

## **RSCDS Manchester Branch COVID19 Policy for Resuming Classes**

RSCDS Manchester branch (Charity Number 1082107) is dedicated to teaching Scottish Country Dancing to Adults of all ages and abilities. We are also committed to the wellbeing and safety of our members, teachers, musicians and those who dance with us on a more informal/occasional basis.

The RSCDS Manchester branch committee have performed a formal risk assessment to assess whether we can restart our activities in the autumn term of 2020, and for all sessions thereafter, in light of the COVID19 pandemic, and in what altered format this needs to take place. This risk assessment record is available on our website <http://www.rscds-manchester.org.uk/>.

The measures we will have in place for our classes are presented below in simple format.

Classes will only proceed in line with government guidance on gatherings of multiple households. If this guidance changes, we may be required to cancel classes at short notice.

Attendance at class is at the dancer's own risk. Dancers are expected to comply with the mitigation measures in place. Any dancer choosing not to attend for a class or whole term is requested to notify the committee so we can allocate your space to someone else.

**Any person showing symptoms of Flu, Cold or COVID19 is asked to stay home & isolate for 14 days in line with the government's guidance. Any person turning up with such symptoms will be requested to leave.**

Any person officially in a government imposed 14-day quarantine period (e.g. on return from overseas holiday or where a family member has COVID19) is requested to stay home and not come to class during this period.

1. Classes are held at Ladybarn Community Centre and will be restricted to 16 dancers plus a Teacher due to space requirements.
2. Dancing will be to recorded music only, i.e. there will be no musicians/live music at classes to allow more space for dancing.
3. RSCDS members and longstanding class attendees will be given priority over newcomers but are requested to pre-book their place at each class.
4. Persons unable to attend a class are requested to tell the teacher or Treasurer as soon as possible in advance of a class to free up space.
5. Prospective newcomers MUST email [rscds.manchester@gmail.com](mailto:rscds.manchester@gmail.com) at least 48 hours in advance, AND receive a confirmation email in advance to prebook their place at a class.
6. Each class has a primary and reserve teacher in the event that the primary teacher is indisposed due to COVID19 or other illness.
7. A register will be taken at each class.
8. Any person falling ill with symptoms of COVID19 after attending a class is required to phone Nora or a committee member at the earliest opportunity. In this event, the committee will contact all persons present at that class to advise quarantine and/or testing. Note the following class may be cancelled. This can be done without revealing the name of the ill person.
9. Dancers are to bring their own reusable water bottles, masks and shoes to class, but minimise bringing other bags/belongings into the room. Seating will be available for shoe-changing purposes only.
10. Toilet facilities will be available.
11. Parking is available.

### **During the Class**

12. Dancers will be required to sanitize hands at the start of class, between each dance/step practice activity and at the end of class. Sanitizer will be provided but dancers are encouraged to bring their own to speed up the process.
13. At the start of class, dancers will be provided with two short batons, with one end painted. These will be used in figures such as turns and wheels where hand holding would normally be required. Dancers are to hold the painted end and use the baton as an extension of their arm, lightly touching the unpainted end against other dancer's sticks. These batons are to be returned at the end of class, and will be sanitised.
14. Lesson plans will be designed to minimise physical contact, although it is recognised that the 2m distancing rule will not be possible due to the nature of the sport. This will likely feature increased amounts of step practice. Figures such as Allemande and Promenade will be avoided.
15. There will be no changing of partners/sets between dances. Sets will be 2- or 3- couple sets and spaced as widely apart as the room will allow.
16. Dancers will be encouraged to wear masks or face shields throughout, only taking them off to sip water. It is acknowledged that this may cause discomfort due to the need to breathe heavily. Dancers are encouraged to wear re-usable/washable fabric masks and carry a spare to change into in the break. Single-use disposable masks are discouraged for both the reason that they will quickly get sweaty/uncomfortable and for environmental waste reasons. Masks will not be provided.

### **Payment**

17. Payment is to be in exact change, in a sealed envelope with the dancer's name on. This will go into a tin at the start of class to minimise handling of money. The option of block-payments via cash or cheque to cover 8 classes (£40) will be available. If classes are missed then the payment will roll-over to the next class.
18. RSCDS Membership forms for existing members/dancers (including life members) will be posted or emailed out in late August. Payment (exact cash/cheque) and completed forms are to be returned to Nora by post or placed in a sealed envelope to be handed in at the AGM or first autumn class.