



SAFELY RETURNING TO DANCE

Introduction

We believe in the power of the Arts to positively impact the health, fitness and wellbeing of communities and individuals, whilst also developing creativity, building confidence, reducing stress and anxiety, developing life skills and combatting isolation.

Due to the COVID19 pandemic, now, more than ever, the Arts are a vital instrument in combatting some of the negative impacts of the pandemic, such as social isolation, poor mental health, fitness and wellbeing.

On the 25th July 2020 the Government announced that Dance Studios could reopen following guidance for the performing arts, grass-roots sports & out of school providers. We are committed to working to these guidelines, following guidance provided by the UK body for Dance, One Dance UK, and working with our

respective venues and partner organisations to ensure we can safely return to dance, adapting as and when necessary!

Decisions for activities to recommence will be considered individually and based upon the guidance above, the nature of the activity, participants attending and capacity and suitability of the venue.

As you can appreciate, we are in ever changing times and will endeavour to keep you updated via email. Information will also be available to access via our website:

www.bluemosedance.org.uk

In this document we hope to outline the measures, procedures and systems we have in place to ensure our safe return to dance!

Please note, for participants, your Dance Artist will contact you with further information specific to your venue and group.

We are committed to:

- Maintaining 2m social distancing throughout all sessions
- Working with our venues/partner organisations to ensure adequate risk assessments and a regular deep clean programme is in place.
- Cleaning all frequently touched surfaces such as handrails, door handles, barres, music systems etc before, after and in between every session
- Ensure venues are adequately ventilated throughout, before and after each session.
- Limiting numbers attending each session, in accordance with government guidance and venue capacity in order to maintain social distancing
- Maintaining records and registers for track and trace, where necessary
- Limiting the number of classes an Artist rotates between to limit exposure
- Considering alternatives to indoor sessions, such as outdoor venues or digital delivery wherever possible and appropriate

What will class look like?

We aim to maintain as much of our fabulously fun and interactive delivery style wherever possible, whilst adhering to social distancing guidelines.

- Classes will be designed to ensure all participants and Artists remain 2m apart throughout
- Dance activity will happen side by side or back to back, rather than face to face
- Travelling across the space will continue where social distancing can be maintained
- Floor work will be limited, dependant on the venue and the capacity to clean the floor between each session.
- Contact work will not be taking place whilst social distancing guidelines are in place.
- Music will be kept at a low volume so voices do not need to be raised

How to access class?

- Classes will no longer run on a drop-in basis. You will be required to book in advance in order to ensure numbers attending do not exceed the venue capacity to ensure social distancing.
- Communication regarding class will be paperless wherever possible, via email or phone.
- To pay class fees, we are encouraging you to use BACS transfer to avoid handling cash.
We will still accept cash where required.
- Please arrive at the start time of your class, or designated arrival time, (not before) in order to reduce overcrowding and allow sufficient change over between classes.
- A one way flow at entry and exit points will be in place so be sure to follow signage/instructions
- A designated pick-up point will be outlined for Parents to safely drop off/pick your dancer
- On arrival, belongings can be placed in distanced, designated areas

What we ask of you, our participants:

- Wash your hands on arrival and departure to all classes, and/or use hand sanitiser provided, although you are also encouraged to bring your own.
- Arrive in your dance kit, ready for class
- Wear appropriate trainers, shoes or footwear for class
Bare foot is allowed, however to further mitigate risk with the floor being a frequently touched surface, you are welcome to where appropriate footwear.
- Face Masks or Shields will not be mandatory, however you may consider wearing one
If you choose to wear one, you must self check how you feel during class as a face mask will make it harder to breathe during exercise and you should stop dancing if you experience lightheadedness, dizziness, numbness or tingling and shortness of breath
- Stay home if you feel at all unwell, or you or members of your household show any COVID19 symptoms and self-isolate according to government guidelines

Where it is not possible to safely return to dance indoors, we will move to alternative delivery such as outdoors or digitally. For more information, please see our 'Safely returning to dance: Alternatives' document.

If you have any further questions, or require further information, please get in touch with Team Moose at hello@bluemoosedance.org.uk

SAFELY RETURNING TO DANCE

If you have coronavirus symptoms:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

get a test and stay home for at least 10 days

COVID 19

How to look after yourself outside of the home.



KEEP YOUR DISTANCE

Wherever possible, keep 2 metres apart from anyone outside of your household or support bubble



KEEP YOUR HANDS & FACE AS CLEAN AS POSSIBLE

Wash your hands often using soap and water, and dry them thoroughly. Where available, use sanitiser outside your home, especially as you enter a building and after you have had contact with surfaces. Avoid touching your face.

AVOID CROWDED SPACES

You can lower the risks of transmission by reducing the number of people you come into close contact with. For example, avoid peak travel times on public transport, where possible and avoid densely crowded areas.



CONSIDER HOW YOU TRAVEL

If you need to travel, to reduce demand on the public transport network, you should walk or cycle wherever possible. If you have to use public transport, you should try to avoid peak times.

WEAR A FACE COVERING

You must wear a face covering where government guidance requires. Evidence suggests that wearing a face covering does not protect you. However, if you are infected but have not yet developed symptoms, it may provide some protection for others you come into close contact with.



FOR FURTHER GUIDANCE, PLEASE VISIT:

<https://www.gov.uk/coronavirus>