



MU LIFE
Clubs & Societies

Shotokan Karate Club

COVID-19 STATEMENT

Following public health guidelines on hygiene and physical distancing is the key to safe working in the context of Covid-19. Each member of the University community has a responsibility to take steps to halt the spread of Covid-19 and must take personal responsibility for their actions during this period. All clubs and societies must adhere to the latest public health advice (See: [HSE guidelines](#)) and guidance from the University.

Anyone who exhibits cold or flu-like symptoms should not come on campus or attend an event/activity or trip. They should contact their GP and follow their direct advice.

The guidance below covers general hygiene and public health guidance, and how it will be implemented on the Maynooth University campus.

Physical Distancing

Every effort should be made to ensure that physical distancing is maintained by everyone while on campus and/or attending an event/activity/trip, at the minimum distance between individuals as specified in government advice. This is currently specified as 2m. The University is putting in place measures to assist in this across departments and offices, but individuals must also take personal responsibility for following this advice.

Hand, Respiratory and General Hygiene

Clubs/societies should ensure that they are familiar with and follow hand, respiratory and general hygiene

guidance and advice.

Essential hygiene practices:

- Wash your hands frequently with soap and warm water
- If soap and water are not available, then use an alcohol based hand sanitiser
- Always wash your hands after you have been to the bathroom and before you touch door handles
- Cover all coughs and sneezes with a tissue or the crook of your elbow
- Dispose of all used tissues in a bin
- Do not touch your face with your hands, wipe your nose, chew your fingernails, etc.

Face Coverings

The use of face coverings is generally necessary in any situation on campus where 2m physical separation cannot be maintained, or where numbers of people are moving about in a confined space.

All campus users should carry a washable, reusable cloth face covering and wear it as circumstances dictate.

The purpose of a face covering is to prevent the wearer spraying droplets, e.g., while speaking, and so it is a measure that protects those the wearer interacts with.

This is a particularly important measure given that an individual may be asymptomatic and be carrying the virus.

Note: wearing of masks is not a substitute for, but a complement to the fundamental measures of distancing and hand and respiratory hygiene.

HSE advice on use of face coverings is available [here](#).