



Les pas de ballet

COVID - 19 Health and Safety Guidance (Updated on 12th April 2021)

In order to prevent the spread of Covid-19, strict procedures will be in place.

We are following Government and Royal Academy of Dance's latest updates and guidelines regarding best practice.

All members of staff are taking twice a weekly rapid lateral flow tests at home.

THEY MUST NOT COME TO BALLET IF:

any student or a family member has Covid-19 symptoms, including but not limited to:

- A high temperature i.e. feeling hot to touch on chest or back
- 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 of or changes to your sense of smell or taste

However, if there has been a negative Covid swab and she or he is fever-free for at least 48hrs, you can return to ballet e.g. if a child has had a runny nose but no fever / cough, etc.

- THERE WILL BE **TEMPERATURE CHECKS at the door using contactless thermometer**
- ALL Students over 11 years old must wear a Face Mask, unless there is a medical exemption.
Please Read information sites below regarding masks and dance.
<https://www.thedancedocs.com/episodes/dancing-in-a-mask>
- One way system of entering and exiting the building
ENTRANCE via back of NMC carpark
EXIT via usual door
(except Grade 5, use the normal door for Entering as well)
- Arrive on time for the class, wait outside the building. We are creating bubbles and not to mix groups.
- Observe 2 metres social distancing and do not enter the building until the member of staff gives clearance.
- Parents will not be allowed to stay inside the building
EXCEPTIONS: Nursery and Pre-Primary ballet can have one parent (wearing mask), who helps with hand wash and shoes changing then please exit the building.



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- Arrive dressed and ready for ballet except shoes
- Hair up in ballet bun or a knot to avoid having physical contact between the staff and students
- Windows will be opened for ventilation - ballet cardigan should be worn (hoodies etc not accepted)
- If you must bring personal belongings please put everything in a bag
- Lost property will be binned.
- Hand sanitisers are placed at the entrance and exit door of the studio
- Wash hands whenever possible
- Floor, Barres, rails and door handles will be cleaned before the class and in between each class
- Floor will be marked out with 2 meters distance
- Please do not be late for pick up / drop off, to and from the class - this is to prevent any crossovers between each classes.