



OCTOBER 19TH, 2020

COVID-19 RISK MANAGEMENT AND SPRING 2021 PROGRAMMING

The Covid-19 safety precautions and procedures outlined in this document have been carefully thought through by Irish Gap Year to ensure the health and well-being of our students, staff and local community.

Our risk management plans must adhere to the current guidelines set out by the Irish Health Service Executive (HSE), Ireland's governing body on public health.

We ask that our students carefully review this document with their families prior to their time with Irish Gap Year. Students must commit to engage in the safety protocols outlined in this document and do their very best while with Irish Gap Year to act in a responsible, safe and respectful manner in order to maintain their safety, the safety of the group and respect the progress that Ireland has made in fighting back against Covid-19.

CONFIRMED SPRING 21' PROGRAM DATES

- **Adventure and Leadership Program Cohort 'A'**: Arrive to Dublin International Airport on Thursday, February 11th, 2021. Depart from Dublin on Monday, May 3rd, 2021.
- **Adventure and Leadership Program Cohort 'B'**: Arrive to Dublin International Airport on Saturday, February 13th, 2021. Depart from Dublin International Airport on Wednesday, May 5th, 2021.
- **Irish Arts and Culture Program**: Arrive to Dublin Airport on Thursday, February 18th, 2021. Depart from Dublin International Airport on Wednesday, May 5th, 2021.

COVID-19 TESTING - PRE-DEPARTURE AND IN IRELAND

A. Pre-departure

We **require that all students undergo a Covid-19 viral-test up to 14 days prior to their travel to Ireland**. This timeframe has been extended to account for the lack of clarity and availability surrounding Covid-19 testing in the US.

We urge families to speak with their physicians as soon as possible to arrange their own private test in the weeks prior to departure.

Following testing and in the days prior to travel to Ireland, we recommend that students strictly limit their travel and practice social distancing and cough etiquette.

Students must produce a copy of their test results for Irish Gap Year prior to travel to Ireland. A copy must also be available for immigration officers upon arrival to Ireland.

B. If a student tests positive prior to departure

Any student who tests positive on the Covid-19 viral test will not be permitted to join the program until such time as they test negative for the Covid-19 viral test. That student may avail of a refund should the student not be able to join.

C. Testing on day 15 in Ireland

Covid-19 testing is widely available in Ireland. We have arranged for our students to be tested at a private lab 15 days after their arrival to Ireland so to allow sufficient incubation time from any potential exposure to Covid-19 while traveling.

During these 14 days our cohorts will be in restricted movement.

The cost of testing (USD \$160.00 per test) will be added to each student's program balance. You can read about the breakdown of this cost in the section of this document titled '*Additional Costs to Families*'.

D. If a student tests positive while in Ireland

Should any student test positive for Covid-19 while in Ireland, Irish Gap Year will look after the health and well-being of that student and isolate that student in their own housing separate from the cohort. Food, support and daily check-in will be provided by Irish Gap Year. When the student has made a full recovery and tests negative for Covid-19 they will be permitted to re-join the program. Asymptomatic and otherwise healthy students must complete a mandatory 10 day isolation in Irish Gap Year's isolation accommodation and undergo additional medical evaluation (determined by doctors). In a scenario where these 10 days go past the end of the program IGY will maintain the same level of support as if it was still during program time.

RESTRICTED MOVEMENT UPON ARRIVAL TO IRELAND

A 14-day 'restricted movement' period is currently required for travellers entering Ireland from any other country.

What does restricted movement mean?**A. Why restricted movement?**

For the first 14 days of programming each group will be required restrict their movement with their peers on their respective programs.

The 14-day restricted movement period will allow for the full incubation period of Covid-19 to occur, ensuring that on the 14th day (IGY testing day in Ireland) that no student has become infected in the period since their pre-departure Covid-19 test in the USA.

B. Defining restricted movement

Restricted movement means that persons arriving to Ireland can take part in outdoor activities and local adventures, but must do so while socially distancing and must not interact directly with the community outside of the Irish Gap Year team.

Each cohort will be split into two groups of 7 for the first two weeks. Groups 'A' and 'B' will be taken outside for exercise and activity within walking distance of their home under the supervision of Irish Gap Year program leaders.

