

# Covid-19 Action & Response Protocol (ARP)



## Table of Contents

Assessing Country Risk for Importation of COVID19.....	Page 3
Before Departure .....	Page 4
Requirements for entry into Barbados.....	Page 5
Sample list of Designated Holding Hotels	
Procedures to Maintain During your Stay .....	Page 6
Arrival at Cumber's.....	Page 7
Luggage	
Visitors contact tracing record	
Taxi Journeys	
Use of hand sanitisers	
Visitors Contract Tracing Sheet .....	Page 8
How to take of gloves safely.....	Page 9
How to wash hands effectively	
How to wash hands effectively continued.....	Page 9
Protecting yourself & others .....	Page 10
Further Preventative Measures.....	Page 11
Cumber's Staff Equipment	
High Traffic Areas and Handrails	
What to do in case of Suspected Covid-19 infection	
Further Updates website .....	Page 12

Travellers from each country or region will be designated in various risk categories for possible disease export, which will determine the public health measures to be implemented before arrival and while in Barbados. It should be appreciated that these criteria may change as the situation evolves.

As at 30 May 2021, the classification Country Risk Categorization for COVID-19 has now changed to "Countries of Special Consideration".

However, the traveller's risk category will be determined by the highest risk level associated with any country that they have travelled to or transited through within 21 days prior to travel to Barbados. Additionally, the assessment takes into consideration other factors that may influence the accuracy of the risk classification such as the adequacy of testing in the source country.

With the ever-changing infection rates worldwide, it is important to keep abreast of your resident country's classification. This will determine the measures you will need to take to gain entry to Barbados.

Full details are contained within the website [www.barbadostravelprotocols.com](http://www.barbadostravelprotocols.com) or follow the latest link updated March 2022-

[https://issuu.com/visitbarbados/docs/btmi\\_travel\\_protocols\\_update\\_041021?fr=sYmMyOTQzNTEwOTc](https://issuu.com/visitbarbados/docs/btmi_travel_protocols_update_041021?fr=sYmMyOTQzNTEwOTc)

### **Effective 29 March, 2022 (excerpts from Barbados Travel Protocols website)**

ALL travellers must travel with an accepted valid negative COVID-19 PCR Test OR Rapid Antigen Test result.

Travellers are permitted to travel to Barbados with a valid negative Rapid Antigen test OR Rapid COVID-19 PCR test result done within 1 day prior to arrival in Barbados OR a negative RT-PCR COVID-19 test result done within 3 days prior to arrival.

Travelers who are unable to complete the online travel ED form can complete their travel to Barbados and use the Immigration kiosks on arrival in Barbados.

Accepted tests include tests which were taken at an accredited or recognized laboratory by a healthcare provider via any of the below:

1. Nasopharyngeal sample
2. Oropharyngeal sample
3. Nasal sample
4. Anterior nares sample
5. Mid-turbinate sample

LAMP tests, self-administered tests or home kits and tests using saliva samples will NOT be accepted.

With specific reference to the type of test required and accepted for entry into Barbados:

Specific Requirements:

1. The specimen must be taken at an accredited or recognized laboratory by a healthcare provider via any of the below: nasopharyngeal sample, oropharyngeal sample, nasal sample, anterior nares sample or mid-turbinate sample.
  2. The sample must be taken within 1 day prior to arrival for Rapid Antigen Test OR Rapid COVID-19 PCR Test or 3 days prior to arrival for RT PCR test.
  3. The laboratory performing the test must be an accredited, certified or recognized facility
- Please note that the following will NOT be accepted:

1. Shallow nasal swab samples
2. Saliva samples
3. Self-administered tests (even if the sample was taken under the supervision of a healthcare provider)
4. Home kits

All persons will be required to quarantine at one of the following specially identified properties for the full quarantine period at the expense of the traveller.

As of 24<sup>th</sup> October 2021, fully vaccinated persons arriving with a negative PCR test result are no longer required to take a further test or quarantine but can proceed directly to their choice of accommodation.

UPDATED | JULY 24, 2020

## BEFORE DEPARTURE

All departing persons must wear a mask while in the airport and comply with instructions given by public health officials.

**BARBADOS**



Visit [barbadostravelprotocols.com](https://barbadostravelprotocols.com) for further details.

## Entry into Barbados

Due to the everchanging nature of the pandemic conditions, we would advise that you acquaint yourself with the up to date protocols regarding entry into Barbados.

