

**MOVE MORE | BE WELL | MAKE FRIENDS**

# ACTIVE



## TEMPORARY COVID-19 MEASURES

Please be aware that we have made a number of changes to our processes, policies and procedures to ensure that all Active Campus sessions can be delivered COVID-19 securely, whilst still retaining the enjoyable and fun experience that makes Active Campus sessions unique.

If you feel unwell or are displaying symptoms of COVID-19, please do not attend under any circumstances. For further guidance on what to do, please follow University guidelines.

Some important things you can do to help us help you:

- Please book in advance so you don't miss out, and remember to turn up on time.
- All sessions have a registration and COVID screening process, please remember your student card.
- Please come changed and ready to participate in your chosen activity.
- Please be aware that all sessions will be adhering to the 'rule of six' for the duration of the session.
- If you're unable to attend, please cancel in advance to help keep sessions accessible for all. Action will be taken on accounts for repetitive no-shows.
- Visit the Essex Sport website for the latest guidelines.