

## SAINIK SCHOOL IMPHAL

### DUTIES OF PARENTS PRIOR TO SENDING THE CADETS TO SCHOOL

1. Parents need to discuss with and mentor their wards on the following aspects:-
  - (a) Social distancing norms and their importance
  - (b) Method of washing hands
  - (a) Keeping washroom, bathing area clean for others to use after their turn
  - (b) Importance of personal hygiene for their safety and well-being
  - (c) Importance of exercise, yoga, meditation, breathing to keep mentally and physically fit.
  - (d) Healthy food habits and measures to increase immunity
  - (e) Taking care of the newly installed equipment
  - (f) Getting a proper haircut
  - (j) Not to share/ use personal stuff of other cadets such as combs, towels, undergarments and trimmers
  - (k) Sharing of eatables and drinks with other cadets specially using the same plate or glass is to be avoided
  - (l) How to use common item handled by multiple users.
  - (m) Explaining the importance of changing face covers/ masks on daily basis; implication of losing the mask, as any mask lost is a source of spreading infection; washing and reusing mask as applicable; preserving used mask during meals and other requirements; proper disposal of used masks/ gloves etc
  - (n) Not to step out of the campus
  
2. In case of any doubt about the medical condition of a child, parents shall not bring the child back to the school. A certificate from the ENT Specialist or Govt. doctor is required to be submitted by the student at the time of joining the school. Parents are required to furnish an undertaking, which will be sent by school administration. The undertaking is also required to be furnished at the time of reporting back to the school.

## **SAINIK SCHOOL IMPHAL**

### **DUTIES OF CADETS**

1. All the cadets have to follow the undermentioned guidelines while in dormitories / mess / academic block or at any other place: -

- (a) They have to understand the concept of maintaining social distance of minimum 2 meters from others.
- (b) They need to learn to wash hands properly for at least 40 seconds.
- (c) Cadets should be taught to avoid touching eyes, mouth and nose.
- (d) Spitting on the road will be considered an offence and disciplinary action will be taken against the individual.
- (e) They have to understand that wearing a face cover/ mask all the time is compulsory.
- (f) Important for cadets to remain physically and mentally fit to handle exigencies. By remaining fit, they will be able to take care of others also. They should inculcate activities that will increase immunity which may include exercise, healthy diet and timely sleep.
- (g) The cadets should not visit the hospital without permission.
- (h) Cadets shall not stigmatize/ discriminate against their peers or anyone else, in case someone is sick as stress can greatly affect the immune system of an individual. On the other hand they should support their friends under stress due to the pandemic.
- (j) Spreading any fake information regarding COVID-19 will be seriously viewed.
- (k) Cadets will take care to avoid any breakage/ destruction of the equipment provided for sanitation.
- (l) Cadets will adhere to the laid down time for the meals, classes etc.
- (m) Washroom etiquette has to be followed by all the cadets. Staggered time will be specified for all the cadets to shower while maintaining social distance in the washroom.
- (n) All cadets should cooperate with the school staff.
- (o) Cadets will avoid crowding while consulting the faculty members.
- (p) Cadets will have to follow mess etiquette and do as follows: -
  - (i) Wash hands with soap before/ after entering or leaving the mess.
  - (ii) Use personal handkerchief to dry the hands.
  - (iii) Food shall be served in shifts in the mess and cadets should be aware of their meal shifts.
  - (iv) Pre plated food will be served on the dining table.
  - (v) Cadets to be seated in earmarked place only.
  - (vi) Cadets are not allowed to visit any other area in the mess except dining hall.

## UNDERTAKING BY PARENT/ CADET

Place.....  
Date.....

From  
Mr/ Ms \_\_\_\_\_  
Parent/ Guardian of Cadet \_\_\_\_\_  
Roll No. \_\_\_\_\_  
Sainik School \_\_\_\_\_

To  
Principal  
Sainik School Imphal  
PO: Pangei Yangdong  
Imphal East- 795114  
Manipur  
E-mail : [ssimphal@hotmail.com](mailto:ssimphal@hotmail.com)

## WILLINGNESS TO SEND WARD TO SCHOOL

Sir/ Maam,

1. I, Mr/ Mrs \_\_\_\_\_ am parent/ guardian of Cadet \_\_\_\_\_ (Roll No. \_\_\_\_\_), of Class \_\_\_\_\_ studying at Sainik School Imphal. I have received intimation through email/ telephone call by House Master/ Ward Boy of \_\_\_\_\_ House that the School is opening on \_\_\_\_\_.

2. I intend to convey to you that our ward Cadet \_\_\_\_\_ (Roll No. \_\_\_\_\_) is keen on joining the school for the balance of the academic session. We, as parents are also willing to send our ward to school. Though we are fully confident about the precautions and safeguards which will be taken by the school administration, we, the parents/ guardian as well as our ward(s) is/ are aware of the risk and threat posed by Covid-19 infection. We assure the school administration that if my ward contracts Covid-19 during his/ her stay in the school, I or my family members shall not hold the school responsible for it or for any of its consequence. I will have no objection if my ward is expelled from the school for, at any time, not following any of the COVID-19 health safety norms as prescribed by the school,

3. I have enclosed a Certificate as proof that my ward was tested for Covid-19 on \_\_\_\_\_ and he/ she is declared COVID-19 negative. I shall be personally responsible for the vaccination of my ward against COVID-19, as per the government regulations. I also understand that cadets living in containment zones will not be allowed to attend school.

Yours Sincerely  
Sd/-  
(Name of Parent/ Guardian)

(Name & Signature of Cadet)