

COVID GUIDELINES: -

The main symptoms of COVID 19 described by the government are (but not exclusively):

- A high temperature – this means you feel hot to the touch on your chest and back
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- A loss of taste or smell

If you show any signs above or have reason to believe you have COVID 19 then you should not continue with your driving lessons and follow government guidelines on testing and isolating or contact NHS 111. If your symptoms are serious then call 999.

To reduce the risks of contracting COVID 19 we need to take the following steps: -

What I expect from you: -

1. Remember the advice is to Stay Alert. Try to limit your contact with other people outside your bubble during the crisis.
2. It is your responsibility to contact us if you are showing any symptoms of COVID 19 prior to the lesson. Please try and give as much notice as possible. The lesson will not go ahead.
3. You should ensure you have washed your hands with soap and water for 20 seconds before leaving your house. You will also be asked to sanitise your hands on entering the vehicle.
4. Wear a facemask or face covering (please bring your own) during lessons and follow government guidelines.
5. Bring limited items (only what you need for the lesson) to the tuition vehicle.
6. Do not request that family or friends can travel in the tuition car.
7. Do not request to make comfort breaks unless essential.
8. Ideally make payments in advance via bank transfer. If you must pay cash, please bring the exact money in a transparent bag.
9. Avoid direct face to face communications.
10. Minimise your contact with others between lessons.
11. Monitor your health and wellbeing.

What you should expect from your instructor: -

1. Monitor their health and wellbeing.
2. Wash their hands frequently before each training session.
3. Ensure the contact areas of the vehicle are cleaned before and after each lesson.
4. Limit face to face conversations.
5. Use appropriate personal protective equipment as outlined by the government.
6. Be aware of any changes in the health of their customers.
7. Limit their contact with people outside of their bubble.
8. Provide good ventilation in the vehicle where possible.
9. Avoid contact with clients during lessons unless it is needed to control the vehicle.

These guidelines are subject to change at short notice due to changing government guidelines.