

Ulex Covid-19 and flu policy guidelines

Transformative Collaboration Spring 2026

Requirements to attend a training event

- Absence of symptoms compatible with COVID-19 or flu (fever, cough, respiratory difficulties...). Unless these symptoms are due to recent recovery from COVID, long COVID, or other common symptomatology in the person. In that case it should be informed previously to Ulex.
- You must take a COVID-19 and flu test the day before you begin your travel to the training.
- Arriving at the training event respecting the sanitary measures in public spaces and public transport: face mask, hand sanitising, and recommended distance (as much as possible).
- We request that people attending Ulex trainings are fully vaccinated wherever possible. It is not a requirement.
- Having a negative antigen test upon arrival at the centre (everybody will test on Saturday evening). We will provide COVID and flu tests, but if you can bring your own, it would be appreciated.
 - This means if you have a positive test on arrival at the centre you will not be able to participate in the course, but we can still host you in the venue.

During the training event

Use of spaces

- Aside from the bedrooms, we will adopt social distancing measures, use of face-masks in indoor spaces and regular hand disinfection (we recognise that for health reasons some people are legally exempt).
- Meal times: We will aim to observe social distancing when eating meals. Eating outside will be encouraged wherever possible. Masks can be removed at the table but are requested to be worn at all other times.
- People who share rooms will form a coexistence unit and we do not require participants to wear a mask when in their rooms. If you need a single room please let us know in advance and we will do our best with the space available.
- In the venue most of the toilets and bathrooms are communal. Masks have to be worn in toilets and bathrooms except when it is not possible (brushing teeth, washing face or showering).
- On the morning of day 4 everyone at the centre (participants, trainers and organisers) will undertake an antigen test. If anyone tests positive we will instigate the protocol in case of positive for Covid-19 or flu as indicated below.
- By agreement with the venue, the cooks will not be obliged to wear a mask while cooking and will not be tested before the course. The cooks will not be in direct contact with the participants. *According to the [WHO](#), the probability of food-borne transmission is very low, although it is possible.
- Ulex centre will provide tests:
 - Saturday, upon arrival (Day 0)
 - Wednesday, (Day 4)
 - On any given day, for people experiencing symptoms and if any positive case arises, so that we can monitor other possible cases at that point.
- We will provide tests and we invite you to bring yours in case is possible and you think you want to test yourself more times.

Hygiene measures for spaces

- Communal spaces will be disinfected as required every day.
- All spaces (including bedrooms) should have open windows as far as temperatures allow it, and otherwise be ventilated on a regular basis.
- There will be hydroalcoholic gel throughout the common spaces in the venue to disinfect your hands regularly, particularly before meal times and touching any eating utensils.

Protocol in case of positive case with Covid-19 or flu

- If during the training you have symptoms, we expect you to take a rapid test (on every day you experience symptoms).
- If somebody has a positive result from a rapid test:
 - They will be isolated in the centre or another facility.
 - Anybody who was sharing a room or has been in close contact with the positive person, if they have a negative rapid test, will be able to continue participating in the training.
 - Everybody else will also take a rapid test if it's the first positive case, to have a sense of the spread.

After the training event

- **Any participant needing to still isolate due to a positive covid or flu test (unless seriously ill and in need of care), will need to find alternative accommodation.** This means you will have to leave the centre at the end of the course like the rest of participants.
 - We strongly recommend that you take travel insurance that will cover you for this if needed.
- Any participant diagnosed with COVID-19 or flu within 10 days after the end of the training must notify The Ulex Project immediately.

We understand we all carry different forms of vulnerability for ourselves or those close to us. We want to take care of each other as much as possible, especially those who will experience marginalisation as a result of covid. We also want to ensure the best learning experience for all, and to ensure that all of you who have made considerable efforts to attend the training are able to participate as best as possible.

We rely on personal and collective responsibility for the effective application of this guideline. This course is designed explicitly to make it more accessible to immunocompromised people and other accessibility needs. Making this possible depends on the willingness and caring of everyone. We are confident that it will be taken seriously and cautiously, so we will have no monitoring and punishment approaches on whether it is being complied with or not.

If you have any feedback on the guideline you can let us know, as soon as possible. We do not promise to be able to change it if the guideline has already been disseminated and accepted by other participants, but we promise to take into account and value your considerations.

If you feel that this protocol and measures are not safe enough for you, please contact cori@ulexproject.org with your concerns, and we will support your consideration for participating in the training.