



## **Social Distancing Protocols (USQ Residential Colleges): COVID-19**

### **Conditions of Residency**

The Conditions of Residency (Section 3.1b), which forms part of your accommodation agreement with Residential Colleges, states that the Director may develop and implement policies, guidelines and procedures that give effect to policies of the University in relation to health and safety.

USQ is committed to the ongoing safety of staff, students and our local communities. The University continues to monitor and review regular advice from health authorities in relation to COVID-19.

In keeping with health advice, any residents staying at Residential Colleges during the COVID-19 pandemic is required to abide by these social distancing protocols mandated by the Australian and Queensland health departments.

These protocols are mandatory, and failure to comply will result in a disciplinary process from the Residential Colleges.

### **What is social distancing and why is it important?**

Mandated social distancing is in place to avoid the spread of COVID-19. Social distancing is critical because COVID-19 is spread from person-to-person via:

- Direct close contact with a person while they are infectious or in the 24 hours before their symptoms appeared;
- Close contact with a person who is asymptomatic or confirmed infection who coughs or sneezes, or;
- Touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

*Social distancing includes:*

- Avoiding gatherings if they are not essential
- Staying 1.5 metres away from other people
- Sanitise your hands wherever possible, including entering and leaving buildings
- Use tap and pay rather than handling money
- Regularly disinfect high touch surfaces, such as tables and doorknobs
- Increase ventilation by opening windows
- Consider whether outings and travel are sensible and necessary

### What can I do?

Reduce the spread of germs:

- Practise good hand and sneeze/cough hygiene
- Avoid handshaking and kissing
- Regularly disinfect high touch surfaces, such as tables and doorknobs
- Increase ventilation by opening windows
- Visit shops sparingly and buy more goods and services online
- Consider whether outings and travel are sensible and necessary
- If you are sick, please refer to isolation protocols

### What if I am sick now or develop symptoms?

Should you develop any symptoms during regular business hours, please contact the Residential Colleges administration by phoning (07) 4631 2650. After hours, please call (07) 4631 2950 to speak to an RA or Campus Security, who can arrange after-hours medical care.

USQ advises that students experiencing any kind of sickness or symptoms:

#### Do not:

- Attend any campus
- Enter the dining hall
- Enter any common areas
- Enter other rooms in the college

#### Do:

- Stay away from others
- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- Cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser, and
- Stay more than 1.5 metres from other people



Fever



Cough



Sore throat



Shortness of breath



Runny nose



Fatigue

The USQ Health Service will conduct medical checks as required.

### What if I am undergoing testing, or have been exposed to COVID-19?

If a resident has potentially been exposed to someone with a confirmed case or is currently undergoing testing for COVID-19, they must notify the Colleges as soon as possible. There are designated rooms for self-isolation if required.

In the unlikely case that a resident has had close contact with a person who is confirmed to have COVID-19, the Residential Colleges will enact an approved response plan. This include, but is not limited to:

- A requirement that all residents self-isolate in their rooms until further notice, including not attending any classes, work or group learning activities

- Immediate suspension of all social gatherings and seated meals in the dining hall (all meals will be delivered while in isolation)
- Queensland Health (13 HEALTH) will be notified and may give further instruction
- Residents must follow any and all lawful instructions given by USQ Staff or Queensland Health to minimise the transmission of the virus

### **Gatherings/events at Colleges**

As a precaution, all Residential College events have been limited to minimise risks associated with COVID-19.

Outdoor gatherings up to 100 people are permitted, as long as social distancing is practised and the purpose of the activity is reasonable (i.e. a social sporting event). Sport and recreational activities are permitted, as long as social distancing is practised.

Guest stays will not be approved (unless there are extenuating circumstances).

### **Common rooms and kitchens**

From 8 July 2020, common rooms, self-catered kitchens and recreation halls will be reopened in a limited capacity for residents to use.

All common rooms and recreation halls will have a maximum capacity of one person per 4m<sup>2</sup>, with a maximum allowable capacity of 50 people per room. This will be clearly displayed in each common room or recreation hall, and enforced by the collegiate team and Campus Security.

