



RHENISH GIRLS' HIGH SCHOOL

COVID-19 HEALTH AND SAFETY REGULATIONS FOR LEARNERS ON THE SCHOOL PREMISES

The whole school will start on 15 February 2021 and certain sustainable measures need to be in place in order to ensure the health and safety of our learners and that of the greater community, and to ensure that the academic year is completed successfully.

The spread of the COVID-19 virus needs to be combatted effectively in the following ways:

- Stay home if you are feeling ill.
- Sneeze and cough in the crease of your elbow or into a tissue and dispose of it immediately.
- Wash your hands thoroughly and regularly.
- Clean surfaces regularly.
- Avoid physical contact with people at all times.
- We appeal to each learner to bring her own sanitiser so that she can sanitise her hands on a regular basis. The school will provide sanitiser at the sanitiser stations around the school.
- It is important that learners bring their own sanitising wipes (or sanitiser) to wipe their own desk at the start of each lesson. The school will provide paper towels as far as possible.
- The wearing of a mask is compulsory for all staff and learners.

Face masks

The use of face masks

DO NOT SHARE CLOTH MASKS AMONG MEMBERS OF THE FAMILY! MAKE SURE THERE ARE AT LEAST TWO CLOTH MASKS PER PERSON IN THE HOUSEHOLD, INCLUDING CHILDREN.

A cloth mask must be worn when in public areas or gatherings. It should be treated with care when putting on and taking off because the outer surface might be contaminated and then will contaminate your hands and transfer the virus to your mouth, nose or eyes, or to others.

1. Wash hands thoroughly before putting on your mask.
2. Place the mask with the correct side facing your nose and mouth and covering both well.
3. Tie the strings behind your head, or if you are using elastic bands, make sure these are tight.
4. Make sure it fits well. Move it around to get the best fit.
5. Once you have put on the cloth mask and you are comfortable with the fit, DO NOT TOUCH YOUR FACE again until you take it off.
6. When you take it off, undo the ties, and carefully fold the mask inside out OR

hold it by the strings and place the mask in a dedicated, big enough container ready to be washed.

8. Wash hands thoroughly and dry before doing anything else.

9. Wash your cloth mask daily to reduce the chance of it becoming contaminated with bacteria and viruses.

Maintaining the mask

- Get or make at least two per person so you will be able to wash one and have a clean one ready for use.
- Hand or machine wash the mask daily in soap and hot water (as hot as can be tolerated). Rinse thoroughly and dry.
- IRON THE MASK - this is the best and cheapest means of disinfection!
- DO NOT SOAK THE MASK IN CHEMICALS AS THESE GET ABSORBED AND MAY BE INHALED CAUSING DAMAGE TO THE RESPIRATORY TRACT.

There are various ways in which we are going to ensure the safety of our learners and staff:

- The school will enforce the washing of hands with water and soap or sanitising hands on a regular basis.
- Staff and learners are responsible for sanitising their own personal space.
- There are hand sanitising stations all around the school. We request learners to use these with discretion.
- We will not have assemblies for the whole school, sport events etc.
- Social distancing will be maintained and there may be no physical contact (handshakes, hugs etc.).
- The school will be sanitised on a regular basis, especially high-risk surfaces such as staircases, door knobs and bathrooms.
- We will follow a daily cleaning programme by using certain chemicals and specific processes.
- **We will be following the normal school time table.**
- We will maintain a metre distance among learners and the teacher in classes.
- It is important that learners attend school, if they are not ill. Our priority is to complete our academic year successfully.
- Learners and teachers, who feel ill, must stay at home. If COVID-19 is suspected, such an individual must be tested for COVID-19 and the school must be informed.
- Stigmatisation will be curbed by detailed information-sessions for learners.
- The temperatures of all teachers and learners will be checked in the mornings and they will have to respond to certain questions.

- Teachers and learners, who contract COVID-19, must by law be reported to the Health Department and the school. In such cases, we need to trace people with whom the person has been in contact, in order to curb the spread of the virus. Your co-operation in this regard is of the utmost importance.

