

This document covers how we can all do our part to keep each other as safe as possible during this pandemic. Below are some guidelines to follow before and whilst travelling, and during your stay at the Rock House for the Destiny Encounter (DE) initiative.

The practical guidelines below are not to replace government guidelines which we strongly urge you to read at: <https://www.nhs.uk/conditions/coronavirus-covid-19/> and <https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>.

If prior to travel you have any covid symptoms: high temperature, continuous cough or change or loss of taste or smell you must take a PCR test. If positive you will not be able to travel.

### **UK and Overseas Delegates:**

Since we are still needing to function during a global pandemic, we require that you adhere to the following:

If you have any covid symptoms (continuous cough, high temperature or loss of or change in sense of taste or smell) please take a PCR covid test (NOT a lateral flow test (LFT)). If positive, please do not travel to the venue for at least 7 days.

If you are fully vaccinated and you have been in contact with someone with covid but have no symptoms you may come to DE.

If you are not fully vaccinated and have been in contact with someone with covid you must self-isolate for 10 days. If you develop symptoms, you must get a PCR test. If positive you must isolate for at least 7 days (and not have a high temperature at the end of your isolation), if negative you must continue your 10 days of isolation.

If you develop covid symptoms during your stay, please make the base nurse aware (Hannah James). If you are coming with any covid type symptoms but your test results are negative, please also inform Hannah.

We advise that you do not socialise outside of the DE community during this time. This is to protect everyone taking part, and more importantly to help you make the best use of this time in developing your destiny.

### **Fully Vaccinated? (with approved vaccine):**

From 24th October, fully vaccinated people coming to England will no longer have to take a PCR test two days after arrival (under 5s do not need to take this test). You must provide evidence that you are fully vaccinated.

Fully vaccinated passengers still need to book a lateral flow test before they come to the UK and 2 days after arrival. They must then send a picture of their lateral flow test to verify the result.

The lateral flow tests for travel must be bought from private providers - NHS kits cannot be used. Travellers need to complete a passenger locator form.



## **Unvaccinated?**

PCR tests will need to be done 2 days and 8 days after arrival and 10 days isolation completed.

Test to Release will remain an option for unvaccinated passengers to England who want to shorten their isolation. Under the Test to Release scheme you can choose to pay for a private COVID-19 test on day 5. If the result is negative (and the result of your day 2 test result was negative or inconclusive) you can end your quarantine.

You cannot take your Test to Release test until you have been in England for **5 full days**.

We are looking at options to provide you somewhere to isolate if you are in this category.

## **Red-list Countries:**

Red-list countries are those the government says should not be visited "except in the most extreme of circumstances". You must not have visited a red list country in the 10 days prior to travel.

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Currently there is no red list but it will be reinstated if needed

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Please let us know your situation asap, including whether or not you have been vaccinated.

As part of our intention to be 'covid-free' there are certain procedures to follow as part of a community.

Please note that these guidelines are subject to change based on government updates on covid guidelines

