

Covid-19 Re-opening Q and A's

(as of 17-7-2020)

We have received a number of questions from our members. As we receive more details we shall add responses as and when we receive them from the Policy Teams at The Sport and Recreation Alliance and UK Active and we continue to currently seek clarification directly. In some areas, the guidance is continuing to change and update, but below you can find some of the key questions and answers, as received at the time of writing.

1. When can we reopen?

Dance Classes are allowed to open from the 25th July. Each club, including council-owned sports facilities, will make their own decision about when their facilities are ready to open and can be operated safely. You should only reopen or restart activities when you feel able to do so safely. Until you feel it is safe and responsible to reopen you should remain closed.

2. What Dance styles can we do?

All Dance activity should be consistent with the government guidance regarding health, social distancing and hygiene. That means that participants and others can maintain a safe two metre distance, (So this does mean that No activities that require direct or indirect contact including: partnering, tactile cueing, direct floor work) and good hygiene practices are in place that equipment is disinfected regularly, and that it is clear that anyone who is symptomatic or suspects they have been exposed to the virus does not take part and remains at home.

3. Can 'clinically vulnerable' people (such as people aged 70 and over or those with medical needs) participate in Para Dance Sport & Inclusive Dance?

The Government guidance for 'clinically vulnerable' groups is this has been paused but if you are meeting with people who is outside of your family bubble you can spend time outside in a group of up to 6 people, including people from other households. If you do this, the government advice is to:

- stay 2 metres away from people from other households (except if they're in your support bubble)
- wash your hands regularly with soap and water or hand sanitiser
- take particular care to minimise contact with others not in your household or support bubble
- do not share or exchange personal belongings (such as cups and water bottles) with others outside your household or support bubble
- avoid going into enclosed spaces and other shops, buildings and households (except the home of the other household in your support bubble)
- If you are living in a household with a possible COVID-19 infection or if you are classified as 'clinically extremely vulnerable' on health grounds, the guidance is that you should remain at and exercise at home.

Full details at: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

4. How many people can I instruct in a session, and how does this impact participants using mobility aids or those requiring personal or specific support?

This will really depend on the venue and the capacity and ventilation rules that have been set. Where possible, markings should be made on the floor to show the area for individuals by the venue or instructor. The general consensus is a recommendation of a 3m by 3m grid square per participant, to maintain at least 2m social distancing. But we strongly recommend you discuss and look at the space you will be using as part of your risk assessment for example turning spaces for wheelchair users may need more space which will impact the space and numbers in the class. Where possible, all spaces should be well ventilated using natural ventilation (opening windows)

5. If I am running consecutive classes how do I consider individual change overs?

Apart from the ensuring all areas are wiped, you will also need to consider (as minimum, depending on your risk assessment and venue set up) a 10-minute window in between sessions, so no 'waiting around' in groups in hallways.

6. Can we increase the number of dancers allowed on site if we have multiple dance spaces?

The maximum capacity is for each venue to determine according to the number of spaces available – for example a venue with more than one additional dance studio or area, may wish to consider increasing capacity accordingly so long as they consider it is safe to do so

7. Do we need to ensure that dancers stay in their 'bubble' for each session?

It is recommended to maintain the same dancers in each session and only adjust this or add further participants if an additional risk assessment is deemed the risk low enough to do so. Avoid mix and matching participants and sessions.

8. Can we use the club toilets?

Yes – toilets and throughways may be kept open, but guidance on hygiene and social distancing should be followed. This includes the use of the accessible toilets.

9. Can we use the changing rooms in venues?

Changing and cloak rooms will remain in use, as long as social distancing can be maintained, individuals should be sent to these areas in very small groups to avoid crowding. Each changing/cloak room should provide sections for each group to avoid mixing of groups

10. Can we still access venue equipment such as hoists etc?

Yes. Access to adaptive equipment should still be available in line with government hygiene standards.

11. Are we responsible for provision of hand sanitiser to all participants?

The Government guidance for facilities states as follows:

To help everyone maintain good hygiene, consideration should be given to:

- Using signs and posters to build awareness of good hand washing technique, the need to increase hand washing frequency, avoid touching your face and to cough or sneeze into your arm
- Providing regular reminders and signage to maintain hygiene standards
- Providing hand sanitiser in multiple locations in addition to washrooms
- Setting clear use and cleaning guidance for toilets to ensure they are kept clean and social distancing is achieved as much as possible
- Enhancing cleaning for busy areas
- Providing more waste facilities and more frequent rubbish collection
- Replacing hand dryers with paper towels in hand washing facilities
- Minimising use of portable toilets
- Sufficient provision of automated hand sanitising dispensers in public places

You should review the provisions made by the venue and your own risk assessment and ensure provisions as necessary which may require providing signage and/or hand sanitiser.

12. Can we allocate someone to 'manage' sessions/attendance in addition to those who are participating?

Yes – groups may consider the use of 'staff' if they consider this will enable them to reopen safely as part of their risk assessment.

13. How do we prepare a risk assessment?

Para Dance UK has prepared a simple risk assessment template and guidance. This should be adapted to your own needs and circumstances in conjunction with your venue. The guidance and templates are available Guidance - <https://paradance.org.uk/?p=4620>. Template - <https://paradance.org.uk/?p=4621>.

14. Can I/participants be discriminated against and refused access to attend a session due to disability?

When providing a service, providers have to maintain a commitment to the Equality Act 2010 and legal obligations to ensure that the decisions made in response to Coronavirus (COVID-19) do not discriminate against customers or staff with protected characteristics. However, within this request is also the need to ensure that government guidelines and safety of the community is also considered.

