



College life: a guide for students

Updated: 21 May 2021

Introduction

The guidelines below are subject to change in accordance with government rules and advice. We will update this document when required and will keep you informed of any changes via email and other appropriate communications channels.

Please read these guidelines in conjunction with the 'Easter Term Guiding Principles'.

Accommodation and households

What constitutes a household?

In a College context, a household is defined as those people with whom you share a bathroom, kitchen or toilet facilities.

Do I have to social distance/wear a face mask within my household?

You are not required to wear a face mask in your household but we do encourage all students to maintain social distancing, wash their hands regularly, clean surfaces after use and take other sensible precautions to limit the spread of COVID-19.

In addition, it's important to remember that on occasion, you will have to pass through other households in order to move around College. Wearing a face mask in all corridors is a courtesy and good practice.

Do I have to clean my own room and shared facilities?

- Students are expected to clean their own rooms and en suite bathrooms in order to minimise risk to both students and staff. En suite bathrooms will be inspected in the middle of the Term (advance notice will be given).
- Kitchens and other shared facilities will be cleaned on an occupancy basis:
 - Where there are one or two students in a household, housekeeping staff will clean once a week;
 - where there are three in a household, cleaning will take place twice a week;
 - where there are four to five students in a household, cleaning will take place three times a week;
 - and where there are six to eight students in a household, cleaning will take place daily.
- Hand contact areas in College will be cleaned three times a day, seven days a week.
- All communal and shared spaces in the Colleges houses will be cleaned five days a week.



Public spaces in College

Do I have to social distance/wear a face mask around College?

When moving around the public spaces in College, please wear a face mask unless you are exempt from doing so. Public spaces include: the Porters' Lodge, the Dome, corridors (including those in household areas) and walkways.

You do not have to wear a face mask in the College gardens or in the marquees but please remember to maintain social distancing at all times.

Is hand sanitiser available in College?

You are encouraged to use hand sanitiser, and there are contactless sanitiser dispensers at the entrances to main buildings. However, hand sanitiser is not a replacement for thorough and regular handwashing.

Can I move around College freely?

You may move around College freely but please follow the routes and movement advice signposted around College.

Visitors and socialising

Can a friend from another household visit me in my room?

Yes. You can host **one** visitor from another household in your room from **10:00am to midnight**. (See below for information about overnight visitors).

The restricted visiting times and the limit of one visitor to your individual room have been put in place to help ensure the College remains a calm and quiet place for you all to rest and study. It is important to be mindful of others' exam schedules, preferences and concerns.

Please note: a visitor is any member of another household, whether in Murray Edwards residence or not.

Your visitor must avoid going into shared communal areas of your household (including kitchens and bathrooms) but they are permitted to use the toilet if they need to, provided they clean it thoroughly after use. We also encourage you to maintain 2m social distance and to keep your window open when hosting your visitor in your room, to ventilate the space. However, please remember to keep noise to a minimum.

All visitors must adhere to our College guidelines (including social distancing and wearing a face mask in the public areas) and only members of Murray Edwards are allowed in the bar area and the Dome. All non-Murray Edwards College members must use the Visitor QR code to sign in (at any of the College entrances) or the paper log (at the Porters' Lodge). It's really important visitors adhere to these rules so that we know who is in College and fulfil our responsibility to track and trace.



Can I have a visitor in my room overnight?

Yes. Students are permitted to host one overnight visitor in their bedroom. The visitor can be from anywhere, including another Murray Edwards College household, provided the entire household gives their consent.

How long can my overnight visitor stay?

Your overnight visitor can stay for one night if they are resident in Cambridge and two nights if they are travelling from outside Cambridge. Ideally, overnight visitors will only stay over at a weekend and they must not use the communal facilities such as kitchens and common rooms. If your guest needs to make use of any shared toilet/shower facilities, either you or they must clean the facilities directly after using them.

Can I have guests from outside Cambridge visit me in College?

Yes. Students are permitted to host one visitor (from anywhere) in their bedroom. Visitors must not use communal facilities but if they need to use the toilet, either you or they must clean it directly afterwards. We ask that visitors do not come into College before 10:00 or after midnight.

You are also permitted to host visitors from outside Cambridge in the College grounds. Your visitors are welcome in the gardens and marquees between 10:00am and midnight provided they are accompanied by you. Please note that we are only permitting groups of six people (including any visitors) to gather in the College grounds.

