



COVID-19 POLICY AND PROCEDURE

Cumbria Fire & Safety Training

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Our COVID-19 policy is subject to change depending on the precautions at the time of attendance. They will be based on the government recommendations as a minimum.

The one-way system has now been removed from our training centre in line with the relaxation of Covid-19 guidelines. We are still big advocates of the 2-metre rule but where this is not possible we are asking our candidates to be mindful of others and keep their distance at 1 metre +. If anyone feels uncomfortable at any time, there are masks & gloves available on request.

We ask that you please wear a face mask when not seated & at toilets at all times and where social distancing at 2m may be difficult. You are not required to wear your face mask while sat at your desk in the training room.

Our Trainers are kept up to date with the ever-changing procedures and precautions so if anyone is unsure, they can ask them as well as any of our training team.

ARRIVAL

Hand sanitising stations are located outside reception doors, please use this each time you enter the building.

All candidates will be asked to have a temperature check on entering the building.

SIGNING IN

On entering the building please sanitize your hands thoroughly

Sign in by using the QR code or the book provided as you enter and please ensure safe distance from all is adhered too.

The toilets are at the rear our training room. We ask you visit them before the course starts, if you need to do so.

Masks and gloves available on request.

REFRESHMENTS

Due to Covid -19 we are serving hot drinks out of our decanters so please sanitize before and after use. All tables will be issued with sealed bottles of water (sanitized after being placed on the table) along with a disposable cup. During the lunch break we have a Burger King and a Greggs cafe/takeaway within 500 metres if you wish to purchase something.

Tea and coffee will be from decanters so please sanitize before and after use. All biscuits or sweets are individually sealed.

Please feel free to bring your own flask and cup, we will not be offended.

TRAINING ROOM

Please enter the training room from the outside which leads up to the room. A team member will let you know which room you are in for the day on arrival.

We ask that you please wear a face mask in the reception, whilst up and about moving around area & toilets at all times.

Masks and gloves are again available on request.

PRECAUTIONS FOR THE RUNNING OF FIRST AID COURSES

Theory Classroom

All tables are set so that all candidates are at least 2 metres apart.

The tables will be set with a pad, pen, course book, sealed bottle of water and glass and disposable cup.

The Trainer will be at least 2 metres in front of the class.

Course Practical

All Candidates will be at least 2 metres apart.

The trainer will give clear instructions for movement around the dummies.

Each Manikin face will be sterilised and the body sanitised before & after each course.

Plastic mouth to mouth shields will also be available should you wish to use one.

Each Manikin will have new lungs for each course

Each Candidate will have will be given a tub of alcohol wipes to clean the face masks

Top to Tail inspection will be carried out on a Dummy rather than on another candidate

The Choking procedure will become a practical demonstration by the trainer

The Practical sessions will be set up in a safe social distancing manner.

INDUSTRY TRAINING ADVICE

We are continuing to monitor and put in place advice from Government and Industry Awarding Bodies. For your re-assurance please [contact us](#) for our full guidelines that we are incorporating into our first aid training courses.

LIABILITY

We understand that by you accepting to attend a training course you acknowledge and agree that Cumbria Fire & Safety Training Ltd will not be responsible for you becoming ill following a training course or liable for any losses or damages, from the result

of being ill, whether indirect, incidental or consequential advised or otherwise.

YOUR REASSURANCE

We are advocates of social distancing as a measure to controlling the virus going forward therefore please be mindful of those around you and keep your distance.

We are happy if you wish to wear masks at all times, but when moving around away from your seat we politely ask that masks are worn.

Throughout the day we shall be keeping the training rooms clean.

The Rooms will be cleaned and sanitized at the end of each day.

There will be minimal contact from our team to lessen the number of people you will be in contact with throughout the day.

At the start of the course a member of our team will brief you on all other procedures in place for this location.

We have removed loose literature to implement a no touch policy where possible. Please take home the pen, pad and course book from your table.

Your and our team's safety and wellbeing is paramount

Keep safe & well and please enjoy the course

Thank you for your understanding.

The Directors of Cumbria Fire & Safety Training Ltd