Each household is viewed as the equivalent as a 'family-unit', meaning that the group lives together and may exercise together outdoors while social distancing. Social distancing protocols will apply within the household and students are expected to wear a mask indoors while in the presence of their housemates. Sanitization practices do apply and will be covered during orientation.

Each cohort will have two full-time program leaders with them daily. The program leaders will ensure that students are adhering to the restricted movement protocols as well as delivering food to the houses and accompanying students on their daily outings for exercise.

The following rules apply to restricted movement:

- Students must not interact with any members of the community outside of the Irish Gap Year team.
- Irish Gap Year will check students for symptoms daily, including a daily temperature check for the first 7 days. If a student is displaying symptoms, they will need to let Irish Gap Year know and we will arrange a doctor's visit and Covid-19 test if necessary.
- Students must not interact with other groups (meaning no visits between programs during the first two weeks).
- Nobody may enter student housing other than the students living in that house.
- Students should wash their hands properly and often.
- Do not enter another household, shop or any public place.
- Students may partake in outdoor activities such as surfing, walking, kayaking under the supervision of their program leaders. Social distancing will apply.
- Students may partake in the Castle Park Project (big restricted movement project).
- Student should socially distance and wear masks while in the company of their housemates.
- Additional housing will be provided by Irish Gap Year to ensure that each student has their own bedroom throughout the restricted movement period.
- Each household's 'close-contacts' will be limited to their housemates only.

C. Food During Restricted Movement

Student housing will be kept stocked with food throughout the isolation period and there will be a daily shopping list to ensure that everyone has what they like. Students will make their own breakfasts and lunches from these grocery supplies.



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Students must observe social distancing while eating their meals and practice hand hygiene. This will be reviewed during orientation and there will be 'reminder' signage in student housing.

Dinner will be catered and delivered to each household.

D. Activities During Isolation

The Castle Park project - Both the Adventure and Leadership group and the Irish Arts and Culture group will be working on our 'Castle Park Community Space' project throughout the restricted movement period and onwards during the remainder of the programs.

The Castle Park Community Space will be a multi-year project transforming a scenic coastal field into community space that emphasizes ecology, art, community and bringing people together in the outdoors.

The project will entail brainstorming, planning, mapping and the building of the community space. Students will draw on their creativity and collaboration skills to come up with a long-term design for the space that satisfies the project's goals.

The two groups will not mix during this project. Each program will have its own tasks within the project and they will continue to work on the project together once the restricted movement period ends.

Outdoor Adventure – There is an abundance of local hikes, walks and beaches all within walking distance from Irish Gap Year's student housing. We will make the most of the local environment each day, getting the students out into fresh air under the supervision of their program leaders.

ENFORCING RESTRICTED MOVEMENT

Any students violating isolation and venturing into shops or any other public spaces during the restricted movement period will be immediately dismissed from the program.

AFTER RESTRICTED MOVEMENT IS COMPLETE

After the restricted movement period is complete programming will return to normal. Students will move into their permanent student housing and be assigned their roommates. The additional elements that will start in week 3 are subject to whatever national restrictions are in place at that time as outlined in the National Framework for Living with Covid-19 and may include travel throughout Ireland, workshops with third parties and engagement with volunteer organisations and the local community.

WHAT IF A STUDENT SHOWS SYMPTOMS OF COVID-19?

Students displaying symptoms of Covid-19 will be tested at the earliest available time. In Ireland, Covid-19 tests are typically available within 24 hours of contacting the doctor's office. Test results are typically available within 3-days.

Any student running a fever will be automatically isolated in our isolation accommodation until such time as the student is tested and results are made available.

Breakdown of symptoms and resulting actions taken by Irish Gap Year:

- **Fever** - Automatic isolation, doctor's appointment and Covid-19 test.
- **Difficulty breathing and/or shortness of breath while at rest** - Automatic isolation, doctor's appointment and Covid-19 test.
- **Persistent dry cough** - Automatic isolation, doctor's appointment and Covid-19 test.
- **Tiredness** – Doctor's appointment only if other symptoms are present, Covid-19 test at the doctor's discretion.
- **Loss of taste or smell** – Doctor's appointment, Covid-19 test at doctor's discretion.
- **Skin rash around fingers or toes** – Doctor's appointment, Covid-19 test at doctor's discretion.
- Any student wishing to visit a doctor during the program may do so, regardless of the guidelines above. Irish Gap Year will facilitate appointments with the doctor on their behalf.

