



## **Returning to Dance** **COVID-19**

Please read through the following steps, so that you know what to do when returning to the studio.

1. Please park your car and walk your child to be dropped off at the church  
**(Students must be dressed and ready for their dance class)**  
No parents/carers to enter the building. Students only in the Methodist Church. When we are ready for the students, your dance teacher will stand by the entrance before class.

While waiting please socially distance outside the main entrance(glass doors). When your teacher is ready please walk your child up the side pathway and drop off one student at a time.

Only Cygnets Ballet students can bring one parent into the corridor. Please can all adults wear face masks when entering the building.

2. No coats, bags etc to be brought into the building.  
One bottle of water and a small shoe bag with your shoes/dance socks to change into.  
Please remove Street shoes and put them in a bag when you enter the building.  
Please remember to use the loo before you come to class, there will only be access to one toilet in the building.

For those who do multiple dance subjects please pick one dance uniform for each evening.  
Yoga mats and sticky trampoline socks for Acro

3. Check for symptoms  
Please do not come to dancing if you are feeling unwell. Covid symptoms include fever, cough, difficulty breathing, loss of taste and fatigue.
4. A temperature check will be taken at the door.
5. Please use hand sanitizer as students enter the building.
6. A 10 minute cleaning break has been scheduled between each class. During the beginning of the break children will be guided to the exit. The teacher will then clean the surfaces before greeting the next class.

7. No props will be used unless it belongs to the student.

8. If a student is unwell or suspected to be unwell they will be given a designated room away from the other students.

9. Ventilation and masks

To allow adequate air flow, windows will be opened. At the moment students are not advised to wear face masks, we will keep you updated if the guidelines change. Students over the age of 11 may if they wish wear a face mask and the Royal Academy of Dance have stated students can wear face masks during any examinations.

10. Please keep 2 metres distance during all dance classes, dancers will have markers to help them maintain this in the studio. During Acrobatic Arts/Acro Bugs, students will work on individual islands 2 metres apart.

11. No bare feet or legs

Dance tights for all lessons. Boys please wear tight sports trousers over your unitard.

Please invest in some sticky trampoline socks for Acrobatic Arts and bring your own yoga mat.

No bare feet for modern, jazz and contemporary. Please wear jazz shoes or ballet shoes.

12. Please be punctual for all dropping off and picking up children. It is essential we keep to time.