

(Guidelines on COVID-19 preventive measures)

Re-opening of Training Institutions:-

Message

As you know that COVID-19 Pandemic has engulfed all the continents in the world. The WHO classified novel coronavirus as a global health emergency. During this unprecedented pandemic, there are many needs and challenges arising at Police Training Institutions all over the Country. Police personnel are equally exposed to the dangers of the disease. The Government of India and the Government of Union Territory of J&K did commendable work in arresting the trend of rapid transmission. It has been advocated that COVID-19 is a long drawn process. It is imperative that we should modify our working in a manner to prevent spread of the virus, also at the same time achieve our goals. There is no alternate to Basic Induction Course. Situation demands that we have to make a lot of adjustments to protect our trainees and staff. In making these changes, the Department of Personnel and Training Govt of India has issued road map for functioning of Training Institutions wherein comprehensive guidelines have been issued to be adhered to. We are optimistic that if we adhere to basic preventive measures, together we will defeat this pandemic and successfully achieve our goals.

Basic Preventive measures:-

The basic preventive measures include simple health measures that are to be followed to reduce the risk of infection with COVID-19. These measures need to be observed by all at all times. These include:-

- Physical distancing of at least two meters to be followed at all times.
- Use of face cover/ masks is mandatory.
- Practice frequent hand washing for at least 20 seconds even when the hands are not visibly dirty, use of alcohol based sanitizers is recommended.
- Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing and sneezing with a tissue / handkerchief/ flexed elbow and disposing off used tissues properly.
- Self monitoring of health by all and reporting any illness at the earliest.

Preventive Measures while in training:-

- Observance of all social distancing, wearing of masks and other COVID related protocols, as prescribed by central and state/ District health authorities from time is mandatory.
- All class rooms, Hostels, Corridors, Lobbies, common areas and wash rooms should be thoroughly cleaned/ sanitized as per guidelines of MoHFW.
- Ensure that Arogya Setu App is downloaded and installed by all trainees/ staff and the faculty.

- Please disclose proactively your health status including fever/ Cough/ Sore throat/ influenza like symptoms, to the Institute medical authorities.
- Entry of visitors to the Academy has been banned.
- To determine the fitness of the trainee, separate self declaration form has been given to be filled in by the trainees wherein certain Co-morbid condition have been mentioned.
- During quarantine period, indoor class work will be online.
- After the quarantine period, the trainees can attend the class room maintaining social distancing, using masks and other safety measures,
- Sufficient ventilation should be ensured in the lecture Halls.
- There should be sufficient time gap between the consecutive sessions.
- Basic screening including temperature scan has to be done on daily basis.
- Group discussions are allowed only in on-line mode of the class.

Mess and Dining:-

- Meal timing may be staggered appropriately with adequate intervals. A suitable time table has been worked out.
- Wash hands properly before entry into mess .
- Observe social distancing of minimum 2 meters.
- Sharing of utensils, dishes, cups , soaps, towels etc is prohibited.

General.

- No trainee will proceed outside the campus or stay outside the campus.
- Efforts have been made to make available all the essential items such as stationery, snacks, toiletries, eatables, juices in the campus.
- Immunity boosting products recommended by AYUSH should be encouraged for use.

(Note:- "The above information and direction is not finale, can be modified as and when deemed proper.")

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