

COVID 19 POLICY

HEALTH & SAFETY STUDIO GUIDELINES

Based on the government's advise and guidelines, we have made some changes so we can all continue to operate and ensure everyone feels safe at our studio, including:

- Reduced studio capacity to increase space between dancers.
- Increased sanitising of surfaces in communal areas such as floors, door handles, toilet, sink areas.
- Sanitising of all studio floors regularly and providing disinfectant wipes for clients to use before and after classes.
- Please follow the instructions on hygiene and social distancing as displayed around the building to keep yourself and everyone safe. By attending a class at FDPS you agree to abide by these rules.

BUILDING & STUDIO RULES

- Use hand sanitiser upon arrival, and regularly throughout your time with us
- PPE will be available and can be worn but it is not essential for exercise
- Wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting any PPE on, using equipment etc.
- After drying your hands throw the towel in the clearly designated bin.
- The lounge/communal seating area is only to be used for staggered entry and as an exit buffer to minimise proximity with people. If there are more than 2 people in the waiting area please wait outside at an appropriate distance.
- Arrive no more than 5 minutes before your class start time. Arrivals earlier than this will be required to wait outside.
- There are cleaning products provided - please use them on all surfaces you touch- including ballet barres, aerial & tumbling equipment and floor. This is to help protect all our pupils and staff, please throw away the disposable towels in the bins.
- Please do not touch the studio mirrors.
- Adhere to social distancing, using the studio floor markings. All pupils will be given a designated square – these will be taped out on the floor – they must use the same square each day they attend.
- Ensure any food/drinks are properly wrapped/packaged and in a lunch bag/box clearly labelled with your child's name. Any food/drink cannot be shared. These lunch bags will be stored in the changing area and children will collect these 1 at a time. Lunch will be eaten sitting in their marked space to ensure social distancing is adhered to.
- If the maximum studio capacity has been breached, or if anyone has Covid 19 symptoms you will be asked to leave and no refund is eligible.
- Please bring minimal items to the studio, No bags or coats where possible.
- Cover your mouth with a tissue to cough or sneeze, throw used tissues in the bin. Use hand sanitiser immediately afterwards.
- At the end of your class, please wipe down any areas, objects that you have touched with your hands, sanitiser is available at the entrance.
- No parents will be permitted into the building, please wait outside the entrance door and children will be released from the studio one by one.
- An additional 10-15 minutes will be provided in-between each class (where applicable) to allow for extra cleaning and sanitizing of equipment and studio.
- Any masks, gloves or other PPE must be placed in the bin after use.

- There will be marked areas where needed for children to wait socially distanced for their turn on the air track. They will sanitize before and after use.
- Children advised to arrive in clean uniform when possible.
- Toilets will be in use but please where possible encourage children go before classes. Should they need to go they should wash hands before and after use as well as using the sanitizer provided.
- A studio deep clean will take place on Sunday 9th of August and a deep clean Every Sunday from there, as well as it being cleaned after every evening usage.

As a user and visitor to our studio, you agree to take full responsibility for your personal health and hygiene.

We strongly advise that those deemed as high risk avoid attending classes.

Attending is at your own risk.

The Principal will be in charge of maintaining cleanliness around the studio. We are cleaning the studio thoroughly at the end of each day, but also ask you to help protect us as well by wiping surfaces before and after classes.

COVID 19 GUIDELINES

Anyone who is unwell with the following symptoms of Coronavirus (Covid-19) must not attend the studios. If you or ANYONE in your house hold has any of the following symptoms **DO NOT** come to classes and please stay at home.

Please note that we have the right to refuse entry to anyone who has Covid19 symptoms, and no refunds will be eligible.

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
- Headache, or any other common cold symptoms

To protect others, do not go to places like a GP surgery, pharmacy or hospital if you have any of these symptoms. Stay at home and self isolate for 14 days.

If you have symptoms and have a booking with us, please contact the studio as soon as possible. We also advise that you check temperatures before you attend any classes or clubs.

If you have recently travelled or come back abroad from any non exempt country, please self isolate for 14 days before attending the studios.

For any questions or concerns please email finesseDPS@hotmail.com or call 07920 045881.

All pupils will be required to complete a health questionnaire before a booking is accepted.

There will also be an additional enrolment form for holiday club only – this is for track & trace purposes as per government guidelines.

If a child/adult should become unwell whilst at the studio, they will be isolated & need to be collected straight away where possible, they will not be able to return to the studio until their test results arrive back.

Please see below for plan of what will happen if we have a positive case.

OUT BREAK PLAN

Should there be a reported Covid-19 case in any of the bubbles/classes, I will seek advice from my dance board & PHE and will take the steps they advise from there.

All parents will be required to fill in a health assessment as stated above on behalf of their child/ren as well as an additional disclaimer/Enrolment form stating that the above policy has been read and understood, and stating awareness that they understand although extensive measures have been put into place there is still a risk of infection and choose to attend holiday clubs & Classes at their own risk.

THIS IS UNCHARTED TERRITORY.

We are all learning as we go. Our pledge is to work with you to talk through all the issues and concerns to provide a safe environment for all our dancers. We are continuously reviewing our procedures and will do everything we can to accommodate and meet your own requirements.

USEFUL INFORMATION

Official UK Government advice:

Visit the following links for official UK government advice on Coronavirus (COVID-19).

Coronavirus (COVID-19): UK government response:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Stay at home: guidance for people with confirmed or possible coronavirus (COVID-19) infection:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>

Overview – -Coronavirus (COVID-19):

<https://www.nhs.uk/conditions/coronavirus-covid-19/>