15. How will COVID-19 first aid provision be undertaken and regulated?

Although there may be heightened concerns around first aid, this will continue as normal, with the below aspects to be used when needed:

- Gloves.
- Face masks for general first aid.

The Resuscitation Council UK has provided specific guidance on CPR delivery. <https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public>

16. If the requirement is that music is not so loud that you have to shout- what does that mean for instructors who use music?

The guidance given is that an instructor will need to keep music at a lower volume so that it is not necessary to raise voices. Consideration should be given to the use of a head microphone (individual use only) if further volume is needed to avoid shouting. If raised voices or additional respiration is unavoidable, facemasks are recommended to reduce the possibility of transmission

17. Staying hydrated

It is recommended that all participants bring their own bottles and most venues will allow through drinking fountains for bottles to be replenished where possible

18. How can dance groups try to mitigate the risk of spreading COVID-19 during phased reintegration?

Remember that the best way to prevent the spread of COVID-19 is strict social distancing.

Treat yourself and anyone you meet as an asymptomatic carrier

- You should assume that you are an asymptomatic carrier and could therefore infect your dancers and anyone around you
- You should equally assume that your dancers are asymptomatic carriers and could therefore infect you and your family.
- This thinking is not to make you paranoid, but is an important mind set to have when reviewing each action in your session and working to decrease the risk of infecting each other.
- Identify times where breathing each other's air is particularly common
- These are the times when you need to think about blocking air transfer (like the plastic barriers now up at grocery stores and wearing face masks), and/or positioning differently.
- This includes all partnering work, time in changing rooms, and any physical contact with persons or equipment during sessions
- Plan for frequent disinfecting procedures as recommended by the government guidelines and your risk assessment

19. When is PPE appropriate and necessary?

Please note that PPE is a protective layer but does not guarantee protection against the virus and is not a substitute for the most important measure of prevention of spread of the virus which is social distancing, frequent hand washing, and avoiding touching the face

There have been a number of discussions surrounding this, and currently the guidance seems to indicate that this will vary upon the restrictions of the venue, the available ventilation (windows and air conditioning) and number of participants within the session, and so it seems that this will be subject to individual risk assessment. There has previously been discussion around whether the activity is deemed to be aerobic but this is currently inconclusive

The World Health Organisation (WHO) currently advises against the wearing of masks during exercise, but it may be appropriate for the instructor depending on the activity/circumstances.

Considerations for dancers if wearing masks

A mask will make it harder to breathe during exercise initially and dancers should self-monitor for symptoms of: light headedness, dizziness, numbness or tingling, and shortness of breath

If worn, dancers should monitor the intensity of the session as they get used to wearing a mask during exercise and try not to remove your mask during a session. Single use masks should be disposed of immediately with minimum contact or place a reusable mask into its own sealable bag and immediately wash hands and/or use sanitizer

Do dancers need to wear gloves?

Gloves are not recommended by the NHS or WHO at this time

Best practice is to wash your hands with soap and water for 20 seconds and/or use sanitizer. Washing hands is recommended before and after entering the studio

Do dancers need to wear eye covering?

No. This is not practical in the dance setting. Avoid touching eyes and face when in the studios and building. No one should be in the studio with an active cough or sneeze, even from allergies

20. Registration and Screening

The Instructor will need to ensure that a full list of all participants attending each of the classes is kept so this can be given to the relevant Track and Trace team who will contact all individuals who were in proximity to an individual who tests positively to Covid-19. To protect patient privacy, contacts are only informed that they may have been exposed to a patient with the infection. They are not told the identity of the patient who may have exposed them. They will then be given instruction by the Track and Trace team.

21. What happens if we discover a case of COVID-19 in our community once reopened at any phase of reintegration?

Instructors or participants who become ill must be isolated immediately and should seek medical advice.

22. What are some additional studio/venue considerations?

Create a space for dancers to place their bags so that social distancing can be maintained among belongings. These areas need to be cleaned after each dancer removes their bag or ensure the venue has cleaned them.

Floor work and the touching of floors should be avoided as frequent cleaning between uses of a studio is otherwise necessary. If floor work is necessary you may want to consider session times to allow for time to disinfect the floor. If possible, ask dancers to arrive with dance clothes under street clothes. Make sure that after interacting with any high touch surfaces these are sanitised.

Guidance from Scotland and Wales

Scotland

When will indoor gyms, leisure centres and swimming pools reopen?

The Scottish Government Ahead of the next review of the regulations on 31st July 2020, will have detailed discussions with local authorities and other operators to understand how gyms, leisure centres, fitness studios and swimming pools can introduce measures to safely open. So as it stands Dance studios in Scotland will not be allowed to be open.

Wales

When will indoor gyms, leisure centres and swimming pools reopen?

Ahead of the next review of the regulations on 30 July 2020, The Welsh Government will have detailed discussions with local authorities and other operators to understand how gyms, leisure centres, fitness studios and swimming pools can introduce measures to safely open. So as it stands Dance studios in Wales will not be allowed to be open.

Further information

Whilst the information may or may not be directly relevant, members may wish to review the guidance within the below resources:

Gov - Guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Gov - Guidance for people who work in grassroots sport and gym/leisure facilities.

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

Gov - Guidance for people who work in performing arts, including arts organisations, venue operators and participants.

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/performing-arts>

HSE - Working safely during the coronavirus (COVID-19) outbreak

<https://www.hse.gov.uk/coronavirus/working-safely/index.htm>

Information from EMD UK on Coronavirus (COVID-19) (Fitness Industry)

<https://emduk.org/important-information-from-emd-uk-on-coronavirus-covid-19/>

MIND - Return to play' Mental health guidance to support the return of sport & physical activity

<https://www.mind.org.uk/media-a/5889/return-to-play-mental-health-guidance.pdf>