WHAT IF A STUDENT TESTS POSITIVE FOR COVID-19 DURING THE PROGRAM?

A. Testing Positive During the Program

If a student tests positive for Covid-19 during the program that student will go into full-isolation in our emergency isolation accommodation until such time as they have recovered from the virus and are cleared by doctor. This will be a 10 day stay on the basis the students shows no symptoms during the last 5 days.

It should be noted that any students testing positive may not travel home while actively infected with Covid-19.

Irish Gap Year will provide the student with an isolated area, food and care during this time. In the event of the student developing serious symptoms he / she will be transferred to Sligo General Hospital, 22 miles away. All additional costs incurred during hospitalization will be covered by that student's family or medical insurance.

The Health Service Executive (HSE) requires that we provide the contact details for all those who have been in contact with the student and that those people must isolate for 14 days.

B. Return to Restricted Movement

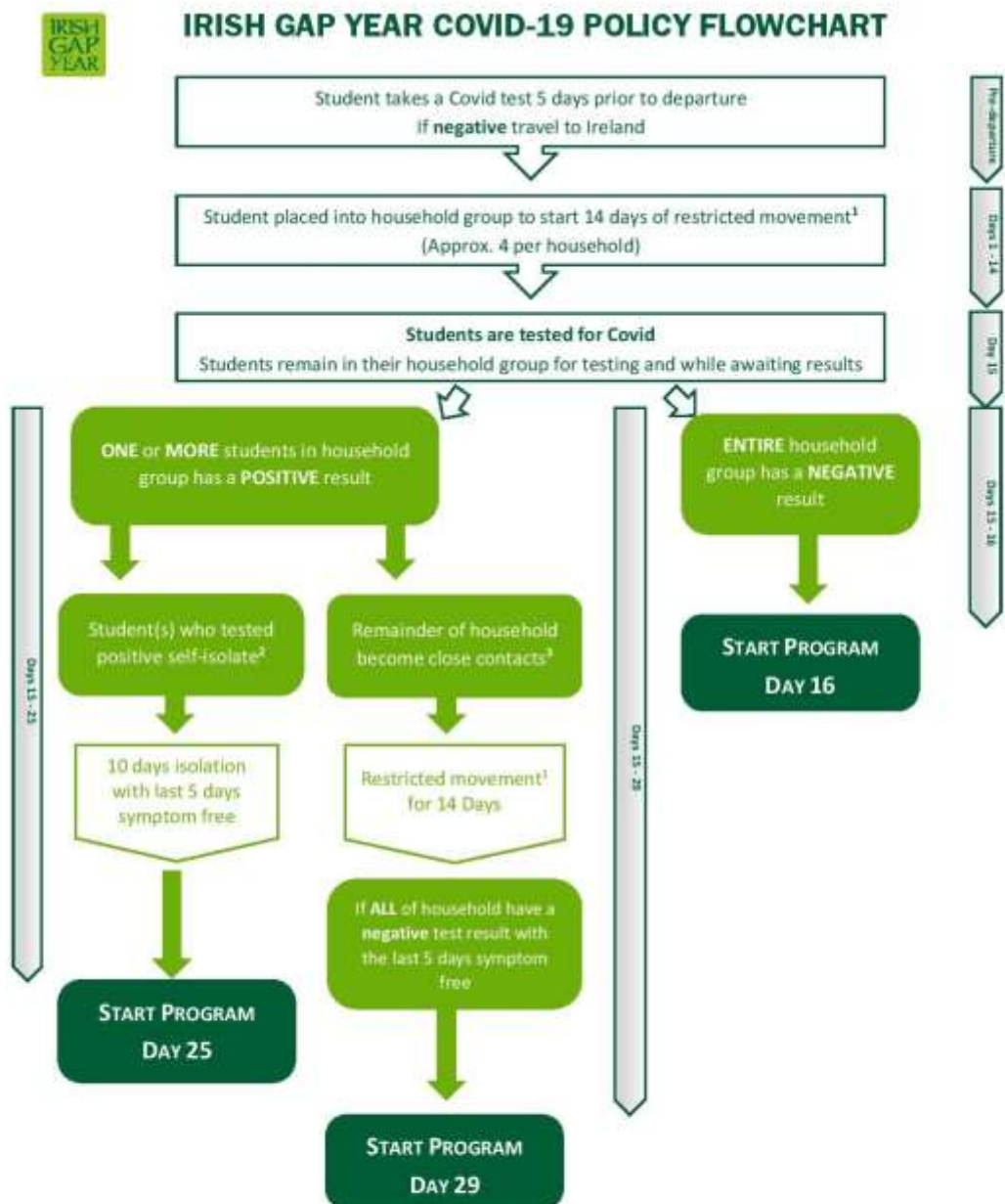
If a student or staff member tests positive for Covid-19 during the program the 'close contacts' of that person will return to 'restricted-movement' for the mandatory period of 14-days during which time they will be able to participate in projects and activities as described in the section titled '*Defining Restricted-Movement*'.

