Updates on social distancing guidance for students remaining in Cambridge in College accommodation.

Please keep up to date with the evolving PHE guidance on how to protect yourself and others from coronavirus. The Do’s and Don’ts previously circulated have been updated here to include the latest advice:

**DO:**

1. **Exercise and recreation:** Spend time outside, as frequently as you wish, for exercise and recreation. This can be done alone or with members of your existing household (those you share kitchen, bathroom or toilet facilities with). You may also meet outside with up to 6 people including from different households, but retaining 2 metre social distancing. Training and sports in groups of up to 6 is now permitted, but only where you can maintain 2 metre distance, minimise equipment sharing and exercise strict hand hygiene. Permitted sports include tennis, croquet, cricket and frisbee.

2. **Freedom to return to home residence:** This applies to students ‘trapped’ in Cambridge during the lockdown and is now permitted if the move is deemed ‘permanent’ (i.e. until next academic year). Private transport should be used, avoiding mixing of households in the same car, and public transport should be avoided if at all possible.

3. **Personal hygiene and basic stay at home principles:** Continue to respect the existing advice on frequent handwashing, respiratory hygiene, and the guidance on staying at home except for getting food or basic necessities, exercise or recreation, and for medical needs or to avoid harm.

4. **Let us know if you are living in non-shared accommodation and feeling lonely or isolated:** Guidance coming into force on 13/06/2020 means the College may be able to relocate you to a shared household but this will be possible only where you currently live as a single person household. Whether or not this is possible will depend on a number of factors but please let your Tutor or the College know if you need support at any stage.

**DON’T:**

1. **Visit other households:** Don’t visit friends or relations in households other than your own. Meeting with friends from other households should follow the principles of being outside, no more than 6 people in the gathering, and at least 2 metres apart. Guidance in force from 13/06/2020 on meeting people from outside your household allows, in theory, for a person living in a single person household to connect up with a second household (a ‘social bubble’) – enabling closer contact between individuals without social distancing. In the interests of minimising risk and of equity to all members of a shared College household, people living in College accommodation will not normally be allowed to operate social bubbles in this way. To do so would be unfair to other members of a shared household since a bubble is permitted to contain only 2 households in total. Further, all members of both households in the social bubble must isolate for 14 days if any member of either household becomes symptomatic.

2. **Stay with friends or relations:** Don’t leave your home to stay temporarily in another home before returning to your Cambridge household. This is not permitted for the reasons noted in the previous point.

3. **Return to Cambridge from home:** Don’t regard the Government’s early moves away from lockdown as an opportunity for friends to make the move back to Cambridge. This isn’t about convenience or preference, it’s about keeping ourselves
and our family, friends, and neighbours as safe as possible. There is no change in
the guidance here – aside from very limited numbers of specific research students
no-one should be returning to College accommodation until further notice.

4. **Use indoor sports facilities:** Don't use the College gym; this remains closed.
5. **Use communal areas:** Don't use College Libraries, indoor dining areas, computer
   rooms, and social spaces. These remain closed.
6. **Attend public gatherings:** Gatherings of more than 6 people in public areas remain
   not permitted, unless all members are from the same household.