

## Best practice statement: Exercise during self-isolation:

### Introduction

The safety and wellbeing of students in higher education (HE) is always our priority and the Government is doing all it can to minimise the risks to those working and studying in our HE providers in this unprecedented situation, while mitigating the impact on education. It is crucial to the health and wellbeing of young people that we allow them to access the university education they have been working towards throughout their lives.

Staying at home for a prolonged period can be difficult, frustrating and lonely and also have negative impacts on mental and physical health. Exercise is important for physical and mental health and your overall wellbeing. This can be particularly challenging if you are self-isolating and do not have much space or access to a garden.

### Guidance

With the arrival of winter and an increase in the number of cases of coronavirus (COVID-19), it is all the more important that we all take steps to reduce the spread of infection in the community to save lives and protect the NHS.

Guidance on when to self-isolate is available in: [COVID-19: guidance for households with possible coronavirus infection](#).

If you test positive or have been informed that you are a contact of someone who has had a positive test result for COVID-19, you must self-isolate at home for 14 days from the date of your last contact with them. You should not go to university, work or public areas, and not use public transport or taxis.

The current guidance is that you should remain in your accommodation and that any exercise must be taken within your accommodation or garden. This is a particularly difficult situation for those in halls of residence. Providers should balance the needs of students against the public health risk and should consider the list below to determine what steps might be possible to support self-isolating students to exercise:

### Best practice for providers

- ✓ Where it is possible to do so, providers should support students who are self-isolating to exercise, by providing safe access to and from a dedicated segregated outside space close to halls of residence. This should only be offered if this can be done in a safe, COVID-secure way.
- ✓ This provision should only be made to students who are self-isolating but who have not tested positive and who are not symptomatic.
- ✓ Providers could designate specific areas for exercise which allow students to maintain social distancing. These areas should be carefully managed to ensure they do not become overcrowded and increase the risk of transmission. These spaces should be signposted so that their use is clear.
- ✓ Students should wear a face covering when travelling to and from the exercise area and should sanitise their hands before leaving and when re-entering their accommodation.
- ✓ Providers should encourage students to prioritise their physical and mental wellbeing, particularly if they are self-isolating.
- ✓ Providers should also promote online exercise/physical activity classes and courses for students to do inside their accommodation, where this is practical.
- ✓ Providers should ensure students understand that by following guidance, they are helping to protect their friends, family and other people in the community and the NHS.