ISOLATION ACCOMMODATION

Irish Gap Year has secured a spacious house to use in the event of a student or multiple students requiring isolation after testing positive for Covid-19 at any stage during the program.

IRISH GAP YEAR FRAMEWORK FOR PROGRAMMING DURING COVID-19

A. 5-Stage System of National Response



Notes:

- 1. Restricted Movement** - Restricting your movements means avoiding contact with other people and social situations as much as possible e.g. do not go to the shops, take public transport, do not take visitors into your home.
- 2. Self-isolation** - Self-isolation means completely avoiding contact with other people. This includes other people in your household, as much as possible.
- 3. Close Contacts** - a close contact in a program is a student who shared a household with a confirmed positive case of Covid. As a result of being a close contact the students is obliged to undertake restricted movement for 14 days from the last know exposure to a positive Covid case.



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Ireland has a 5-stage Covid-19 response system that is based on the number of new daily infections nationally. The system is under bi-weekly review. A breakdown of the framework as it pertains to Irish Gap Year programming is as follows:

B. Full Lockdown

Should there be a national emergency related to Covid-19 wherein infection rates spike rapidly and Ireland enters a temporary full lockdown with all citizens ordered to stay within 1 mile of their homes we may arrange for students to be safely returned to their home country or continue programming. This will be determined based on the duration of the lockdown along with other factors.

If there is a full lockdown in place when programming is scheduled to start we will postpone the program start dates by three weeks.

In the event of a temporary national lockdown in Ireland the adjusted program start dates will be:

- **Adventure and Leadership Program Cohort 'A'**: Arrive to Dublin International Airport on Thursday, March 4th, 2021. Depart from Dublin on Monday, May 24rd, 2021.
- **Adventure and Leadership Program Cohort 'B'**: Arrive to Dublin International Airport on Saturday, March 6th, 2021. Depart from Dublin International Airport on Wednesday, May 26th, 2021.
- **Irish Arts and Culture Program**: Arrive to Dublin Airport on Thursday, March 11th, 2021. Depart from Dublin International Airport on Wednesday, May 26th, 2021.

Irish Gap Year Framework for Gap Year Programs during COVID-19

	Very low rate of COVID-19 infections Low R-Number		Very high rate of COVID-19 infections High R-Number		
	Level 1	Level 2	Level 3	Level 4	Level 5
Outdoor Activities 	Yes, Anywhere in Ireland ✓	Yes, Anywhere in Ireland ✓	Yes, Anywhere in Ireland ✓	Yes, Anywhere in Ireland ✓	Yes, within local area only (5km) •••
Workshops 	Yes, Leadership Workshops and Art Workshops both indoors and outdoors ✓	Yes, Leadership Workshops and Art Workshops both indoors and outdoors ✓	Yes, Leadership Workshops and Art Workshops both indoors and outdoors ✓	Yes, Leadership Workshops and Art Workshops both indoors and outdoors ✓	Yes, Leadership Workshops and Art Workshops both indoors and outdoors •••
Local Trips 	Yes ✓	Yes ✓	Yes ✓	Yes ✓	Yes, within local area only (5km) •••
Overnight Trips around Ireland 	Yes, anywhere in Ireland ✓	Yes, anywhere in Ireland ✓	Yes, but with daily risk assessment to avoid Covid-19 hotspots. No more than four in a shop at any time, planned stops on travels, safe destinations only (likely no cities). •••	Yes, but with daily risk assessment to avoid Covid-19 hotspots. No more than four in a shop at any time, planned stops on travels, safe destinations only (likely no cities). •••	No ✗
Volunteering 	All volunteering partnership are open, travel throughout Ireland for volunteering purposes is possible ✓	All volunteering partnership are open, travel throughout Ireland for volunteering purposes is possible ✓	Limited volunteering possible •••	Limited volunteering possible •••	Limited volunteering possible •••
Socializing 	Pubs, restaurants, cafe's, retail, museums, galleries, sporting events all open with social distancing and Covid-19 guidelines in place ✓	Pubs, restaurants, cafe's, retail, museums, galleries, sporting events all open with social distancing and Covid-19 guidelines in place ✓	Pubs, restaurants and cafe's open with additional measures in place. Museums, some national monuments and galleries closed. Retail open •••	Pubs, restaurants and cafe's open for outdoor dining and take-away only. Museums and galleries closed. Some retail open. No visitors from other households for social purposes (exemption for IGT traffic) •••	Pubs, restaurants and cafe's open for take-away only. Museums and galleries closed. Essential retail only •••

