

## National guidelines - Norway

In order to comply with national requirements, we are implementing the following further precautionary measures:

Travel	The updated requirements are found:
	https://www.regjeringen.no/no/tema/Koronasituasjonen/egenerklaringsskjema-
	for-personer-som-skal-i-innreisekarantene-og-bekreftelse-pa-egnet-
	oppholdssted-for-gjennomforing-av-karantene2/id2791503/
Quarantine	The updated requirements are found:
	https://www.regjeringen.no/no/tema/Koronasituasjonen/egenerklaringsskjema-
	for-personer-som-skal-i-innreisekarantene-og-bekreftelse-pa-egnet-
	oppholdssted-for-gjennomforing-av-karantene2/id2791503/
Social	We are following the national guidelines keeping social distance of 1 m.
distancing	Where 1-meter social distancing can't be adhered, facemasks / -shields are
	required.
Food hygiene	Served with the highest focus on hygiene.
Class sizes	Delegates in classes to accommodate the 1 metres social distance and if required
	provide theoretical teaching through webinars.
Restrictions	Practical elements are transferred into individual exercises as much as possible
on courses/	or/and demonstrations.
methodology/	
equipment	Training (theoretical and practical) is designed to accommodate 1m social
	distancing. Where this isn`t possible personal protection is mandatory.
Cleaning of	We are complying with the national guidelines and the guidelines from the
equipment	manufacture to ensure all equipment are sanitised and free of pathogens.
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