



GHR Period of Restricted Movement Guidelines

Dear Resident,

We're delighted to have you with us at Griffith Halls of Residence. We would like to welcome you to this apartment, in which you will undertake your period of Restricted Movement.

Firstly, we would like to thank you for your patience and cooperation over the next while. Residents are required to restrict their movements for two weeks prior to being permitted to engage with the general community.

We will be adhering to Government advice on restricted movement relevant to the EU [traffic light system](#). We recommend those arriving from inside the European Union (EU) and European Economic Area (EEA) keep up to date with the weekly [combined indicator map](#) published by the European Centre for Disease Prevention and Control (ECDC) to know the colour categorisation of their country. For a comprehensive understanding of Restricted Movement please [see here](#).

With that in mind, we would like to share some essential information with you, which will help to make your time restricting your movement more comfortable.

What is restricted movement?

For a full and comprehensive definition of what restricted movement is please [click here](#). Please note the current requirements for same as featured on the HSE website. Please pay particular attention to the full list of items our Government is advising you should not do undertake. GHR would stress this is the current advice and subject to change by our Government.

GHR is affording all residents who reserve any booking period the ability to conduct their period of restricted movement from their arrival dates of their selected booking period.

Reasons to Venture Outside Your Apartment

Under Government guidelines you can go outside to exercise by yourself as long as you keep 2 meters distance from other people.

You can go to the shops or pharmacy but where possible please order your groceries online.

You must wear a face covering whilst walking around the public areas of Griffith Halls of Residence at all time as maintaining physical distance is on rare instances difficult due to numbers entering and leaving the buildings at any time.

Shopping

GHR would encourage its residents to order groceries online to your apartment. We ask you to send shopping to the accommodation office the address should be as follows:

Accommodation Office, Griffith Halls of Residence, South Circular Road Dublin 8, Ireland

We will then leave the groceries outside of your room for you to collect. Our office is opening Monday to Saturday between the hours of 09:00 till 13:00 and from 14:00 till 17:30. Please ensure your grocery delivery is requested for these dates and within the latter timeframe.

As we envisage having large numbers of residents at the start of each new semester undergo restricted movement protocol please ensure you contact GHR with the information associated with your delivery 24 hours prior to the arrival time and date. This is to ensure we have the appropriate numbers of staff to deliver items to apartments. We would encourage residents to place orders as an apartment or family unit so one delivery is made.

[Tesco](#)

[Lidl](#)

[Supervalu](#)

[融兴行](#)

Please do not send shopping to GHR before you arrive as we cannot accept it. Please wait until you arrive in Ireland before placing your order.

Apartment Tasks/Chores

We would recommend that you establish an agreed schedule with your housemates relating to cleaning and tidying shared kitchens and bathrooms. Decisions regarding cleaning bathrooms between each use rests with the individual residents within a family unit. They are personally accountable for their own health and safety within a shared living environment.

Covid-19 App Download

All residents are required to download the HSE Covid-19 download app as part of our lease agreement. You will be required to show this downloaded app on arrival to Griffith Halls of Residence. This app was released earlier this year and will allow health authorities to track and trace your contacts in the event you contract the virus.

[Get the App on Apple](#)

[Get the App on Google Play](#)

Refuse Collection

You should not leave your room to dispose of refuse. Placing same outside your door with notification to ourselves will be sufficient. Refuse collection will take place (for restricted movement apartments only) will take place between 10-11am Block 1 and 1-2pm Block 2 (both Monday and Thursday only).

Supplies

We ask incoming residents to please ensure they have enough toiletries and if applicable, medicines for their two-week restricted movement period. We also ask that they bring 14-days' worth of clean clothes. Access to our Laundry facilities will be available to all community members post the completion of period of restricted movement.

Maintenance Issues

Maintenance issues can be conveyed to staff via [your student portal](#).

If your maintenance request is urgent, for example no electric or water, and it is outside our maintenance departments scheduled hours (Monday to Friday 09:00hrs till 17:00hrs) please call our Security Team on 086 8182370.

Apartment Alarm

If your apartment alarm, sounds, please remain in your apartment only if it is safe to do so and await the arrival of Security. Face coverings should be worn if you must exit the apartment and follow assembly guidelines as outlined on the back of all apartment doors.

Block Alarm

If both your apartment alarm and external corridor alarm sound please put on a face covering and follow the assembly guidelines as outlined below. Please ensure you wear appropriate PPE – mask and if possible, gloves – and stay at least two metres from the nearest resident.

In order to accommodate social distancing requirements and to keep roadways clear should the emergency services need to attend campus during an evacuation we have designated two new assembly points on campus on a temporary basis.

These locations are:

Assembly Point G - Green/Pitch Area, B Block Side - Design Bunker - for Blocks 1A & 1B.

Assembly Point F - Green/Pitch Area - Middle Road Side - Design Bunker End - for Blocks 2A & 2B.

Please ensure you wear a mask when exiting and that you keep at least two metres from the nearest resident.

Post Collection

GHR will deliver your post to your apartment for the duration of your time while you are restricting your movement. Once you have completed your time restricting your movement, you will be able to collect your post from our accommodation office or your post box once a resident from each apartment signs out the post box key.

Medical Assistance

If you require any medical or mental help or have questions while staying you can email: <mailto:mstudenthelp@griffith.ie>. For any accommodation related queries you can email accommodation@ghr.ie You can also contact the Accommodation office at: accommodation@ghr.ie or phone at 01 4163320 In event of an out of hours emergency the Security phone number for Griffith College is 0868182370.

WiFi

The Wi-Fi for GHR is GHR-WIFI and the password is *hallsofresidence*

Stay Safe

Regards,

GHR Accommodation Office