and Protect approach. This may be by pre-booking slots, by scanning a QR code or in some cases providing a name and phone number.

**Quarantine** - *In Scotland this is also referred to as self-isolation.*

If you have travelled from a country not exempt from quarantine requirements you will have completed a passenger locator form before departure and you **must** self-isolate for 14 days. **This is a legal requirement.**

You will be placed in a household with other students who are self-isolating and our Residence Life Team will support you through your 14 day self-isolation period.

During your period of self-isolation you must stay in your household, keep away from others and must not attend any University or external events. Our welcome week activities are all accessible online so you can still join in and meet your programme team and fellow students through virtual activities and events.

More information for students who are required to Self-Isolate is contained in Appendix 1. If this applies to you then please read this information carefully.

We are also required by the Scottish Government to advise you that failure to comply with the self-isolation rules is a criminal offence and will result in disciplinary action by the University.

**Guidance on Socialising for all Students Living in Halls (and to students who are self-isolating AFTER they have completed the 14 day self-isolation period)**

We recognise that opportunities to socialise will be more restricted than would normally be the case, but there is still plenty to do on-campus and in the City of Edinburgh and its surroundings.

Scottish Government guidance which applies to social settings is very clear and the following is permitted

- outdoor gatherings of no more than 15 people, from a maximum of 5 households
- indoor gatherings of no more than 8 people, from a maximum of 3 households
- a household should have contact with no more than four other households in any one day, except when you are attending a class in a teaching room, and stay 2m apart from people from other households at all times.

*The restrictions listed above applies to social and residential settings. The rules for teaching rooms, the library and learning commons and retail/hospitality settings are more flexible and will be clearly explained on entry to these facilities.*

***Within Heriot Watt accommodation a household is defined as the flat with a controlled entrance and a shared kitchen (it will normally contain between 5-10 other students depending on the flat size).***

Under Scottish Government legislation it is an offence to organise or participate in larger social gatherings than those set out above. Breach of this guidance will also be classed as a serious disciplinary matter under the University's Disciplinary procedures.

**What to do if anyone in your household feels ill**

If you, or a member of your household, develop symptoms:

- new continuous cough
- fever/high temperature
- loss of, or change in, sense of smell or taste (anosmia).

**You should notify the University immediately. The attached flowchart will explain what you must do.**

If you are uncertain about the rules and regulation in place then please speak to the Residence Life Team. We understand that it can be difficult to navigate the new Covid context, but the University is here to help you keep yourself and the wider University community safe.

## Appendix 1 Quarantine/Self-Isolation Guidance

Self-isolation will require the arriving student to remain in their accommodation (flat) and not to attend the University or visit public areas. The student is required to:

- Avoid contact with other flat mates as far as reasonably practicable and adhere to physical distancing
- Not have visitors, including friends and family, unless they are providing essential care
- Only have contact with friends and family they travelled with or people they are staying with
- Order food deliveries to limit the requirement to leave the accommodation. Residence Life can support this requirement
- Arrange for any medication to be collected and delivered by SafeGuarding Services. The Residence Life team can support you in this process.
- Minimise the time spent in communal/shared spaces within the flat, such as kitchens and lounges
- Not share cutlery and other kitchen utensils or food
- To regularly clean shared facilities after each use
- Ventilate the room by opening the window
- Wash hands and keep good general hygiene.
- Download and register the SafeZone app.

There are limited circumstances which will allow the student to leave their accommodation. These include:

- To seek medical advice
- To leave Scotland, provided this is achieved directly
- To access basic necessities such as food and medicines if Residence Life and SafeGuarding are unable to support the student with this aspect (i.e. specialist medication)
- The requirement to access critical public services, but only in exceptional circumstances
- On compassionate grounds
- To fulfil a legal obligation
- To access public services if it is critical to the student's wellbeing and cannot be provided by the University
- When there is an emergency activation, such as a fire alarm.

Further information will be provided as part of the student induction from the Residence Life team. You will also be informed of how to return your GP registration documentation by the Residence Life Team.