

Effects of the corona pandemic



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IN SCHOOL



Teaching structure

For the situation of Covid-19, our high school has been forced to modify the schedules. Now we have two breaks of 15 minutes, where different groups come out, while others stay in class. And the lessons last 50 minutes.

School trips

In our high school we used to make two types of trips (Erasmus and end of course trips) The pandemic has stopped these trips, and we have been expected to see the advantages for the vaccine, and be attentive to what we can do.



Excursions

Now the excursions are not really excursions, but we call them journey, because these journeys are near to the high school and we don't usually use public transport either we mixed with people to other age and other classes.

CLASS SIZE AND ROOMS

At the moment there is no specific vaccine or treatment for COVID-19. No antiviral medication is currently recommended to treat the disease. Treatment focuses on relieving symptoms

There are fewer students in each class, the desks are separated, students should not be so close to each other, the doors and the windows have to be open while we are in a lesson, we have to use mask and clean our hands with hidrogel very often during a day.



BREAK REGULATION

Due to the pandemic we are living, we have been forced to follow a number of patterns. As in our situation, we'll explain break regulation in high school. Among these, we can find the recreation division by ensuring that each of these concentrate as few people as possible.



Bus transport

The pandemic that is going on has made us change how we used to do things, for example, when it comes to taking the bus we always have to wear a mask properly. We realise things have changed because now the first thing that we have to do when we get into the bus is to use hand sanitizer. Everyone has their own seat and we always have to sit down in the same place when we take the bus.



RULES OF BEHAVIOUR ON THE SCHOOL GROUNDS



- Wear always mask.
- keep the distance between us (2 meters).
- Wash our hands frequently.
- Disinfect the tables oftenly and the hands when we are in line to go to the class or during the day.
- Do not put the tables together in the class.
- Use outdoors spaces if possible.
- Use more technologies to do the homework instead of paper sheets.
- Our masks have to cover our noses because otherwise they are not completely safe.
- Do not throw the masks to the floor.
- The door and the windows must be open.

02

IN THE PRIVATE SECTOR PROPOSALS



GOING OUT

The COVID-19 has affected different areas of our lives. Therefore, we have had to make different decisions and security measures to go out.



Going out shopping:

Currently, due to COVID-19 all shops have limited capacity. So, sometimes people stand in line, keeping the safety distance, to be able to enter these shops.

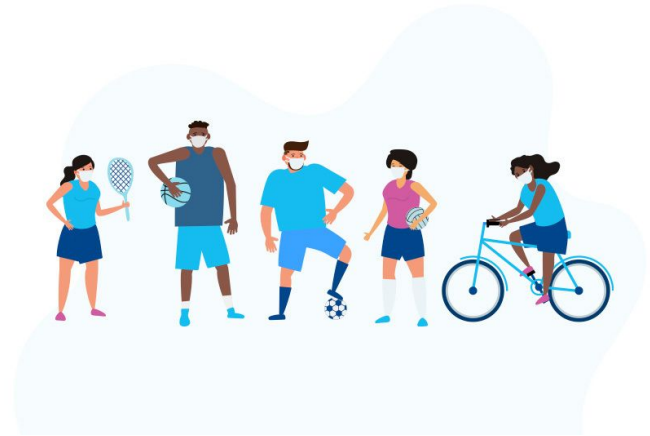
When entering, it is obligatory to use a mask and put the hydroalcoholic gel on our hands. We shouldn't touch the things that we aren't going to take. We should try to keep the safety distance in all shops, too.

Going out to do sport:

Due to COVID-19 , outdoor sports activities (walking, running,...), should be practised using the mask obligatorily, when we meet with other people. Meanwhile, when we do an outdoor sport, we can remove your mask for a few minutes just to breathe.

Regarding indoor sports activities (zumba, yoga,...), there are some activities that can't be done yet. But, those we can practise, we have to use the mask necessarily. Besides, when entering, we must put the hydroalcoholic gel on our hands and keep a safe distance from other people.

If we want to drink water, we should be far away from people.



