

To:
Parents and Carers

Date: 26 May 2021

e-mail: educationandskills@brighton-hove.gov.uk

Dear Parents and Carers,

Thank you again for all your help in keeping Covid rates low in the city.

As lockdown measures are easing, guidance is changing and we want to remind you of the ways in which you and your families can protect yourselves.

It is important to remember:

- No more than 6 people indoors (Rule of 6) or 2 households– this includes family members of all ages
- No more than 6 people (Rule of 6) or 2 households can do an overnight stay – this includes children’s sleepovers
- No more than 30 people should meet outdoors
- The more people you meet and mix with, the greater the chance of catching Covid. Just because you can, doesn’t mean you should!

Controlling Covid

Although Covid infection rates in Brighton & Hove remain low, it is still important for us all to play our part in containing the spread of this highly contagious virus.

Please help us keep our city safe – think **hands, face, space and fresh air**.

- Keep washing and sanitising your hands
- Wear a mask inside public places and when you’re near to people in busy outdoor spaces
- If meeting friends and family (Rule of 6) outdoors is safer than indoors. If meeting indoors, keep spaces well ventilated and keep distanced where possible – be cautious.

Make twice weekly testing part of your routine

Free LFD tests are available for all secondary school and college students and their households. Primary school-age children and younger do not need to test. Please ensure that you register your result online.

If you receive a positive result from a LFD, take a follow-up PCR test within 2 days. While waiting for your follow-up result, you and your household contacts should self-isolate. If your follow-up test is negative, you and your household can stop self-isolating.

If you receive a negative test result this does not completely rule out infection, so you must continue to follow national guidance.

If you have Covid symptoms (even if very mild) please self-isolate immediately and seek a PCR test.

More information can be found at the Council's testing page: <https://www.brighton-hove.gov.uk/coronavirus-covid-19/covid-19-testing>

Respect, protect, enjoy!

With more outdoor socialising on the seafront, in our parks and open spaces, we're reminding everyone to behave responsibly and respectfully.

- Be aware of others and keep your distance
- Be respectful of people living and working nearby
- Don't take glass bottles onto the beach or leave them next to bins
- Use the bins for your rubbish or take it home - please keep Brighton & Hove tidy!

Yours sincerely,



Deb Austin
Executive Director,
Families, Children & Learning



Alistair Hill
Director of Public Health

Further safety messages

Keep safe by the sea

Please stay on the shore and out of the water outside the lifeguard season. This runs from the end of May until the first weekend in September.

Remember:

- even on an apparently clear sunny day, the sea temperature can drop body temperature quickly and fatally
- it's never safe to go into the sea after drinking alcohol - even a small amount of alcohol speeds up the onset of hypothermia in cold water
- drinking alcohol reduces your capabilities - you may think you are a better swimmer than your true ability and take unnecessary risks
- tide and weather conditions can change quickly, and these should not be underestimated
- the combination of weather conditions and steep shingle banks means you could be in danger of being swept out to sea
- large crashing waves close to the shore can place emergency services' lives at risk and make it impossible to reach those in need
- there is no beach lifeguard service outside the lifeguard season

Pier and groyne jumping

This is extremely dangerous. You should never jump off any structure directly into the sea as you can never be sure how deep the water is below.

Even if you think you are an expert, your behaviour may encourage others who may know less about conditions, tides, and sea depths.

Read more about [keeping yourself safe on Brighton & Hove's beaches](#) and how to [respect the water](#).