You can find all the information needed within the following links:

<https://www.visitbarbados.org/covid-19-travel-guidelines-2020>

[www.barbadostravelprotocols.com](http://www.barbadostravelprotocols.com)

This is a sample of the list of designated Holding Hotels. The entire listing is contained on the web links above.

- The Crane
- The Hilton
- Sugar Cane Club
- Coconut Court
- Worthing Court
- Golden Sands
- Courtyard

Government-approved site: Paragon Quarantine Facility Further details:

[https://issuu.com/visitbarbados/docs/btmi\\_travel\\_protocols\\_1b/3](https://issuu.com/visitbarbados/docs/btmi_travel_protocols_1b/3)

## DURING YOUR STAY

- For your safety and those around you, you must abide by all health protocols established in Barbados related to COVID-19; including physical distancing, hygiene practices, wearing of face masks and all other relevant measures.
- Report any COVID-19 symptoms to public health officials or relevant hotel/accommodation management

**BARBADOS**



Visit [barbadostravelprotocols.com](https://barbadostravelprotocols.com) for further details.

## **Arrival at Cumber's**

Once all airport checks are completed and you arrive at Cumber's, you will be subject to a temperature check and hands sanitising procedure, prior to any exchange of keys or paperwork.

Once all paperwork has been finished, you will be directed to your condominium.

You are requested to wear facemasks within communal areas in and around Cumber's or visiting the Office. In addition, this would include laundry/washing line areas and within the Car Park areas to and from your Condo.

## **Visitors Contact Tracing Record**

As a licensed establishment, we are no longer required to keep records of all visitors and their contact details, for each guest visit.

We would request that there are no large gatherings or family reunions held on the premises. Social distancing should be adhered to at all times and group numbers restricted to a minimum. Where possible, visits should be conducted outside of the condominium, whether on the balcony, terrace or condominium entrance corridor. You will find that there are two benches positioned to the front of the ground floor condos. These can be used to seat guests at a comfortable social distance, along with the patio furniture provided within the condo, can be placed on the condo terrace.

## **Luggage**

Where possible, we request that your luggage be handled personally. Any appointed taxi driver will handle guests' luggage at their own discretion.

## **Taxi Journeys**

Guests are requested to follow the necessary taxi company protocols as directed.

Our designated taxi company drivers will be equipped with PPE equipment and the vehicles will be sanitised in between each journey.

## **Use of hand sanitisers**

On arrival to Cumber's we would request that hand sanitisers are used prior to entry into the Condominium. We have supplied complimentary hand sanitiser, washing up detergent and disinfectant within each condominium, to allow for more frequent surface cleansing and hygiene maintenance. Additional supplies would need to be purchased locally at Erika's variety shop or Massy Supermarkets.

