

## **CSOD COVID-19 HEALTH AND SAFETY GUIDELINES**

Based on the governments advice and guidelines we have made some changes so we can continue to operate dance classes and ensure that everyone feels safe when attending classes. Please see the basic outline below followed by new rules that will need to be followed by all students and parents.

- Reduced class sizes or larger space used in order to adhere to the 2 metre social distancing
- Increased sanitising of surfaces within the studio and village hall which includes floors, door handles, barres, bathroom facilities
- Increased ventilation with the studio via fire exits doors and the village hall with windows and doors
- Breaks between some lessons to ensure no cross over of students arriving and exiting.
- To reduce footfall, only students will be allowed within all buildings with the exception of pre school class children.
- No changing of uniform between subjects. One uniform to be worn the whole time with only change of shoes permitted.

## **KINGSLAND CHURCH CENTRE RULES**

- All students must be dropped off at the main entrance to the centre. Parents/carers will not be allowed onsite or be able to use the waiting area. The only exception will be parents of pre school children who will be allowed in the waiting area observing social distancing and wearing a face covering whilst entering and walking around the communal area.
- Parking is available at the back of the Aldi car park with 90 minutes free. Please be aware that Tuesday evening after 6pm will be busy due to other community hirers.
- Hand sanitiser must be used before entering the hall.
- There is a one way system for entry and exit at the main entrance which is signposted.
- Children who take subjects consecutively will be allowed to stay within the hall between lessons.
- No changing will be allowed between subjects. For children who take more than one subject please wear your ballet uniform for all lessons including ballet shoes. Students who take modern and not ballet must have Jazz shoes or ballet shoes for lessons.
- All students must attend class in uniform or come 'underdressed' which means with a simple jumper or onesie. Please do not bring a change of clothes.

- One small bag containing shoes and a named water bottle only may be brought into the hall.
- All students will be required to maintain a 2 metre distance before, during and after lessons.
- Timings may have changed slightly due to cleaning breaks. Please see attached timetable.
- Students can only use the toilet one at a time. Younger children will be accompanied by a teaching assistant.

## **SUBJECTS**

The majority of dance subjects can continue normally with social distancing measures in place. The phrase 'use of space' is a well used term in dance and dancers are always required to space out and use 'their' area. Social distancing is therefore something that we are very familiar with and most dancers (even little ones) are very used to this. We already use 'spots' as markings for classes which the younger children stand on however to build on this we will be marking out spots in the studio before lessons and in all lessons.

Syllabus lessons (Ballet, Tap and Modern) require students to stay in the same area for most of the lesson, the only exception is for travelling work and turns which we will do one at time so children can use more space. This will also be the case for syllabus amalgamations and dance routines.

General fitness, exercise and non syllabus lessons (Body conditioning, Street Jazz and Adult tap) are also able to continue as normal with social distancing. Most exercises are taught in one spot and dance routines can be performed in limited areas.

Acro and musical theatre will have some limitations. At present we are not allowed to teach singing and we are not allowed a 'hands on approach' to training. Therefore these classes will be taught as follows:

Acro – Students will concentrate on strengthening and stretching exercises and basic Acrobatic movements such as forward rolls, cartwheels. Acro mats will be used but these will remain on the floor for the whole lesson. Children will be allocated a space on the mats for each lesson and the mats will be cleaned between lessons.

Musical Theatre – Students will continue to learn routines from musicals but instead will use the drama element as opposed to the singing element.

Unfortunately choreography and group routines are not permitted at present due to social distancing. This means that show routines cannot be rehearsed in class until social distancing rules are relaxed.

The full school risk assessment for Kingsland can be found on our website.

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