

Thanks for booking onto one of our SU sessions. We're glad that we can still provide some in-person activities for you! In order to run these sessions, and to keep you safe, we've had to adapt them slightly and uphold some key guidance – we need your help to do this!

Please read through the points below and follow this guidance:

- Please DO NOT attend a session if you are self-isolating (due to vulnerability or exposure) or have experienced any Covid-19 symptoms in the past 14 days:
 - Persistent dry cough
 - Fever
 - Loss of taste and/or smell
- Only attend a session that you have been booked onto or approved to attend. This ensures that we do not exceed session capacity.
- Wear a [face covering](#) (unless you are exempt) in all indoor spaces. You may remove your face covering while physical activity is taking place, though this is optional and you are welcome to keep your face covering on. Please respect other people's decisions in this regard.
- Travel to and from the session as safely as possible, opting for cycling, walking or private transport where able.
- Arrive to the session on-time. If you are early, please wait outside the building. If you are required to wait outside the hall/studio, please queue in a socially distanced manner, leaving 2m between other attendees.
- Before, after, and whenever possible throughout, use hand sanitiser and/or thoroughly wash your hands, especially if handling equipment or shared materials.
- Maintain social distancing of 2m wherever possible, or 1m with extra precautions, such as face coverings. Venue spaces will have floor markings to help you maintain your distance between other attendees.
- Follow guidance by session-leaders, as some sports will have been adapted to operate safely. This means there will be less distance-movement and contact within sports.
- Avoid sharing equipment and bring your own where possible. Label drinks bottles and personal possessions to avoid confusion.
- We encourage all attendees to use the NHS Test and Trace app via a session QR code. In addition to this, you must let AUBSU know if you test positive for Covid-19 so that we can alert other participants that may have been in close contact with you: studentunion@aub.ac.uk

If you have any questions or want to get in touch, please email us: studentunion@aub.ac.uk

If you are feeling overwhelmed and need support for your mental health, we have compiled a list of AUB and external [support services](#) – please reach out if you are struggling to cope.