

The Midhurst Dance School COVID 19 Health Plan & Protocol



Gradual Reintroduction of classes

Many younger students will not be able to follow social distancing guidelines so, putting safety first, attendance will be restricted to only those students old enough to be self-sufficient and capable of adhering to social distancing measures.

To enable adequate social distancing, class sizes will be limited to 19 students.

The number of classes held per session may be reduced, to allow time for touch point cleaning and to reduce the risk of congestion during pickup and drop off times. This will be reviewed. It may be possible to hold more classes with staggered Start and finish times once we are in a routine.

Class attendance

Dancers must not attend if they or anyone they have been in contact with is experiencing Covid19 symptoms and should instead follow self-isolation guidelines. I encourage all school members to speak up if a student is feeling unwell.

Dancers must not come to class if:

- They have had a fever in the last two weeks
- They have a cough or breathing problems
- They have lost or noticed a change in their sense of taste or smell within the last 14 days
- They have increased fatigue
- Anyone in their family that they live with has shown any of the above symptoms within the last 14 days
- They have a known exposure to someone diagnosed with Covid-19 within the last 14 days

If a dancer is sick, coughing, sneezing, has been sick in the last 24 hours or anyone in their household has been sick, please stay home.

I ask that you do not put me in the difficult position of turning a dancer away from class because they appear unwell. If a symptomatic pupil comes to class, they will be sent home immediately.

Safeguarding Individuals vulnerable to serious infection

Students at high risk of infection should seek medical advice before attending class.

If students live with someone clinically extremely vulnerable, they must only attend if they are able to understand and follow strict social distancing measures.

In the event of a suspected COVID-19 case

Activity will cease immediately, and the person isolated until they can be taken home where they should self-isolate

A record of attendance will be kept for the purposes of identifying close contact with infected persons in the event of an outbreak of COVID-19.

Anyone that may have been in contact with a suspected case of Covid 19 will be notified.

Everyone that attended a class with someone that may be infected, must self-isolate and not return to class for the appropriate number of days

If a school member tests positive, classes will cease, and groups affected advised to self- isolate for 14 days following official guidelines.

Hygiene and extra safety precautions

Students are to use hand sanitiser at one of the cleaning stations when entering and leaving the hall.

Students will be encouraged to follow the catch it, kill it, bin it protocol. Use a tissue/elbow to cough in to and use bins for tissue disposal. Hands must be sanitised following sneezing/coughing. I will have a supply of tissues and antibacterial hand gel for each class, but it is recommended students bring their own.

Students will be reminded not to touch their mouth, nose, or eyes.

Touch points will be wiped down before and after each use.

All items left in a studio after class will be disposed of immediately. There will be no lost and found.

Masks

Masks are not mandatory at the Grange, but Students may wear a mask to class if they wish. It is up to the individual student/parent to make this choice. The following are some points The Royal Academy of Dance recommends bearing in mind:

Wearing a moisture-wicking face covering may help cut down on droplets being spread to others. This is to prevent distribution to others, not to protect the wearer.

Masks should fit snugly over the nose and mouth, not be touched once placed on the face, and washed or discarded in bins immediately after each use.

Working in a mask can be uncomfortable and makes breathing harder.

A face mask that is saturated in sweat is not going to do its job.

Administration

Administrative procedures will be kept online as much possible (billing, payments, communications etc.).

Please make sure you have my email address saved to your contacts so as not to miss important updates and keep an eye on our website for further information.

Only online payments will be accepted until further notice.

Drop off and collection procedures

All students are to arrive, and leave, dressed in their dance clothes.

I will endeavour to run classes in a timely manner. Please do not arrive early for class or be late for pick up. Please drop off and leave as quickly as possible.

Under no circumstances will I, or class assistants, physically assist distressed children into the studio. If a child will not leave their parent, they must return home.

Late arrivals will not be admitted once the hall door is closed.

Students must bring only the essential items with them, ideally in a dance bag. Parents are to take all other belongings away.

No toys to be brought to class.

All items left in the studio after class will be disposed of immediately. There will be no lost and found.

Please do not enter the hall via the emergency exit, even if the door is open. The Grange has a strict one-way system in operation. Please respect this.

Due to track and trace systems in place at The Grange, only students are permitted to enter the building. The Grange is unable to accommodate parents waiting whilst class is in progress.

To reduce potential overcrowding, please send only one adult per family group to drop off/collect students.

Drop Off

Students must arrive ready dressed for class (including shoes where possible).

Entrance is via the emergency exit at the rear of the building (opposite the Post Office). Please wait outside. I will greet students at the door and direct them into the hall one at a time. The door to the small sports hall will be propped open. Parents please take away all non-essential items.

If a dancer requires any assistance from a parent (e.g., changing of shoes as it is raining outside or the class is danced barefoot), the parent must then exit the building via the small hall's emergency exit which leads directly to the car park.

Students are to wash hands with hand sanitiser on entering the hall. They must then sit on one of the chairs provided, with their dance bag either on their lap or tucked under the chair. Only bring essential items. If they have not already done so, shoes must be changed.

Please ensure students have used the bathroom before class, especially if I am teaching alone and parents are required to leave after dropping off. If an individual needs to be excused during class, they will, wherever possible, be accompanied to the changing rooms by an assistant or friend. Students will be expected to adhere to all social distancing rules the grange has in place when using the changing rooms.

Collection

Students will leave dressed in their dance attire. Outdoor shoes will be put on just before leaving the hall.

Dancers will use hand sanitiser before leaving class.

Dancers will leave via the small hall emergency exit which leads to the car park.

Please wait outside. I will bring dancers to the door one at a time, announcing their name for collection.

In the hall

Chairs will indicate where students can place their essential items (water bottle, inhaler etc) so that they do not touch each other's belongings. This will be their 'homebase' for anything else, such as jumpers, that are removed during class. It will also serve as a place to wait when performing exercises in small groups.

The floor is marked, so that dancers entering the studio understand how to space themselves.

Class Structure/Content

Classes will be adjusted so that there are fewer exercises that travel in all directions

There will be no holding hands or partner work.

Props will not be used in class unless it is possible to ask students to provide their own.

There will be no parent observation of classes until further notice.

If engaging in very aerobic activity, social distancing will be increased by 1 meter.

Due to there being only 3 ballet barres at the grange, it may be necessary to use chairs as an alternative to allow for social distancing.

Class assistants and I will always maintain the mandated distance from students.

There will be no hands-on corrections or assistance offered in class.

If dancers struggle to undo their crossover cardigans by themselves, please consider an alternative just for the time being.

Please ensure hair is secure. I will be unable to help if it becomes loose or is annoying/distracting the dancer.

No reward stickers will be used in class.

Students may wear ballet or jazz shoes (not socks) for Modern classes.

