

DEBORAH HOSKINS DANCE ADULT CLASS COVID-19 PROCEDURES



Thank you for booking onto a studio based Adult Ballet Class. I can't wait to see everyone in the flesh! In order for you to get the most out of your class while keeping safe, I have put together some really important information.

Deborah Hoskins Dance is committed to safeguarding the health and wellbeing of all dancers. As such, we are ensuring a concerted effort to help minimise the spread of COVID-19.

We are following Public Health England's guidelines as well as guidance from the National Institute of Dance Medicine and Science to minimise the risk of spreading of the virus by introducing the following procedures;

PAYMENT FOR THE CLASS

Studio classes are £6 payable at the time of booking to secure your space. If payment has not been received 24 hours before the class, your space may be offered to another dancer on the waiting list. If you are unable to make the class, notice can be given up to 8 hours before the class start time and a full refund will be given. Any cancellations after this time will not be refunded.

How to pay

No cash will be accepted on the day of the class

Paypal - https://paypal.me/DeborahHoskinsDance?locale.x=en_GB *(please leave the "Paying for goods or service" box unchecked)*

Bank Transfer - Lloyds Bank 30-98-61 00270835 *(use your name as the reference and the date of the class)*

Class Cards - If you already have a class card and would like to use a credit, please message deborah@deborahhoskinsdance.co.uk to let me know you will be using it. Bring your card to the class and you will be asked to mark it off.

ARRIVAL

- Please do not arrive any earlier than 5 minutes before the start of your class.
- Please wait in the designated spaces outside the studio until the teacher calls you in.
- Dancers should come ready in their dance wear and outdoors shoes should be removed before entering the studio.
- Do not walk through the Workhouse Gym, instead use the corridor to the left of The Rainbow Factory.
- Toilet facilities are available in the studio if necessary but no changing facilities will be open.
- Dancers must wash hands or sanitise upon entering the studio then go directly to your space.
- Each dancer will have a plastic box by the side of their dance space to keep personal items such as wallet, keys, shoes and sanitiser in. For Ballet each dancer will have their own barre.
- At the end of class please leave the studio immediately.

MASKS/PPE

Masks are not compulsory once inside the studio but please do wear a mask while entering the building and walking in and out of the communal areas.

I as the teacher will wear a face shield and teach facing away from dancers where possible.

Dancers are free to wear a mask should they wish.

VENTILATION AND CLEANING

To maintain airflow, the main studio door and fire exit door will remain open throughout the class.

All Ballet barres, touch points, toilets and floor will be sanitised before and after each class.

SOCIAL DISTANCING

Dancers must maintain social distancing of no less than 2m at all times. Each dancer will have a 2x2m area to dance in with 60cm/1m gaps between squares as an extra precaution. (If anyone goes the wrong way!!)

Any travelling sequences will be carefully organised to maintain the 2m distance at all times.

Spaces are limited to 10 participants.

FIRST AID

In the case of any dancer falling ill or encountering an injury, first aiders will wear full PPE in order to administer any first aid.

IF YOU FEEL UNWELL

Temperature checks WILL NOT be carried out. If you or a member of your household has been unwell or shows symptoms of COVID-19 (including a cough and/or fever) then you are advised to keep away from studio classes until you/they have fully recovered and follow NHS and Public Health England's advice in regard to isolation. If you or a member of your household is diagnosed with COVID-19 then you must let Deborah Hoskins Dance know as a matter of urgency. 07772284827

deborah@deborahhoskinsdance.co.uk

If any teachers, dancers or volunteers are diagnosed with COVID-19 then Deborah Hoskins Dance will alert dancers immediately if you attended a class.

HOW TO FIND THE STUDIO

To find the studio - walk past the Loft cafe area, towards the Rainbow Factory entrance then turn left down the corridor. After going through two sets of doors the studio is on the right. There is plenty of free parking on site.

Studio 3 @ Workhouse Fitness
Springfield Commercial Centre
Bagley Lane
Farsley
LS28 5LY

Thank you for your co-operation. This all sounds very strict and serious but I'm sure we will all fall into a normal rhythm very quickly. I am so excited to be able to dance with you again and see your head AND feet at the same time!

Any questions you have, then please feel free to contact me.

Happy Dancing!

Deborah



Keep in touch

To keep up to date with news and information:

Visit: www.deborahhoskinsdance.co.uk

Facebook Page: <https://www.facebook.com/deborahhoskinsdance/>

Instagram: @deborahhoskinsdance