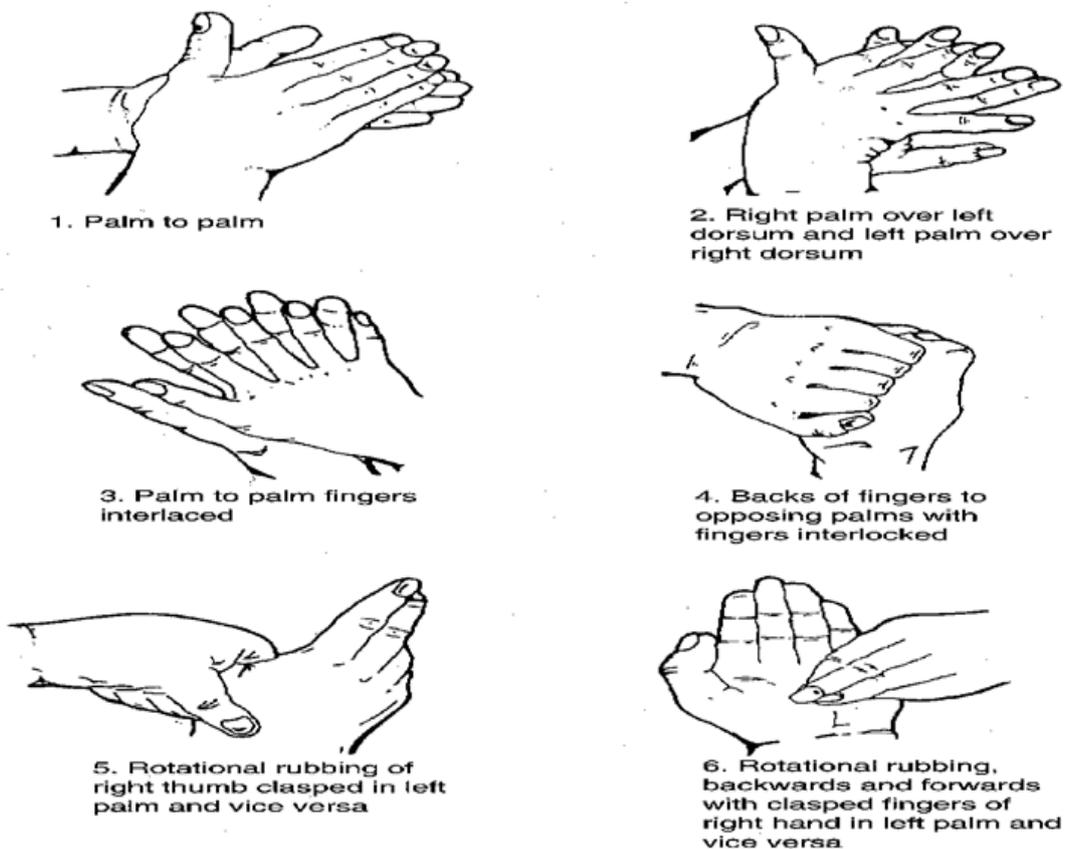


## How to take off gloves safely



Globus.co.uk

## How to wash hands effectively



Hand washing is an essential part of personal hygiene and is essential in preventing the transmission of infection.

Proper hand washing and drying should be carried out:

- Before and after preparing food
- After going to the toilet
- Before and after eating
- After blowing your nose
- After smoking
- After using your hand when coughing or sneezing.

Protecting Yourself and Others

# HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](http://who.int/epi-win)

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

**Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.**




## Further preventative measures

- Handwashing is one of the most important measures to prevent the spread of infection
- Wear a mask
- Avoid contact with others (handshaking and embracing) or large crowds
- Cover nose and mouth if symptoms such as cough or sneeze develop and report to healthcare provider immediately
- Avoid contact with persons who have respiratory illnesses
- Use or ask people to use a tissue and cover their nose and mouth when coughing or sneezing
- Observe social distancing directives and demarcations within Cumber's premises
- Restrict the number persons visiting Cumber's Office to one person at a time.
- Please report the names, addresses and telephone numbers of anyone visiting you whilst you stay at Cumber's. This is a compulsory directive made by the Government to enable effective contact tracing in case of a Covid outbreak.

## Cumber's Staff Equipment

Each member of staff will be equipped with PPE equipment such as facemasks, face shields and/or gloves, when necessary.

## High Traffic Areas and Hand Rails

For your safety, comfort and peace of mind high transit areas will be disinfected and sanitised during the working day.

## What to do in case of suspected Covid-19 contamination.

- **Stay indoors! Do not venture out of the condo'. Minimise the worsening of symptoms and risk to others!**
- Inform **Cumber's Management team** on **4285597** of your symptoms and the length time you have felt unwell.
- Please contact but **do not visit** the following, unless instructed to do so:
  - **The Ministry of Health & Wellness 24 hour hotline** on Telephone #**5364500** or visit [www.gisbarbados.gov.bb](http://www.gisbarbados.gov.bb) for the latest advice.  
***The Ministry of Health & Wellness will organise any necessary transportation and medical needs. Estimated response time of at least 24 hours dependant on your symptoms.***
  - Or local **Randal Phillips Polyclinic** on **4283250 for advice**
  - Alternatively, Queen Elizabeth Hospital on 5364800 – email [helpdesk@qeh.gov.bb](mailto:helpdesk@qeh.gov.bb).
- For urgent food or medical supplies, contact the Office or alternatively one of our designated taxi companies to assist with pick up.
- Please note an individual ailing member, within a group/family sharing a condo', should be isolated within a bedroom in order to safeguard others. The other members of the group should self-quarantine for 7-14 days to establish health status.
- Care should be taken to wipe all frequently touched surfaces on a regular basis.



In light of the fluidity of the COVID-19 pandemic, these protocols are likely to change. Travellers are encouraged to check [barbadostravelprotocols.com](https://barbadostravelprotocols.com) for updates.