All visitors to Murray Edwards (including students from other Colleges) must continue to use the Visitor QR code to sign in (available at any of the College entrances) or the paper log (at the Porters' Lodge).

Can I arrange parking in College for my visitors?

Visitor car parking is by pre-arrangement only: please contact the Porters' Lodge (porters@murrayedwards.cam.ac.uk) in advance to discuss the needs of your visitor(s).

Can I socialise with friends in the College gardens?

Yes. You can socialise with friends from your own household and other households (including those from other Colleges and friends from outside Cambridge) in the College gardens and in the marquees. However, until the extended exam period is over, we are not permitting groups of more than six to meet on College premises. We're doing this to help ensure the College remains a calm and quiet place for you all to rest and study.

Is the College bar be open?

The College bar will remain shut but the bar area will be open for members of the College as a space to socialise and study from 17 May. Please follow the one-way system in place when entering and leaving the bar.

Is the JCR open?

The JCR remains open only to the specific households that have been given permission to access it as an alternative dining space.



Is the MCR open?

The MCR is open to all postgraduate students. Students using the MCR must continue to follow social distancing guidelines.

I am a Murray Edwards student but I live in private accommodation, can I still visit College?

Students living in private accommodation are welcome to visit the College in order to:

- Make use of the gardens and the marquees
- Visit a friend in their College room
- Make use of the MCR (if you are a postgraduate)
- Make use of library services – for example, using the library space for study
- Pick up a take-away meal or dine in at the Dome
- Collect post

Teaching and learning

Are in-person supervisions taking place after 17 May?

Most teaching will remain online for the remainder of the academic year. However, where appropriate (and agreed between a supervisor/DoS and a student), 1:1 meetings are permitted to take place in Fellows' offices from 17 May. Other in-person supervisions or meetings may take place in College meeting rooms or approved spaces at other Colleges.

Do I have to wear a face mask to in-person supervisions?

The College is recommending that for indoor meetings or teaching sessions longer than 15 minutes, face masks should be worn even if observing an appropriate social distance (2m) is possible.

What is the guidance around arriving for and leaving in-person supervisions?

Please arrive at your supervision no more than five minutes before the start time. This is to help prevent crowding or queues in public areas. At the end of your supervision, you should leave promptly – please avoid gathering outside the supervision room. Please remember to wear a face mask when arriving for and leaving an in-person supervision.

Will rooms be cleaned in between in-person supervisions?

Yes. Rooms will be ventilated and sanitised before and after each supervision.

Am I allowed to share equipment and resources with others in my in-person supervision?

No. Please remember to bring all the items required for your supervision; equipment and resources must not be shared.



What happens if I start to feel unwell during my in-person supervision?

If you have a temperature or are experiencing any COVID-19 symptoms before your supervision, please do not attend. Make sure to let your supervisor know as soon as possible. If you start to feel unwell in the supervision, you must leave immediately, return to your room and follow the College's guidance on reporting your symptoms.

University card

Do I have to keep my University card on me at all times?

Yes. All students should carry their University card with them at all times. Your card does not need to be on display (i.e. you do not need to wear it on a lanyard) but you should be prepared to show it on request when entering College(s), Faculties, Departments, Libraries or other University buildings.

Catering

Can I sit down to eat in the Dome?

Yes, students can eat in the Dome.

Seating is available on a first-come, first-served basis and social distancing measures are in place.

A take-away service is still be available.

Please visit the [College website](#) for more information.

Can my friends from other Colleges eat in the Dome?

For now, only members of the College are permitted in the Dome. However, students are allowed to purchase food for their friends in order to enjoy lunch or dinner together in the gardens and marquees. You can also eat lunch or dinner with a **one** friend in your bedroom (as per the visitor guidelines above).

College Library

Is the College Library open?

For information about using the College Library, please visit the Library pages on the [College website](#).



Sports and fitness

Is the College gym open?

Yes, the College gym is open.

In order to adhere to government guidelines, the gym can only be used by a maximum of **three** people at any one time. Bookings are limited to **one hour** slots, which can be booked through the RMS under the meetings tab. Full guidance on how to book and use the gym is available on the [‘COVID-19 latest guidance’](#) page on our website.

Can I use the tennis courts?

Yes, the tennis courts are available for use.

