

COVID-19 GUIDELINES

On campus SOPs for students

In view of the declining number of cases of Covid-19 in Pakistan, the educational institutions are expected to reopen on September 15, 2020, subject to strict adherence of SOPs.

Adoption of SOPs and related measures:

Even though there has been a reduction in the Covid-19 cases at present, it is by no means over. It is reiterated that any carelessness on our part is likely to cause it to spread rapidly. It is imperative that we take appropriate preventative measures. Reopening of educational institutes carry a high risk of spread and all students are, therefore, requested to strictly abide by the following guidelines.

General guidelines for safety and hygiene in public spaces:

- Frequent handwashing and use of hand sanitizers are recommended. Students are encouraged to make use of sanitizers placed around the campuses and sanitize their hands frequently.
- All kinds of physical contact – hugging, high fives and shaking hands must be avoided.
- Maintain a physical distance of 3-6 feet with other individuals.
- Keep your face covered at crowded places.
- Do not share food and drinks.
- Advanced booking/appointments must be made by the students to avoid rush outside faculty and administrative offices.
- The IBA is a smoke-free zone. However, for those who wish to smoke, ashtrays/containers have been placed at designated areas outside the campus. Crowding at these areas is strictly prohibited and 5 persons or less may be permitted at a spot at any times.

While entering the campus:

- Entry to either of the campuses without a face mask will be denied.
- Avoid entering in groups. Students entering on foot should maintain a distance of 3-6 feet with one another.
- All students who commute via IBA shuttle service must wear masks, follow seating arrangement protocols and maintain appropriate physical distance.

When inside the campus:

- Avoid all places where overcrowding is common. If you are present at places such as the Library, Alumni Students' Centre or Prayer Area, then ensure that face masks are worn, and hand hygiene and social distancing protocols are strictly observed.
- Wearing of face masks is mandatory at all public spaces at the Main and City Campus.
- Please keep a distance of 3-6 feet between persons (friends, visitors, faculty, and staff) always.

For Classrooms, Cafeteria, Prayer Area, Student Centre, and Library:

- Signage indicating number of persons allowed inside are prominently displayed at the entrance. Students must follow the instructions on the signage placed at the entrance of the cafeteria and not force their way in. No extra persons will be allowed entry once the maximum capacity is reached.
- Removal of mask is permitted only for the duration of meals, but it must be put back on soon after the meal is over.
- If the cafeteria is at full capacity, students must not try and enter. They must wait patiently for their turn to enter or use another cafeteria.
- Students must avoid unnecessary touching of surfaces as much as possible. Immediately after adjusting their chairs or tables before eating their meals, students are requested to sanitize their hands.
- Do not crowd inside the Prayer Area.
 - There will be multiple congregations (jamaat) during each prayer time.
 - Maintain social distancing protocol when offering prayers.
 - The prayer area will be disinfected regularly. However, ideally, the students should carry their own prayer mat.
- All students must respect seating arrangements at every location across both campuses.
 - All chairs and seating arrangements within the Classrooms, Cafeterias, Library and Student Centre will be placed at 3 feet between occupants.
 - Where seats are fixed, clear markings/placement will indicate the unavailability of seating to maintain physical distance.
- Students must always wear face masks during lectures.

Using elevators:

- Wear a mask when using elevators and avoid overcrowding the elevators.
- Avoid touching elevator buttons directly and leaning against its walls.
- Do not touch your face after contacting with elevator buttons. Wash your hands with soap or sanitize afterwards.

Playing Sports:

- The risk of Covid-19 spread increases in sports settings as follows:
 - **Lowest risk:** Performing skill-building drills or conditioning at home, alone or with family members.
 - **Increasing risk:** Team-based practice.
 - **More risk:** Within-team competition.
 - **Even more risk:** Full competition between teams within the university.
 - **Highest risk:** Full competition between teams from different universities/organizations.
- Keeping in view the risk assessment and factors involved in various sports, players are advised to exercise caution and are encouraged to practice and train in small groups.
- While team competitions may be held for approved sporting activities, holding tournaments will not be allowed until notified.

General guidelines for players:

- Players should bring their own equipment, like gloves, racquets, and bats, if possible.
- Reduce physical closeness and keep 3 feet of space between players when possible.
- Wear a mask if possible.
- Players should clean their hands before and after practices, games, and sharing equipment.
- Do not share towels, clothing, or any items used to wipe your face or hands.
- Bring your own water to minimize use and touching of drinking fountains.

- When coughing or sneezing, use a tissue or the inside of your elbow. Used tissues should be thrown away in a dustbin and hands washed immediately with soap and water for at least 20 seconds or use hand sanitizer.
- Prioritize participating in outdoor activities over indoor activities.
- Focus on building individual skills, such as batting, dribbling, kicking, and strength training.
- Avoid high fives, handshakes, fist bumps or hugs.
- Keep space between players in the practice areas, including on the sideline and bench.
- Tell a coach or staff member if you do not feel well.

Students Societies Events:

- While the IBA encourages co-curricular activities, the students and respective societies are advised to exercise caution in organizing events.
 - There will be a complete ban on functions, festivals, and congregations until further notice.
 - Seminars and workshops may be arranged with lesser participation as per SOPs.

If unwell:

- In case you have flu and/or exhibit Covid-19 symptoms, avoid coming to the campus and remain under observation at your residence. If condition persists or escalates, then visit a doctor.
- If you feel unwell or develop flu-like symptoms during your stay at the campus, immediately report to the Martin Dow Clinic for a checkup.
- Upon medical investigation, if the doctor suspects Covid-19 symptoms, you will be transferred to the isolation room designated for such a scenario. With the mutual consent of your parents/guardians, proper arrangements will be made to shift you to a hospital for requisite tests.
- Please note, if a student contracts Covid-19, he/she will not be given any leeway in attendance. Absences allowed for a course as per policy will remain in force and no exception on medical grounds will be given. Use your absences wisely, be cautious in late comings and in skipping classes.

It is essential that all students take these guidelines seriously. A stricter adherence to the SOPs is now needed more than ever before to contain the spread of this virus.