



## **COVID-19 Dance and Fitness Class Safety**

### **1. Introduction:**

- Samantha Dene's Dance and Fitness is committed to ensuring the health and safety of all its class participants, their families and their team.
- We recognise it is our sole responsibility to ensure social distancing can be achieved and maintained in our sessions inline with government guidelines.
- Our arrangements and procedures are reviewed daily in the light of additional Govt. guidance as published at [gov.uk/Coronavirus](https://www.gov.uk/Coronavirus).
- All parents/guardians/participants must understand that by sending their child(ren)/coming to physical class they are agreeing to understanding that in an emergency and in the event of an accident we may need to break social distancing. The correct safety measures will be carried out and a visor will be worn.
- All parents/guardians/participants MUST read all of the following points stated below and co-operate with the new rules in place.
- All details will be kept for track and trace purposes.
- Where local lockdowns are in place, no one is allowed to attend from outside of Flintshire-in line with government guidelines.

### **2. Dropping off/Picking up:**

- Social distancing in reference to government guidelines will need to be maintained at all times between anyone over the age of 11.
- You must read instructions/boards displayed in order to co-operate with our new rules in place.
- You must queue standing on the orange spots to maintain social distancing on drop off and pick up.
- Only one parent and their child(ren) in foyer areas at one time for sign in/pick up.
- All students are to arrive dressed ready-no changing room situation.
- Students are only permitted to bring bottled water and any shoes that they may need for other classes.

- Please minimise the number of personal belongings brought into venues, bags and jackets should be left in the car and not brought into the facilities. Any shared equipment will be thoroughly wiped down and cleaned.
- Students will be marked off on the register and asked to go to their designated area one at a time on arrival, please be patient.
- For **pick up** at the end of classes you must queue standing on the orange spots:  
At the fire exit on the right hand side at New Brighton Community Centre, Mold.  
At the left hand side door to the building at Northop Edith Bankes Hall.  
At the fire exit of the building at Level Road Hawarden.  
At the back door at Higher Kinnerton.
- Students will be dismissed one at a time at the end of the session, please be patient.
- No parents will be allowed in the building where possible.

### **3. Reducing risks:**

- Anyone with any illness or virus symptoms within their families will not be permitted to take part in physical classes.
- Anyone with any symptoms will be sent home immediately.
- Anyone who develops any illness or virus symptoms within their families will not be allowed back to classes for at least 7 days.
- All students/participants to bring their own food/snacks and their own water bottles. No food or snacks to contain nuts.
- Team members, and participants of classes instructed to politely refrain from consuming beverages and food products that are offered by clients, due to the risks associated with cross contamination.
- All students to wear trainers without laces where possible, especially if they can not tie their own.
- Anything touched or used will be thoroughly sanitised before and after every session or will be immediately replenished with fresh kit.
- Doors/windows will be kept open where possible to aid ventilation.
- One way systems will be in place where possible.

### **4. Social Distancing:**

- The use of dance spots and floor tape will be used to enforce social distancing

and mark out the required intervals for any one over the age of 11.

- Limited numbers allowed to classes-places must be booked prior.
- No cash handling allowed. All payments to be made via the Class4Kids website or via bank transfer before the session takes place.
- We will reduce contact situations.
- Each class will be planned and structured to ensure social distancing can be kept throughout the whole session for anyone over the age of 11;
- All work will be done on the spot,
- No travelling or corner work,
- Physical corrections given verbally only.
- All team members/customers will be instructed to maintain the advised separation from contacts at all times, wherever possible.
- Social distancing posters/hygiene reminder posters will be put up around venues/toilets to remind anyone attending sessions to maintain the distancing and hygiene rules.

## **5. Hygiene:**

- Anyone taking part and entering the building including team members will be instructed to clean their hands frequently/use hand sanitiser.
- We will provide hand sanitisers at every entry and exit point and ask that children use these upon entering and exiting. There will be hand sanitiser available in the dance space.
- PPE: Due to the nature of activity, children are not required to wear masks. A visor will be worn when dealing directly with children in the unlikely event of an accident or if a child becomes unwell.
- We will provide plenty of hand wash.
- Toilets kitted out with large clear signs reminding children/staff/participants to wash their hands thoroughly for at least 20 seconds.
- There is to be NO physical contact with teachers/students/clients, such as handshakes, hugs, etc.
- Team members and participants will be instructed not to touch their eyes, nose or mouth, if their hands are not clean.
- Teachers and participants will be instructed to use a disposable tissue when coughing and or sneezing then put into bag and binned or pocketed until that pro-

cedure can be followed.

- No props will be used.
- No partner work or holding hands in any sessions.
- We will cease use of shared cups i.e for water in classes.
- Increased hand washing before and after any snack breaks.
- Teachers and participants instructed that where any client contact may have been made or surfaces touched or handled, they must sanitise their hands.

### **Our responsibilities:**

- All attendees of classes will be notified and kept up to date via email and social media of the measures we will be taking to maintain social distancing on pick-ups/drop offs/during sessions and our increased hygiene rules.
- Posters will be provided by Samantha Dene's Dance and Fitness and will be displayed at all venues to remind all attendee's to adhere to the social distancing measures/rules/hygiene expectations.
- Deep cleans of the spots, floor, barres, handles, chairs, stage area, and anything else that anyone has come into contact with before and after every club.
- Monitor daily who is attending.
- Every member of our team fully briefed to ensure that that they are aware of the hazards/risks and understand the rules and procedures we have put in place.
- We will contact other users of the building and inform them of usage expectations: clean hands or use gel before using facilities/restrictions or suspensions of usage.
- None of our teachers/instructors are in the vulnerable or at-risk categories.
- No phones to be shared.

### **What is expected from our customers:**

- Please discuss with your child/children that they are to wash their hands before coming to classes, before going home and when they get home. Teach the children hand washing techniques.
- Please let us know if you or anyone in your household develop Covid-19 symptoms.
- As stated in the social distancing section; anyone with any illness or virus symptoms within their families will not be allowed to attend.

- Travel abroad-please inform us if you or close family members have returned from abroad within the last month. This includes making us aware of quarantine measures for countries you may travel to.
- No use of kitchen facilities; all participants to bring water bottles with them and snacks with them.
- Please be patient with staff and any other facility users, thank you.
- Please be patient, polite and observe all notices, but of course if you have feedback for us please get in touch.