

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 lateral flow test (LFT). If positive you will not be able to travel.

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

Please be aware that these guidelines relate to England only and that other parts of the UK and other countries have very different guidelines. Please do an LFT within 24 hours before travelling to the DE.

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 (3 or more episodes in 24 hours), high temperature or loss of or change in sense of taste or smell) please take an LFT. If positive, please do not travel to the venue for at least 5 days, you must have a negative LFT on day 4 and day 5 before travelling. Be aware that if you still have positive daily LFTs you will need to isolate for up to 10 days before travelling.

If you are fully vaccinated and you have been in contact with someone with covid but have no symptoms and have a negative LFT you may come to DE. If you have had a close contact please do an LFT daily for 10 days.

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 an LFT. If positive you must isolate for at least 5 days (have a negative LFT day 4 and day 5, 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):**



If fully vaccinated people coming to England only need to do an LFT within 48 hours of arrival (bought from a private provider). 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 within 48 hours of 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?**

Private PCR tests will need to be done 2 days and 8 days after arrival and 10 days isolation completed. (The UK government is currently reviewing this and may reduce the isolation period from Feb'22)

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.

### **All Delegates:**

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

LFT kits can be ordered without charge from the UK gov website but cannot be used for travel purposes.

#### ***Breaking NEWS***

*As of Wednesday, 26<sup>th</sup> Jan 2022, there are reports that the UK government will ease more all covid restrictions for travellers coming to the UK. This includes some news reports stating that the 8days isolation period will be scrapped, and PCR tests only required once (if you are unvaccinated) and not required at all if you are double-jabbed. This news is not yet official but once we know, we will update our covid policy. For those who are already*

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