Legend

- ✓ The module can be undertaken fully
- Some restrictions may apply to the module
- ✗ Module cannot be undertaken



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HOUSING, FOOD AND PERSONAL HYGIENE ON PROGRAM

A. Student housing

Student housing will be deep-cleaned and disinfected prior to the arrival of our Fall group. Strict hygiene regulations for accommodation have been outlined by the Irish Health Service Executive. All accommodation that our students will be staying at throughout their travels in Ireland must adhere to these regulations. Each cohort will be acting as its own 'unit' meaning that social distancing guidelines do not pertain within student housing.

B. Food

Students will share meals with their group. The majority of dinners will be home cooked at the student housing and prepared by students under the supervision of Irish Gap Year leaders. Some meals will be catered, particularly during the isolation period at the start of the program.

C. Personal Hygiene

Hand sanitation stations will be provided in our student housing and students will be encouraged to wash their hands frequently. During orientation we will brief our students on proper sneeze and cough etiquette and proper hand-washing techniques. Currently it is mandatory to wear a face mask while in a shop or on public transportation.

Some public places that we visit on the program may require the use of facemasks, therefore we suggest that each student bring their own re-usable facemask with them on the program. Face masks will also be provided by Irish Gap Year at the student house.

It should be noted that for the remaining of the program the Health Service Executive rules around coughing etiquette, hygiene and social distancing will remain in force while in public areas. The program leaders will ensure that all students understand the rules and make allowances for this in day to day programming.

D. Wearing Face Coverings

It is now mandatory that face coverings (face masks) are worn in all retail premises in Ireland. A €2,500.00 fine and up to 6 months imprisonment is applicable for non-compliance.

We recommend that all students bring a set of re-useable facemasks with them to Ireland.

PARENT VISITS

Irish Gap Year typically encourages parent visits during program time. However due to our mandatory 14-day isolation regulations on programs this autumn parent visits will not be possible during program time.

Parents who wish to travel to Ireland after their son or daughter's program with Irish Gap Year may do so but will be required to follow the Health Service Executives travel guidelines for international visitors entering Ireland.



TRAVEL TO IRELAND

There are currently no restrictions on flights from the United States or Canada to Ireland although the number of available flights is significantly diminished.

Students traveling to Ireland must use personal protective equipment (gloves, mask and hand sanitizer) on their flight and in Dublin Airport.

ADDITIONAL COSTS TO FAMILIES

- A. Total Additional Costs to Families - USD \$400.00
- B. Covid-19 Testing in Ireland - Laboratory testing on day 15 of each program is compulsory. The cost of the testing is USD \$160.00 per person. Please note: Students unable to secure Covid-19 viral testing in their home state will be required to test in Ireland on their arrival day at an additional expense of \$240.00
- C. Isolation Accommodation - The cost to retain the isolation accommodation for the duration of both programs has been calculated at USD \$240.00 per student. The accommodation will be ready should any student test positive for Covid-19 at any stage throughout the program and two weeks after the program.
- D. The isolation accommodation fee also covers all food, support and supervision up to 2 weeks after the program ends.
- E. Any doctor's visits during program time and additional Covid-19 testing must be covered by your family or medical insurance.
- F. Any hospital visits and hospital fees accrued will be an additional cost.
- G. The total additional costs will be itemized and added to each family's program balance.

X

Student Signature

X

Parent Signature