

## Returning to driving lessons during the Coronavirus pandemic in the UK.

Peter Scott, Director at Smart Driver Academy (v2.1 published 13<sup>th</sup> Oct. 2020)

Coronavirus (COVID-19) continues to prevail in the UK. As such we must follow current government advice and take all precautions to remain safe and continue to enjoy driving lessons. The following guide is lengthy and detailed, for which I apologise.

By signing this document, you indicate that you have read it in full, that you understand it, you consent to abide by it and recognise that we share the responsibility to take all careful and thorough measures to protect everyone we come into contact with during this COVID-19 pandemic. Copies of this page are available in the car to sign.

[Printed Name]

[Date Signed]

[Signature of client]

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..... [Signature of Peter Scott]

In light of this document, I have made the following variations in my normal T's&C's (as shown on my website) and these are as follows due to the COVID-19 risks:

1. **General infection risk:** At the start of every lesson I will check and show you my own temperature and check your temperature. These readings will be recorded on a checklist to verify them and that other hygienic procedures are being followed. All lessons will be of two hours for the foreseeable future. This is intended to reduce the number of different daily contacts because the fewer daily contacts there are, the lower the risk is of passing on the virus.
2. **Touch and handling risk:** At the start and end of every lesson I will clean down all the common touch points and hygienically decontaminate the seat fabric. If, during the driving lesson, any touch points become compromised, further clean down procedures will be done as soon as the vehicle can be parked safely. Both of us must use appropriate strength hand gel (65% alcohol or stronger) whenever necessary or hygienic gloves.
3. **Asymptomatic risk:** It cannot be guaranteed that there is no risk of receiving the virus from an asymptomatic carrier of the virus and likewise it can't be guaranteed where transmission took place. In order to protect yourself at all other times outside of driving lessons, you should minimise your daily contacts and follow all the advice given by the government systematically and thoroughly, particularly minimal social contact, separation and good hygiene.
4. **Symptomatic risk:** If you or someone in your close group of family and friends (your 'bubble') believe you have symptoms, or you are contacted by Track and Trace, you must take all necessary measures to isolate yourself and, if instructed, take a diagnostic test – you must also notify me and cancel your lesson. If either you (or they) develop Coronavirus symptoms within less than 24 hours of your driving lesson, your cancelled lesson will be charged for at the rate of 50% of the normal charge. If you can provide more than 24 hours of the need to cancel due to contracting symptoms (or you are concerned about someone in your bubble), then the cancellation fee will be waived.

### **Call on the day before your lesson:**

- I will ask if you have got or had symptoms of the virus within the last 7 days?
- I will ask if you've been with anyone else with symptoms in the last 14 days?
- I will ask if you've been told by Government Track and Trace to self-isolate?
- If you answer yes to any question the lesson will be cancelled at no charge
- I will ask you to confirm that you have paid for your lesson
- If you have any other 'normal' health condition such as hay fever, please let me know those symptoms during this call before meeting up for your lesson?
- I will ask you to dress with long sleeves and long-length trousers / leggings

### **On the day of your lesson:**

- Before travelling to meet you for your lesson, I will call/text you again to check if you have had any new symptoms of the virus within the last 24 hours?
- I will also ask if you have been in contact with anyone else who is now showing new symptoms of the virus or has been so within the last 24 hours?
- I will ask if you have been told by Government Track and Trace to self-isolate?
- If you answer yes to any question your lesson will be cancelled at 50% charge
- Also please remember the following:
  - Hand-washing immediately before and after your lesson
  - Wear full-length coverings of arms and legs
  - Bring with you a suitable waste bag to store all your own PPE waste
  - Provide a hand gel, for your own use, which is 65% plus alcohol
  - Carry two face coverings with you, wearing one to get into the car
  - If you opt to use gloves, bring a spare pair. Use when you get in the car
  - Bring your own pen, notepad and mobile phone

### **Meeting up to start your lesson**

- Please wait outside the car for it to be prepared for you
- If raining, wait indoors until invited to come to the car (no umbrellas, please)
- Before you get into the car and in the following order:
  1. I will hygienically clean down all external and internal touch points
  2. I will check both mine and your temperature with my electronic sensor
  3. Please confirm that you have just washed their hands thoroughly
  4. Then please apply your face covering just before getting into the car
  5. Please take a disposable seat cover and apply this to your seat
  6. Use your own hand sanitiser product just before getting into the car

### **During your lesson**

- Please remember at all times to try to avoid touching your face and hands
- The rear windows will be kept part open to create through draft when possible
- Front windows may be opened also to keep the cockpit fresh and ventilated
- Air conditioning will only be used with the fresh-air intake when it's necessary
- Short breaks will be taken approximately every 15 minutes for your comfort
- If you need any additional breaks, find a safe place to park or ask me for help

### **Special consideration during your lessons:**

- If a situation arises where I have to intervene to take control temporarily, once the emergency is passed, we will park somewhere safe to re-sterilize the car
- We should try avoid directly facing one another when in discussion, it is safer to face forwards in the vehicle because we cannot keep good social distancing
- If I give a demonstration drive, I will re-sterilize the controls before and after the demonstration and we must swap our seat covers over and back