Is the squash court open?

You can book the squash court on RMS. It can be used for playing squash, and dance practice. Members of different households are permitted to play squash together but they must follow the guidelines issued by the sport’s governing body – as broadly defined by [this poster](#).

In addition, the rowing club has agreed that the ergs outside the court can be used for indoor rowing training – up to a maximum of four ergs.

Testing

Is the Asymptomatic Testing Programme running throughout Easter Term?

Yes. The Asymptomatic Testing Programme will continue to run throughout Easter Term. The College’s pooled testing day for students in College accommodation is Wednesday.

Students living in private accommodation are also eligible to take part in the programme, and will be screened every Monday.

For further details, please visit the [#StaySafeCambridgeUni webpages](#).

Please also check your email regularly for College communications about the Asymptomatic Testing Programme.



Feeling unwell

What should I do if I have COVID-19 symptoms?

Symptoms of COVID-19 include:

- **High temperature** – this means a feeling of feverishness, or a measured temperature above 37.8° C
- **New cough** – this means a new intermittent or persistent cough, or worsening of your usual cough (if you have one)
- **A loss or change in your sense of taste or smell** - particularly in the absence of nasal congestion.

If you develop one or more of these symptoms, you and all other members of your household must self-isolate in accordance with [NHS guidance](#).

The University now also tests those who are experiencing one or more of the following minor symptoms:

- A sore throat
- Nasal discharge or congestion
- Muscle aches
- New hoarseness
- New shortness of breath
- A new wheeze

If you develop one or more of these symptoms, you and other members of your household **do not** need to self-isolate. However, you can request a test from one of the dedicated University testing pods.

You must email or call the Porters' Lodge if you believe you have symptoms of COVID-19 – **do not go along in person**.

Please then follow the steps outlined on the [#StaySafeCambridgeUni webpages](#).

What happens if I test positive for COVID-19?

If you test positive, you will be contacted by the team that performed the test (University or NHS as applicable) and you will be instructed about how long to self-isolate for. Current requirements are that anyone testing positive must self-isolate in their accommodation for 10 days from the onset of symptoms. Everyone in your household group will also be required to self-isolate for 10 days from that same date.

If you test positive, please notify the Porters' Lodge. You will have to self-isolate in your bedroom and the College will provide you with the support to do so. Please refer to the College's ['Key Information for students in self-isolation'](#) document for further information.

Please also ensure that you are familiar with [government advice on when to self-isolate or household isolate](#).



Murray Edwards College

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Can I catch COVID-19 twice?

If you get symptoms of COVID-19 again, you must self-isolate immediately and get a test.

You must also self-isolate again if someone in your household develops symptoms.

You must self-isolate again even if you have tested positive for COVID-19 before. You probably have some immunity to coronavirus but it is not currently clear how long it lasts, and there is no guarantee that you will not contract COVID-19 again.

Wellbeing

Is the College Nurse available?

Yes. Surgery in College is currently closed but you can access a remote appointment by emailing the College Nurse to arrange a meeting. Please email Dee for an appointment on dw350@cam.ac.uk or dee.williams@murrayedwards.cam.ac.uk. Dee will usually respond within two working days.

Is the College Counsellor available?

Yes. You can email the College Counsellor, Erika Erasmus, at counsellor@murrayedwards.cam.ac.uk for an appointment. Appointments are currently held remotely. Term Time Office hours are Tuesdays and Fridays between 09:00 and 14:00. Emails will be answered intermittently outside of office hours.

What other support is available?

If you need some support, academically or otherwise, please get in touch with your Tutor, DoS, the Deputy Senior Tutor or the Senior Tutor. You can also find helpful information about available welfare support on the [UCS website](#). In addition, Public Health England's [Every Mind Matters](#) campaign and their local NHS trust now provide dedicated 24-hour support lines. Students can also get help from [Student Space](#), an online platform launched specifically to help with the challenges of the pandemic.

Behaviour outside College

Do I have to adhere to these guidelines outside of College?

Many of the principles and requirements outlined here will be similar elsewhere within the University. All students are expected to adhere to the guidelines or rules outlined by individual Colleges, and Faculties and Departments while they are in their grounds or buildings.

Summary

We know this continues to be a tough time but the guidelines in place are there to protect all of us and to ensure that we adhere to government guidelines and regulations.