Protocol for the arrival of learners at school:

- School starts at 07h40 and learners must go straight to their register classes when the bell rings.
- Before a learner may access the school premises, she must wear her mask and sanitise her hands.
- Learners must answer the following five questions: Please be honest
 1. Do you have a headache?
 2. Do you have a dry cough?
 3. Do you have shortness of breath?
 4. Do you have a sore throat?
 5. Do you have body aches?
 6. Do you have nausea/vomiting/diarrhoea?
 7. Do you have loss of smell or taste?
 8. Do you have fever / chills?
 9. Do you have redness of the eyes?
 10. Do you have fatigue / weakness?
 11. Within the past 10 days, have you had direct contact with someone known to have contracted Coronavirus (COVID-19)?
- If a learner responds positively to two or more of the questions, she will be sent to the isolation room (breakaway-room next to the bursar's office).
- If a learner records a high fever, she will be isolated immediately in the isolation room.
- Such a learner's parents will be contacted immediately, after which the parent must fetch her/his child.
- If you have a Covid testing, other than for travel purposes, please stay at home until the results are confirmed.

Learners who have own transport to school (motorcar/bicycle):

These learners need to use the front entrance gate to gain access to the premises, turn right immediately to park on the grass area next to the Principal's house. The same procedure will be followed as above.

Hostel learners:

The same safety measures will be followed at the hostel. Learners will be screened at the hostel and then at the school to be sent to class immediately if cleared.

Procedures that must be followed if someone is ill:

- Learners and staff who become ill at school or who arrive ill at school will be sent home immediately.
- A learner or staff member, who is ill, will be isolated immediately, until such person has left the premises.

Health and Hygiene-training:

- Specific training about the hygiene programme will be given to teachers and learners.
- Our LSU Department (LSU), led by Dr Kroon, will be available for emotional support regarding anxieties, fears and uncertainties.

Control list for the school:

- A cleaning programme for teachers and learners.
- Regular waste removal.
- Identifying high-risk surfaces such as telephones, door knobs, bathrooms, window panes, electronic equipment and desks and chairs in classrooms.
- Posters concerning COVID-19 and good health practices will be displayed on the school premises and at the hostels.
- There will be a support network for learners and teachers. This will address both emotional and academic well-being.
- Utensils like pens, erasers, books, rulers, pencils, etc. must not be shared amongst learners and/ or teachers or placed in the mouth.

School attendance:

Although we urge learners who have COVID-19 symptoms to stay at home, it is important that healthy learners attend school.

What is the procedure in case of an outbreak of COVID-19 in school?

- There will be immediate communication with the parents.
- The relevant parties will have to be tested immediately.
- The relevant parties must be in isolation for 10 days.
- The relevant parties must provide a list of names of people with whom they have been in direct contact. (15 Minutes without masks)
- The Management of the school does not have the authority to close the school. This is the decision and responsibility of the Department of Health and the WCED.

When may a learner return to school?

- Learners who display symptoms of or who have tested positive for the virus, must stay at home for 10 consecutive days.

- After 10 days, or if the learner has no symptoms of the virus anymore, she must be tested again.
- The learner will then be allowed back at school.

Contact the Covid-19 hotlines for health queries:

National hotline: 0800 029 999 The National Institute For Communicable Diseases (NICD)
Provincial hotline: 021 928 4102
Email: doh.dismed@westerncape.gov.za
WhatsApp "Hi" to 060 012 3456

Procedure for visitors (including parents):

No visitors are allowed unless an appointment was made BEFORE the time.

Everybody who gains access to the school premises must be subjected to the same precautionary measures to protect our community. Therefore, the procedure will be as follows:

- Visitors will be allowed only by appointment.
- All visitors must sanitise their hands at the entrance.
- All visitors are compelled to wear a mask.
- Visitors will be screened once they enter the foyer

School practices and COVID-19:

- **Learners will be screened every day.**
- **Tuckshop:** The tuckshop will be open from 15 February.
- **Buses:** Buses will follow the necessary sanitising and precautionary measures to ensure the safety of our learners – this is the responsibility of the bus companies and is accordance with the agreement reached between parents and the bus company.

With everyone's co-operation, we will ensure the safety of our school community. The School will take all the necessary precautions and staff and learners have a responsibility to work together. **The school is virus free and the virus can only be brought into the school from outside; however; the school cannot guarantee that this will not happen.**

COVID-19 Rhenish Girls' High School - Health & Safety Officers:

- Mr Coetzee: Stephen.coetzee@rhenish.co.za
- Dr Bennie: Alison.bennie@rhenish.co.za