Going out to restaurants:

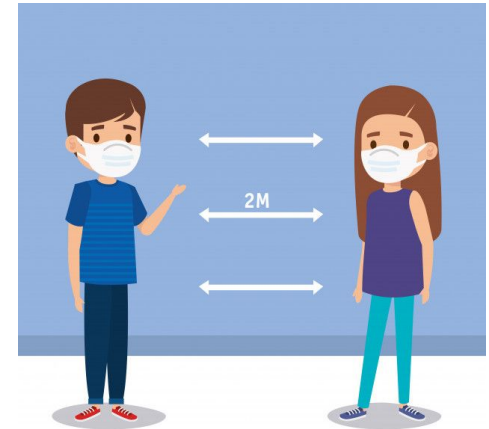
We have to avoid going to restaurants with people who do not live with us. Moreover, the seating capacity at the restaurant is reduced to allow tables to be spaced at least 2 metres apart and the best way is having lunch in outdoor seating. The employees have to wear a mask and we have to use masks as much as possible when we are not eating or drinking. Moreover, we have to clean our hands with an hydroalcoholic gel or wash them with soap and water.



Going out with friends:

We can sometimes meet with friends but we have to try to meet in outdoor spaces. Besides, we have to maintain the correct distance and use hydroalcoholic gel when we touch dangerous things. However, at the moment the best way to communicate with our friend is through social networks.

In short and to conclude, new times require new solutions and we have to make an effort and to protect ourselves to stop the coronavirus transmission. We can do it together!



EVERYDAY LIFE

Given the situation we are experiencing, we have been forced to follow a series of rules that have modified our way of life.

And also before entering each establishment we go to we have to disinfect ourselves with hydroalcoholic gel and try to avoid touching things unnecessarily.

Whenever we are going to do any activity outside our home, it is necessary to wear a mask and try to avoid close contact with people outside our social circle.



Sports sector

Covid has caused a general decline in sports, since due to confinement we were forced to stay in our houses, thus causing a great impact on sport.



For example, in the gym there are a series of rules that have been imposed to prevent contagion



Use mask.



Keep two meters away.



Clean the appliances you have used.

MEDIA CONSUMPTION



The consumption of technology has risen 55% in Spain during the pandemic, making Spain the European country where consumption has risen the most.



03

TRAVELLING



Measurements to
prevent contagion



HYGIENE MEASURES



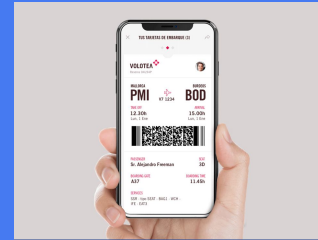
MASK

Compulsory mask use at all times



HAND DISINFECTION

At the entrance and at the exit



DIGITAL BOARDING PASSES

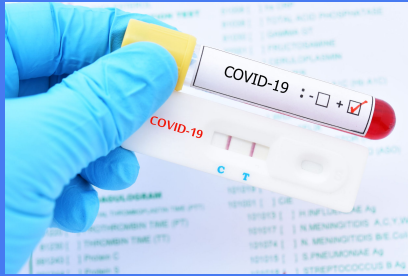
Avoiding the use of paper



TEMPERATURE CONTROL

Temperature measurement at the entrance

MEASURES FOR VISITORS: SCHENGEN ZONE



NEGATIVE RESULT

On a virus detection test, made in the 72 hours prior to the trip

Formulario de Control Sanitario (FCS)

It is necessary to fill a sanitary control form to access to the country



* Visitors from non-Schengen countries might be affected by other restrictive measures such as quarantine or denial of entry

TERRITORIAL MEASURES

LOCKDOWN

Between countries and communities



CURFEW

Closure of economic activity at a certain hour.

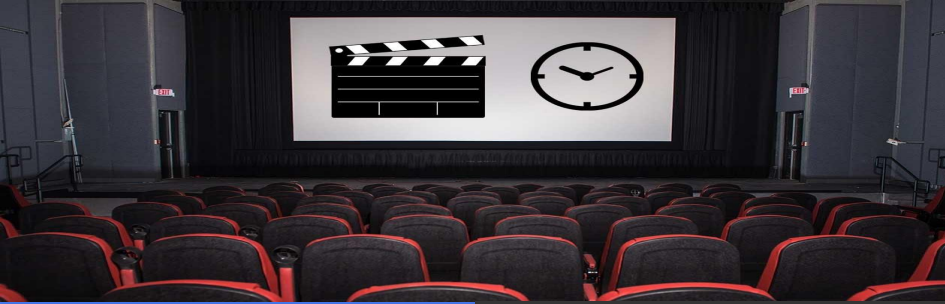


04. Consequences of the pandemic with respect to art

PERFORMING ARTS

The coronavirus disease pandemic of 2019-2020 and their confinement measures have affected the performing arts. With the paralysis of economy and the state of health alarm theaters, athenaeums, civic centers and exhibition halls have closed, wheels, shows and festivals have been cancelled or postponed, and both private and associative initiative and public theatres have canceled their programming and premieres or delayed them indefinitely. With the closure of the regular activity some producers have given material to hospitals and many creators, actors and dancers have come to the digital world, especially to social networks, to support social initiatives, reclaim the sector or contribute new cultural content and continue making art.





