

## **SLiDE's Policy for Returning to Dance**

Creative Dance at Fairfield Halls

### **Booking a class with SLiDE**

All bookings will be made in advance via email or Ticket Source and paid for online or via bank transfer. Classes will be booked in groups of no more than 10 people. As much as possible, these 10 people will remain the same for the duration of the term, so there is a bubble of participants with the same artist/teacher/leader/assistant.

Every person booking will need to provide a mobile number and willing to join a WhatsApp group for that class.

A self-declaration form must be completed and submitted online via <https://forms.gle/8k22UAHiNY4gwVKcA> prior to returning to SLiDE. If a self-declaration form has not been received participants will unfortunately be unable to dance.

Classes have been scheduled as one a day to begin with. This gives ample time for thorough cleaning after each session and minimises exposure.

### **Before the class starts**

SLiDE will send a notification to all participants via WhatsApp of any new information for the session. The following protocols will be emailed with the confirmation of the class:

- Arrive for your SLiDE dance session at least 15 minutes before.
- Try to avoid travel on public transport if possible. Remember to wear a face covering on trains and buses and trams.
- Please wear your dance clothes to class.
- Your creative dance class will be in the Recreational, the entrance is to the right side of the building (see photo attached). Please wait outside and you will be invited into the studio foyer by a member of SLiDE. If you need to queue, please remember social distancing and keep 2m apart from the person in front of you. Tape on the floor will help with this.
- Please use the hand sanitiser available as you come in. We will take a temperature check for everyone before entering the studio and you will be asked again if you have Covid-19 symptoms. You will not be able to participate in the class if you are displaying any symptoms.
- Carers will be asked to wait in the main foyer, access to which is through the studio (you will be guided by a member of SLiDE). We will come and get you when the session has finished and participants with carers on site will leave the venue first. Please be aware that carers will not be able to wait in the studio unless agreed in advance.
- Participants will have a named chair in the studio where you can leave your coat etc. Leave all jewellery at home to avoid hand to face contact.
- Please bring a separate pair of shoes or socks to dance in as bare feet will not be allowed.

- Please bring your own filled water bottle and do not share it with anyone else. No food is to be allowed in the studio.
- Please do not touch any equipment in the space, if you do then let the artist/teacher/leader know so we can clean it.
- Toilet facilities are available and your nearest ones are through the main foyer. A one way system in and out of the studio space will be in place. Please note only two at a time in the toilet.
- Maintain 2m social distance at all times in the studio.
- Your artist/teacher/leader will deliver the class taking into account social distancing rules and guidelines. The class may feel a little different to allow for current special circumstances for example, there will be no group work, the sessions will be of a lower intensity and we will all try to say as little as possible.
- You are invited to wear a face covering for the session, however it is not mandatory and you should stop dancing if you experience light headedness, dizziness, numbness or tingling and shortness of breath.
- If after a SLiDE session you develop Covid-19 symptoms, you MUST tell SLiDE either Gemma on 07887 781361 or Emily on 07860 763799.

### **Arriving at/leaving SLiDE sessions**

SLiDE dance sessions will be in The Recreational, which is 50ft x 85.4ft = 4270feet (15.24m x 26.03m = 397m sq). Current guidance recommends 9.3m sq. per person (total space available including foyer, studio, changing rooms etc). Maximum capacity in any session will be 10 for classes and 14 for rehearsals with the SLiDE Collective.

Everyone is asked to arrive 15 minutes before the class start time and wait outside the venue entrance until they are invited in by a member of SLiDE.

We encourage face coverings to be worn when entering and leaving The Recreational. Sanitising stations will be located at the entrance and SLiDE will carry out temperature checks and confirm that participants are not displaying Covid-19 symptoms. Carers are asked to wait in the main foyer unless agreed in advance.

Each participant will have a named chair for their belongings and chairs will be spread out in the bar area.

The air ventilation system in The Recreational draws fresh air into the studio space and is the recommended system for air conditioning. Doors between rooms will remain closed to prevent the spread of air droplets.

There will be a staggered exit from the studio and participants with carers will leave first. Everyone will leave via the same door they entered.

In situations requiring first aid or in the event of fire and emergency, it is not required to maintain social distancing. However, attention should be given to hygiene immediately after any help is provided. Social distancing should be observed again as soon as possible.

