

Guidelines for compulsory practical teaching at USN in connection with COVID-19

1. Background

USN shall ensure that all study programmes are in compliance with the provisions laid down by the authorities on infection control and prevention.

2. Purpose

The purpose of these guidelines is to explain the infection control provisions that practical teaching must comply with.

3. Responsible authority

The Director of the Department of Personnel and Organisation is responsible for these guidelines. The guidelines shall be used by everyone responsible for compulsory practical teaching. The lecturer is responsible for ensuring that the students are familiar with the infection control procedures and making arrangements to ensure that they are complied with.

4. The following rules apply to practical teaching provided by USN:

General requirements

- [The Norwegian Institute of Public Health \(FHI\)'s general advice and information](#) must be followed.
- Students and/or staff with symptoms of COVID-19 or other symptoms of respiratory infection must not participate.
- The number of people participating in the activities must be limited to groups of a maximum of 20 people.
- Building on the applicable guidelines, the person with course responsibility must develop infection control procedures tailored to the local activities.

Personal hygiene and physical contact

- As a general rule, students must maintain a distance of at least one metre from one another.
Hand hygiene in the form of hand washing is carried out before and after each activity.
- All personal belongings such as bags, equipment nets, etc. must be placed and stored with a safe distance between them and taken home between each activity.

Before and after activities

- Changing rooms may only be used if one-metre distancing can be maintained.

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- The students ought to wait to shower until they are back home.

Organisation of activities

- The risk of infection is lower outdoors: it is therefore recommended that activities be carried out outdoors whenever possible.
- In the case of vigorous physical activity indoors, it is especially important to ensure distancing between the participants throughout the activity.
- The students are split up into core groups of a maximum of 20 people. A record must be kept of who has participated in the teaching and in which group. (The purpose of this is to both limit the possible spread of infection and facilitate contact tracing, if necessary).
- Lecturers can move between several groups, provided they maintain a distance of at least one metre from the participants.
- In activities with close one-to-one contact, the number of training partners must be limited to a small number of regular partners.
- Students should remain in the same core groups for two weeks at a time, before any regrouping. Changes can be made to core groups after a break in the activity of at least two days.
- Shouting should be avoided, as this can increase the risk of spreading droplets further than one metre. Similarly, whistles should not be used.
- Swimming lessons: The chlorine in the water inactivates coronavirus and other viruses. The teaching must be organised so that close contact between students in the changing rooms and the pool is avoided.

Equipment

- Clean the equipment after use.
- See the checklist for cleaning equipment: [Guide to cleaning equipment](#)
- Students must not share personal equipment.

5. Updates

- These guidelines will be updated as and when any amendments are made by the national authorities.

Checklist

Checkpoints	Comment
Are the students familiar with the guidelines?	
Have the students been organised into core groups?	
Is it possible to maintain good hand hygiene before and after the activity?	
Was equipment washed after use?	
Other	

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