Residents in self-catered blocks are to only access their assigned kitchens, and residents from non-self-catered blocks are not to use the self-catered kitchens.

Residents in self-catered kitchens are recommended to thoroughly clean their workspace before and after meal preparation using hot soapy water or alcohol-based disinfectant wipes.

### **Dining hall**

Residents will be able to have seated meals in the Dining Hall, with a maximum capacity in line with the one person to 4m<sup>2</sup> allowed inside for seated meals at a time. If more than the capacity arrive at the Dining Hall, residents may be asked to return at a later time, or collect a takeaway meal and return to their room to eat.

Takeaway meals will be provided upon request if you would prefer to collect your meal from the Dining Hall and take it back to your room.

Entry to the McGregor Dining Hall will be via the door closest to the Recreation Hall only. Exit from the Dining Hall will be via the door closest to A Block only (except in case of emergency, in which case any emergency exit may be used).

While waiting to be served, all residents must observe social distancing by remaining 1.5m apart, using the floor markings as a guide.

Automatic hand sanitiser stations have been installed at the main entrance and throughout the Dining Hall, and must be used before opening the door for entry.

Hand sanitiser is also provided in the serving area, and it is required that you sanitise your hands before collecting your food and after eating.

All food and drinks will be served by catering staff, there will be no self-service or communal condiments. Once you have finished your meal, please place all cutlery, crockery and glassware in the blue tub outside the servery area.

All chairs and tables will be disinfected by a staff member before and after each sitting. All door handles and benches will be disinfected by a staff member at least once per hour, or as required.

All chairs and tables have been placed to ensure at least 1.5m between all seated residents.

Chairs and tables must not be moved or rearranged in any way that would result in less than 1.5m between seated residents.

If you have any dietary requirements, please contact the Residential Colleges team by phoning 4631 2650 or by sending an email to [accommodation@usq.edu.au](mailto:accommodation@usq.edu.au).

### **Visiting the College Office**

Visits to the Colleges Office should be limited where possible. Vacuum loans are unavailable at this time, with bedroom vacuuming conducted by our cleaning team each week. All mail will be delivered to you at dinner or to your room after 5pm each day. If you lock yourself out or require medical/other assistance during the day, please call the office on 07 4631 2650, and one of our team will assist.

If you need to enter the office, please phone ahead, make use of the hand sanitising station inside the door and observe social distancing as indicated by the floor markings.

### **Travelling**


Residents are encouraged to minimise all non-essential travel while staying at the Colleges, as travelling to areas outside the University can increase the risk of exposure and transmission of the virus.

Residents travelling to the Colleges must adhere to all State and Federal Government requirements to self-isolate if required.

Residents must declare to the Colleges prior to arrival if they are travelling from a state, territory or region where there is a current requirement to self-isolate after travel.

### **Classes and Group Learning Activities**

Residents required to attend group learning activities (i.e. practical classes or placements) must declare to the Colleges before arrival, or as soon as possible, the type of activities they are participating in, where the activities are occurring, and which USQ Faculty is responsible for the courses.



In the unlikely case that another student participating in a group learning activity is confirmed to have or is undergoing testing for COVID-19, all residents that have been in close proximity to that student must notify the Colleges as soon as possible.

### **Laundry**

You can access to the Laundry Room allocated to your block (providing no one else is using it at the time) which contains a washing machine and clothes dryer.

You will be required to wipe down the washing machine, and clothes dryer with disinfectant wipes provided once you have finished using the laundry.

### **Health and Wellbeing**

Your emotional and mental health is essential. It is normal to feel stressed or lonely at times, but there are some things you can do to feel better.

Reach out to your usual supports, like family and friends, USQ Health Service, USQ Wellness Team and talk about how you feel. We also recommend sticking to a routine such as having regular mealtimes, bedtimes and exercising.

### **Contact the Health and Wellness Team**

Business hours: 07 4631 2372

After hours: 1300 932 483