### **What to expect from a SLiDE Dance class**

Groups of no more than 10 people will participate in a class. As much as possible the same group will attend each week, this is so the participants are in the same bubble as each other and their teacher and assistant.

Each artist/teacher/leader will adjust how they deliver the session to ensure that social distancing is met and the risk of transmission is minimised.

The artist/teacher/leader will work to the following guidelines:

- Encourage artist/teachers/leaders to face away from participants whilst teaching.
- Maintain 2m within class and avoid floor work and contact partner work.
- Use activities that place people back-to-back or side-to-side rather than face to face.
- Consider creative activities that promote increased awareness of social distancing and spatial awareness.
- Only introduce partner work where distance can be maintained.
- There will be no floorwork/sitting on the dance floor area
- When travelling across the floor leave larger gaps (4-5m) between each person to ensure reduced risk of contamination. Amend travelling across the space to make sure people are not waiting their turn and standing close to others.
- Engage in low impact activities to avoid heavy breathing and too much sweating.
- Refrain from using props.
- Discourage small talk.
- Don't allow for any breaks where people may mingle closely or inadvertently touch other areas of the space.
- Ensure that only the dance artist/teacher/leader access the music system to avoid equipment being touched unnecessarily.
- Consider lowering the music volume to remove any need for shouting or raising your voice within sessions.
- If working with live musicians, they should ideally be placed behind a screen or at least 2m away from participants.

*People Dancing* have useful tools for teachers planning dance sessions which we have used as a resource [Dance & Physical Distancing](#).

### **After a class**

Areas of use will be thoroughly cleaned by the venue cleaning staff. Between classes SLiDE will arrange for the floor to be mopped and surfaces disinfected.

### **If a participant/workshop leader or assistant develops symptoms**

If someone attending the class develops symptoms of Covid-19, they should [request a free test](#) as soon as their symptoms start and isolate for at least 10 days. Once they have ordered the test, they'll be asked by the NHS Test and Trace service to provide details of anyone who they have been in close contact with, anytime from 2 days before the person was symptomatic up to 7 days from the onset of symptoms.

The person will be encouraged to alert the people they have had close contact with. If they have attended a SLiDE event in person within 48 hours of developing symptoms then SLiDE will alert everyone else who attended that session. Their details will be available via the Self-Declaration form they will have completed prior to the class.

Close contacts at this stage do not need to self-isolate unless requested to do so by NHS Test and Trace or a public health professional, but they should:

- avoid contact with people at high increased risk of severe illness from coronavirus, such as people with pre-existing medical conditions
- take extra care in practising social distancing and good hygiene
- watch out for symptoms and self-isolate if they also show signs of coronavirus

### **Positive test result**

If the person with symptoms tests positive for Covid-19, they must tell Gemma or Emily immediately. The NHS Test and Trace service may contact SLiDE to ask for records of who has attended the dance session. Information will be shared as soon as possible in a safe and secure way, to help identify people who may have been in contact with the virus and help minimise the transmission of Covid-19.

NHS Test and trace will, if necessary, undertake an assessment and work with SLiDE and the venue to understand what actions need to be taken. Action taken doesn't necessarily involve cancelling future classes, and depending on the circumstances and the length of time that has elapsed, this could include arranging for people to be tested, asking them to take extra care with social distancing and/or – in some circumstances – asking them to self-isolate. NHS Test and Trace will give SLiDE the necessary public health support and guidance.

SLiDE will not share the identity of any participant who has tested positive.

### **Collecting Contact Information**

The following information will be collected where possible:

#### **Staff**

- The names of SLiDE staff members
- a contact phone number
- the dates and times they were on site

#### **Participants**

- their name or if more than one person, the name of the 'lead member' and the number of people in the group
- a contact phone number for each person, or for the lead member of a group of people
- date of visit, arrival time and, where possible, departure time

SLiDE will collect this information via the Self-Declaration form. Arrival and departure times will be determined by the start and end time of sessions.

Some people may not wish to share contact information with SLiDE and in this case are invited to contact us prior to completing the Self-Declaration form. In this instance, we will ask them to confirm in an email that they do not have Covid-19 symptoms prior to the session.

For the purpose of NHS Test and Trace, SLiDE will hold records for 21 days. All data will be handled in accordance with GDPR. It is not necessary to seek consent from each person, but SLiDE will make clear why the information is being collected and what we intend to do with it.