### **Personal Protective Equipment (PPE)**

- Face coverings must cover our mouths and noses at all times
- Face coverings must be used always when inside the car
- There are exemptions to wearing face coverings, but it is safer to wear one
- If you prefer to wear gloves, they must remain on while driving
- You can re-sanitise gloves to wear again or dispose of them if not
- Use sanitiser gels and sprays but remember they can be aggressive on skin
- It is essential you use sanitiser gels and sprays of 65% alcohol proof or more
- Sanitise your hands frequently, especially if you touch something new
- Antibacterial sprays and wipes are used to clean the car between lessons

### **Disposal of PPE and your waste**

- Public Health England (PHE) household guidance on the disposal of waste that could be contaminated states you must separate from household waste
- Securely store the PPE waste into a disposable rubbish bag and seal it – you must then place this bag into another bag and then seal the second bag
- You must tie this second bag securely and keep it separate from your other household waste and not use the bags for any other purposes
- Double-bagged waste must be set aside for at least 72 hours before being put in the usual external household wheelie bin for non-recyclable waste

### **Taking you to your driving test (subject to review and change):**

- DVSA requirements are not yet fully known, but I probably won't be able to accompany you on your test and I may not be able to attend the test debrief
- It may not be possible for me to enter the test centre waiting room with you

At this time, we don't have any proven immunity from COVID-19, and as yet we have no vaccine for coronavirus either, so there's still a risk that it can spread extensively. Also, our nationwide track and tracing systems are still not working effectively, therefore, we must all remain ALERT, take every precaution and make our own personal risk assessments concerning the provision a safe system of taking driving lessons, and it is in everyone's best interest that we all take maximum precautions.

We must all follow Govt., PHE and HSE Guidance to ensure a safe environment for ourselves in our driving lessons, before, during and afterwards, in fact continuously.

### **Everyone needs to consider:**

- If you or I have any symptoms (firstly we must isolate and get a new test)
- If you or I or anyone in any of our families are in higher risk groups
- If you or I know of anyone close to them who is moderately at risk

If you have anyone in your circle of contacts who you must take into account if it is appropriate for you to take driving lessons. You are responsible for making your own assessment and taking your own decision and Smart Driver Academy cannot accept any responsibility for your decision if you wish to proceed and take lessons

### **The main symptoms of COVID 19 described by the government are:**

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss of taste or smell

### **What actions you should take if you feel unwell**

- If you feel generally unwell, call your doctor or 111 for advice
- if you think you have coronavirus call 119 for advice about COVID-19
- cancel your driving lessons until you are certain that you are not unwell

### **COVID-19 can make anyone seriously ill**

For some people the risk is higher than for most. There are 2 levels of higher risk groups (see appendix at end of this document). Do you personally, or does anyone else that you know with whom you are in close contact with, fall into either of these categories (see appendix for lists). These are also described on the gov.uk website:

- high risk list (clinically extremely vulnerable)
- moderate risk list (clinically vulnerable)

**Disclaimer:** The COVID-19 information provided herewith is issued in good faith as a guide. It is my interpretation of the best information at the time of writing and is based on UK Govt., NHS and Public Health England information sources. More and better information will be released as time passes and we must be ready to adapt with new information and changes as these are announced and implemented.

**Additional Terms and Conditions:** We must do what is safe and proper to control the virus and minimise the risks of cross-contamination, i.e. control the passing of the virus between each other. This is a very dangerous virus because it can be fatal, as yet there is no cure or vaccine, and it is very easy to inadvertently pass from one to another by touch and transfer, by being a carrier of the virus without any symptoms (asymptomatic), or by having some symptoms (symptomatic), perhaps just generally feeling slightly unwell, or feeling some exceptional and unusual symptoms.

## **Appendix**

### **People at high risk from coronavirus include people who:**

- have had an organ transplant
- having chemotherapy or antibody treatment for cancer, inc. immunotherapy
- having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- have blood / bone marrow cancer, such as leukaemia, lymphoma or myeloma
- have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- have been told by a doctor they you have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- are taking medicine that makes them much more likely to get infections (such as high doses of steroids)
- were born with a serious heart condition and are pregnant

### **People at moderate risk from coronavirus include people who:**

- are 70 or older
- are pregnant
- have a less severe lung condition, eg asthma, COPD, emphysema or bronchitis
- have heart disease (such as heart failure)
- have diabetes
- have chronic kidney disease
- have liver disease (such as hepatitis)
- have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- have a condition that carries a high risk of getting infections by taking medicines that can affect the immune system, eg low doses of steroids
- are very obese (a BMI of 40 or above)

### **Further important advice is available at NHS, Public Health England or your GP. More [Government Coronavirus Information](#) can be found at the resources:**

<https://www.gov.uk/government/news/update-from-the-uk-chief-medical-officers-on-the-uk-alert-level> (updated 19th June 2020)

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#private-cars-and-other-vehicles> (\*see 'private cars and other vehicles' and 'Exemptions – people who do not have to wear a face covering')

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do> (updated 13<sup>th</sup> & 15<sup>th</sup> June 2020)