

# Covid Operating Policies 2022 – Viva La Dance Ltd

January 2022, ongoing review

We ask that you read and act on the following policy we have put together to keep everyone safe whilst dancing at our private and group lessons from January onwards. This is a policy very likely to be adapted to suit the current requirements and conditions so is subject to frequent change. We will notify when changes are made.

Above all, our aim is to keep us all as safe as possible to guard against the risks of covid-19 and be able to enjoy dance classes and events.

## Basic Health & Hygiene :

- If you feel unwell, do not come to classes – health comes first. If you meet the government criteria to self-isolate either via your own symptoms or close contact with others, then we ask you not to attend.
- If you are able to take a lateral flow test device prior to entering the classes, this further helps mitigate risk to others during the class.
- If you are attending and feel unwell with covid-like symptoms during the class, then please notify the instructor and leave immediately with your partner.
- If you come down with covid-like symptoms within 48 hours of attending the classes, then please notify us as urgently as possible as we may be able to help others in taking helpful steps too.
- Please cooperate with Test and Trace if asked to do so. Do not supply Test & Trace with our generic e-mail as it is not specific enough to be used. In our discussions with Test & Trace they have not yet deemed any class participants to be close contacts given the set-up we use, but we never assume that reflects on future assessments.
- If you have had symptoms, and then receive a negative swab test, we ask you not to attend classes for the 7-day period anyway.
- Some of our venues may require mask wearing on entry and exit and we ask you comply as far as reasonably possible. If you would like to continue to wear a face covering in the class and are sufficiently comfortable to dance wearing your face covering, then please continue to do so but there is no requirement to wear masks whilst exercising; you are therefore welcome to dance unmasked in any case. The instructor may choose not to instruct wearing a face covering. We are aware of the importance of lip reading and clear speech to some attendees and will try to balance that with the current conditions and requirements. We apologise in advance if the instructor wearing a face covering reduces your enjoyment or accessibility in the class.
- The classes will be run with an open-door and window policy where possible.
- Please be mindful of good hand hygiene. Toilets will be open at venues, some on a one-in, one-out basis so please follow the venue notices accordingly.

## **Queuing, Class Entry and Exit :**

- Wash your hands before going dancing and take some suitable sanitiser, as necessary.
- Please do not enter the building until at most 10 minutes prior to your lesson time as we end one class, allow them to exit without crossover, then prepare for the next. If you arrive close to a venue by car then wait until a few minutes before the class before entering the building. Please do not enter the ballroom until the instructor has invited you in.
- When queuing for entry, please be mindful of any current social distancing guidelines.
- Only those who have pre-paid online will be able to enter and we cannot accept cash payments. At pre-payment please ensure you submit correct contact details which we are required to pass to Track & Trace as necessary. By providing these, you agree we can pass to Track & Trace if mandated to do so.
- We ask you to self-scan at the desk using your membership cards. Please do not scan until the operator is ready and acknowledges the system is in the reading mode. Place the barcode under the scanner until you hear a 'beep'. Please remember your cards for entry as we need to keep an accurate register for Track & Trace.
- Please use the sanitiser on the way into the class.
- A one-way system will operate whereby you will exit via a different door to the one you entered, prior to the next class entering the room.

## **During the Class :**

- Please bring your own drinks with you to the Monday and Tuesday classes as there will be no provision for a shared water bowser. We understand the bar in Trowbridge is likely to be open.
- Class sizes will be limited due to spacing guidelines. Please be mindful of the latest guidelines on social distancing, including whilst dancing and being taught.
- Classes will run a similar format to what you are used to.
- There will be no spectators (adults or children) allowed in the classes as usual.
- Windows and doors will be opened throughout the class whenever possible, even during inclement weather. Classes might therefore be cooler so try to dress comfortably.
- A reminder, if you are attending and begin to feel unwell with covid-like symptoms during the class, leave immediately with your partner and send urgent message to your instructor.