



## College life: a guide for the College community

Updated: September 2021

### Introduction

The guidelines below are for students, staff and Fellows, and they 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.

### 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 strongly recommended given the restricted space in corridors.

#### **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 a regular basis.
- Hand contact areas in College will be cleaned two 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, we encourage you to wear a face mask - particularly where social distancing is not possible, for example at pinch points such as the corridors and the stairs up to the Dome. Public spaces include: the Porters' Lodge, the Dome, corridors (including those in household areas) and walkways.



## **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?**

Yes. There is no longer a one way system operating in College but please maintain social distancing wherever possible.

## Visitors and socialising

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

Yes. You can host friends from other households in your room.

We encourage all visitors to follow our College guidelines (including social distancing and wearing a face mask in the public areas).

All non-Murray Edwards College members should use the Visitor QR code to sign in (at any of the College entrances) or the paper log (at the Porters' Lodge). We strongly encourage you to advise your guests to sign in so that the College can fulfil its 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 for a maximum of two consecutive nights.

### **Can I arrange parking in College for my visitors?**

Yes. Visitor car parking can be arranged by contacting the Porters' Lodge ([porters@murrayedwards.cam.ac.uk](mailto:porters@murrayedwards.cam.ac.uk)) in advance to discuss the needs of your visitor(s).

### **Is the College bar be open?**

The College bar is open for members of the College and their guests. The space has been risk assessed and no more than 24 people should be in the bar area at any one time. Please follow the guidelines listed on the entrance to the bar.

### **Is the JCR open?**

The JCR is open to all undergraduate students. The space has been risk assessed and no more than 12 people should be in the JCR at any one time. Please follow the guidelines listed on the entrance to the JCR.

### **Is the MCR open?**

The MCR is open to all postgraduate students. The space has been risk assessed and no more than 20 people should be in the MCR at any one time. Please follow the guidelines listed on the entrance to the MCR.



## **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 whenever they would like to.

## Teaching and learning

### **Are in-person lectures and supervisions taking place this Term?**

The College and the University are planning to provide as much in-person teaching as possible, along with access to libraries and other facilities in Cambridge. We expect face-to-face teaching to be able to resume in many cases, subject to risk assessments. Large lectures – where students are unable to maintain social distancing – may need to be online.

If you have any questions or concerns, please get in touch with our Director of Studies.

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

The College is strongly recommending that you continue to wear a face mask when moving around the public spaces in College – and in particular in situations where it is difficult to maintain social distancing, such as in supervision meeting rooms. However, face masks are not mandatory in supervisions.

Your supervisor will contact you before your supervision to ask all attendees about their requirements with regards to face coverings. If attendees are happy to proceed without a face mask, that is fine. However, please be considerate of anyone who may prefer to continue wearing one and would prefer you to wear one too.

### **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.

Wearing a face mask when arriving for and leaving an in-person is not mandatory but we strongly recommend that you continue to wear one when moving around the public spaces in College – and in particular at pinch points such as corridors where it is difficult to maintain social distancing.

### **Will rooms be cleaned in between in-person supervisions?**

Yes. Rooms will be ventilated and sanitised before and after each supervision. There will also be a 15 minute break in between supervisions. Surface wipes and sanitiser are available on request (from the Accommodation Office) for Fellows' offices.

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

We advise students and supervisors to avoid sharing equipment and resources where possible.



## **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, staff and Fellows can eat in the Dome. A take-away service is still available.

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

We recommend that you wear a face mask when queuing for your meal.

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

### **Can my friends from other Colleges eat in the Dome?**

Yes. Students and guests from other Colleges are permitted to eat in the Dome. Please encourage your guests to wear a face mask when queuing for their meal and before they are seated. All diners should also pay attention to the signs displaying the number of people permitted in the servery at any one time.

## 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. More information is available on the [College website](#).



### Can I use the tennis courts?

Yes, the tennis courts are available for use. We encourage users not to share equipment.

Please read the [LTA's guidance for tennis players in England](#).

### Is the squash court open?

You can book the squash court on RMS. It can be used for playing squash, and dance practice.

Please visit the [England Squash Association](#) website for information about how to play squash safely at this time.

## Testing

### Is the Asymptomatic Testing Programme running in Michaelmas Term?

Yes. The Asymptomatic Testing Programme will run again for at least the first four weeks of Michaelmas Term. The College's pooled testing day for students in College accommodation is Wednesday.

Some 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. Anyone in your household who has not been fully vaccinated in the UK (two doses + two weeks) must also self-isolate.

If your pooled test returns a positive result, you must self-isolate in your College accommodation regardless of your vaccination status. You will then need to take a confirmatory PCR test as soon as possible. If your test is positive, you will need to remain in isolation for 10 days. If your test is negative, you can come out of isolation immediately.

If you test positive, please notify the Porters' Lodge by phone or by email. Please refer to the College's 'Key information for students in self-isolation' document for further information.

### **Can I catch COVID-19 twice?**

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

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.



# Murray Edwards College

University of Cambridge

## Wellbeing

### Is the College Nurse available?

Yes. Please email the College Nurse, Dee Williams, for an appointment on [dw350@cam.ac.uk](mailto:dw350@cam.ac.uk) or [dee.williams@murrayedwards.cam.ac.uk](mailto:dee.williams@murrayedwards.cam.ac.uk). Dee will usually respond within two working days. The majority of appointments will be conducted remotely (via Teams).

### Is the College Counsellor available?

Yes. You can email the College Counsellor, Erika, at [counsellor@murrayedwards.cam.ac.uk](mailto:counsellor@murrayedwards.cam.ac.uk) for an appointment. Remote and in-person appointments are available. 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.

Freshers may also find the new [Jumpstart University](#) website a helpful source of information. The website contains a number of free resources aimed to help students who have started university this year.

## Behaviour outside College

### Do I have to follow these guidelines outside of College?

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