



### **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 if not travelling from a "Green" Traffic Light Country per [dfa.ie](https://www.dfa.ie). However, from midnight on 29th November 2020 passengers arriving from an "orange" or "red" or "grey" region are able to circumvent this period of 14 days restricted movement if they receive a negative/'not detected' result of a PCR test that **has been taken a minimum of five days after** their arrival in Ireland. Residents must continue to restrict their movements while awaiting their test result taken after their first five days in the country. Residents must communicate to GHR a returned negative test result before ending the period of restricted movements if they wish to curtail their 2 weeks restricted movement by emailing [accommodaton@ghr.ie](mailto:accommodaton@ghr.ie).

This decision to either complete the 14 days restricted movement or avail of a PCR test as outlined above, should the colour of your country be within the categorisations rests exclusively with the individual resident. GHR will assume all new and returning residents will require 14 days restricted movement. Please note residents must bear the cost associated with a PCR test themselves.

We will be adhering to Government advise on restricted movement relevant to the [new traffic light system](#). We recommend those with markets 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 by email to [accommodation@ghr.ie](mailto:accommodation@ghr.ie) or by phone to 014163320. Our phone line is available during regular office hours (9am to 1pm and 2pm to 5:30pm Monday to Saturday). Outside office hours you can contact Security at 0868182370 or 0872711948.

### **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 on the back of all apartment doors. You should assemble on the playing field toward the front of the campus.

### **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 *halls of residence*

Stay Safe

Regards,

GHR Accommodation Office