

Exemptions from wearing a face covering.

Cowley International College will continue to follow Government guidelines in response to the exemptions of face coverings.

More information can be found here:

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own>

In summary:

When you do not need to wear a face covering

In settings where face coverings are required in England, there are some circumstances where people may not be able to wear a face covering. Please be mindful and respectful of such circumstances, noting that some people are less able to wear face coverings, and that the reasons for this may not be visible to others.

This includes (but is not limited to):

- children under the age of 11 (Public Health England do not recommend face coverings for children under the age of 3 for health and safety reasons)
- people who cannot put on, wear or remove a face covering because of a physical or mental illness or impairment, or disability
- employees of indoor settings (or people acting on their behalf, such as someone leading part of a prayer service) or transport workers - although employers may consider their use where appropriate and where other mitigations are not in place, in line with COVID-19 Secure guidelines
- police officers and other emergency workers, given that this may interfere with their ability to serve the public
- where putting on, wearing or removing a face covering will cause you severe distress
- if you are speaking to or providing assistance to someone who relies on lip reading, clear sound or facial expressions to communicate
- to avoid harm or injury, or the risk of harm or injury, to yourself or others - including if it would negatively impact on your ability to exercise or participate in a strenuous activity

Guidance for those with Asthma:

More information can be found here:

<https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/what-should-people-with-asthma-do-now/should-i-wear-a-face-mask-or-face-covering/>

In summary:

Do I have to wear a face covering if I have asthma?

Most people with asthma, even if it's severe, can manage to wear a face mask for a short period of time, and shouldn't worry if they need to wear one. Wearing a mask does not reduce a person's oxygen supply or cause a build-up of carbon dioxide. You may have read stories that say that it can, but this isn't true.

Some people with asthma tell us that face coverings can make breathing feel more difficult, which might be uncomfortable. It's a good idea to try wearing a face covering at home, or on a short walk around the block first. It might not feel comfortable straight away, so give it a chance.

You can also experiment with different types of mask – some are easier to wear than others. Sometimes the feeling of wearing a face mask might take a bit of getting used to but trying different types and starting with short periods of time can help you feel more comfortable.

There isn't a blanket rule about face covering exemptions for everyone with asthma. But if you find it impossible to wear a face covering for health reasons, you don't have to wear one. An example of this might be if a mask makes you too breathless.

If any student considers themselves exempt, they are to see Mrs MacKay or their Head of Achievement whereby they will be issued with a discreet blue sticker that will identify them as being exempt.