CINEMA

As for cinemas, it is expected that many exhibition spaces will not be able to overcome a long period of inactivity. In some countries, rent freezes and access to soft credit have been implemented for companies with which to mitigate and survive the downturn. The closure of the theatres, so common in the past, had not taken place in the last twentieth century, at least not in a generalized way, not even during the two world wars, being, as was understood, theatre as one of the three fundamental pillars of propaganda together with radio and cinematograph and, therefore, it is still difficult to foresee the economic impact or the loss of tissue that the sector will suffer, but from the first moment its impact is being seen



05. Facing a new world

A small approach to Physical Activity changes.

Everybody knows how coronavirus disease (COVID) has affected our daily way of living. Unfortunately, words such as pain, fear, uncertainty, death, confinement and so on are now very much used in common language. As in all aspects of life, Coronavirus has modified the relation with Physical Activity. In the lines below, we'll give some examples of how big the change has been.

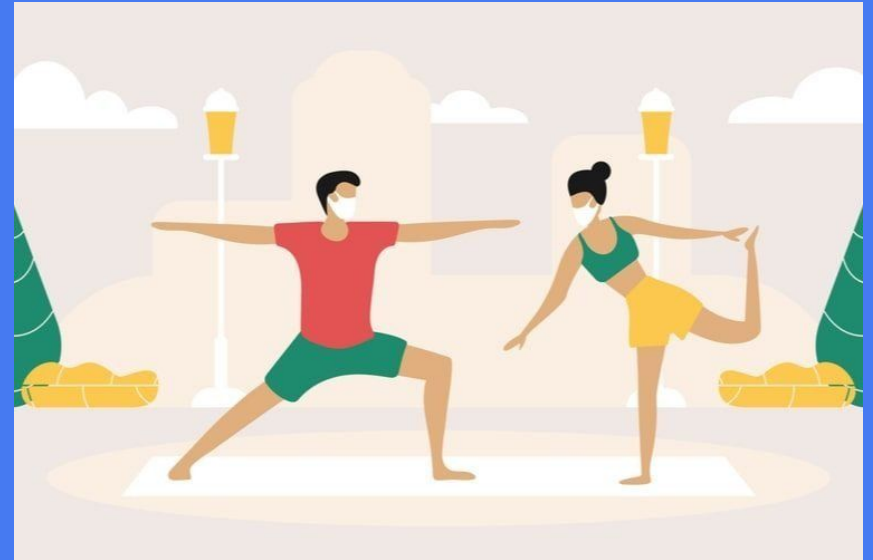
To start with, we focus on Physical activity during the first confinement (hope not being much of that stuff). It was incredible the people who bought apparels for workout. In Spain we were run out of stationary cycles, treadmills and mats for doing workout routines. The need for movement we needed as the result of being all day long indoors and in small spaces was clearly an undoubted fact. It was funny to watch on tv a trainer leading a class from its balcony and all the comuners follow it or play tennis from one roof to another in such kind of juggling tennis. Movement was essential, absolutely necessary to put up with long days at home as well as arts and music. If you have a dog as a pet, you could get out of home twice a day, for instance.



Secondly, by 11th May, we could start leaving home for something different to buy at the supermarket or Pharmacy. There were floods of people walking not further than a kilometre from households and only once a day. Many people who usually don't go out for a walk did it. Running or cycling was a liberation because you didn't need the mask outside. During that time, some bicycle brands: Orbea and BH were run out of “two wheels”.



Finally and little by little, we have come back to our jobs and obligations in a different way. And the coming back for Physical Activity was different too. Contact sports such as Canarian Wrestling (folk sport), Yudo, Taekwondo,... have the worst role in this play because of the distance needed to practise them. Other sports have delayed the start of the season such as soccer, handball, volleyball and so on. Anyway, in all sports there are specific measures to avoid the disease. Furthermore, Physical Education has changed a lot. In this first term, we can't do energetic activities which can produce sweat. We avoid sharing materials or contact each other, even the use of a changing room is restricted.



THANKS!

ERASMUS+
IES Valsequillo

