



Para Dance UK

Return to Play Guidance August 2020

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Scope of Use

This guidance has been written specifically for instructors and participants of Para Dance Sport and Inclusive Dance at grass roots level, to provide guidance on the safety of returning to activity in light of recently published government guidance for those participating in sport and the performing arts during the Covid-19 Pandemic.

It is written as a guide to assist in coaches and instructors deciding on and preparing for safe return to activity, and for consideration of athletes and dancers as participants to consider their own mitigated risk circumstances.

It is not designed to guide venues on the measures they should take to ensure that venues are made as safe and as risk-free as possible for Para Dance athletes.

For further information, please visit the [gov.uk website](https://www.gov.uk), or refer to the references listed.

Summary Recommendations

Para Dance UK have made the following recommendation having first considered all published guidance on return to sport and performance (during the continued COVID-19 pandemic) by the [Government's Department for Digital, Culture, Media and Sport \(DCMS\)](#), the British Paralympic Association (BPA), alongside consensus guidance from the medical leads at One Dance UK, the Royal Ballet, English National Ballet, the Scottish Ballet, Birmingham Royal Ballet, The Activity Alliance, UK Active and the Sport and Recreation Alliance.

*It is our recommendation as the National Governing Body (NGB) that Para Dance Sport athletes and Inclusive Dancers continue to avoid training, rehearsal, performance and competition, including international competition, **UNLESS** the COVID-19 transmission risks can be adequately mitigated against.*

Although this may prolong the time spent away from sport-specific training, and beneficial dance activity, consideration of the health and safety risks of dancers, athletes and coaches is of the utmost importance to Para Dance UK as the NGB and leading provider of Inclusive Dance Activity. In communicating this recommendation, we encourage coaches, athletes and dancers to remain cautious and to consider all potential risks posed by returning to training, rehearsal, performance and competition

Para Dance UK do not currently recommend foreign travel for competition at this stage.

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Return to Play- Para Dance UK guidance for Coaches, Instructors, Grassroots Athletes and Inclusive Dancers

a. Thinking About Risk

It is currently recommended that coaches and participants first consider the risk of COVID-19 transmission posed by any proposed training, rehearsal, performance or competition environment not only to themselves, but also to all those they interact with beyond training, performance and competition.

In order to mitigate against any potential COVID-19 risk, or reduce it to the lowest predictable level possible. In line with government guidelines, it is recommended that organisations:

- a) perform risk assessments of individual training, performance or competition venues for representative athletes, and,
- b) take preventative measures to ensure that all recommended social distancing and infection control measures are complied with across all training, rehearsal, performance and competition venues.

With respect to the nature of Para Dance Sport and Inclusive Dance – where activity is performed indoors, and where respiratory rates will be elevated, necessitating greater distancing between individuals – the guidelines cannot be predictably followed in full, and Para Dance UK and are obliged to consider the necessity of continued activity (training, rehearsal, performance and competition) in view of ongoing risk of COVID-19 transmission.

The current recommendation is influenced by the limitation of risk assessment and guideline enforcement detailed above, as well as careful consideration of the health-related protected characteristics of many coaches, dancers and athletes and those individuals they may reside or have contact with (see Appendix 3).

It is recommended for instructors/coaches to prepare an action plan involving consultation with staff and participants as well as seeking advice from any additional governing organisations where necessary before returning to activity.

b. Who should return to Activity and Performance

[Shielding](#) for extremely vulnerable people in England has currently been paused, however Para Dance UK supports the decisions and wishes of those coaches, athletes and inclusive dancers who may choose not to return to training, rehearsal, competition and performance during this phase of the global COVID-19 pandemic. It also respects the decision of those continuing to shield or take precautions where they, or those they live with, fall into the “at risk” categories.

Please see Appendix 3 for further information from BPA (currently unpublished)

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 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.

Each Instructor/Coach and athlete or Inclusive Dancer should make their own risk assessment of leading or participating in a session. Those with health conditions, impairments or disabilities should explore their own heightened risk of contracting COVID-19.

[World Para Dance Sport Guidance](#) and the International Paralympic Committee [IPC](#) have their own guidance for Para Sport athletes. Please also refer to the Para Dance UK Guidance ‘Return to Training, Rehearsal, Performance and Competition for Elite Athletes.’

The physical, social and psychological effects of the lockdown and shielding period should not be overlooked, and the [mental health](#) of many may be affected. This area should have particular attention on the return to activity, and this may require additional training for those leading.

Physical activity should be gradually increased after a period of rest as this carries an increased risk of injury. You may also need to consider a blended approach between remote and face to face activity whilst transitioning participants to a full face to face delivery model.

Parents/Carers who are accompanying children or those participants who require assistance or supervision must abide by the Government physical distancing, good hygiene and household guidance. Parents/Carers should help participants to understand the measures that have been taken to keep them safe ahead of attendance and reinforce the message of having fun. Parents/Carers should be available to support their participant as required during a session to keep within households, and should leave promptly at the end of the session. It is the parents/carers responsibility to ensure adherence to venue rules and government guidance.

c. Social Distancing and Risk Mitigation in Performing Arts Environments

The following mitigating actions should be followed in order to reduce the risk of COVID-19 transmission for those deciding to return to training, rehearsal, competition or performance.

- a) Further increasing the frequency of hand washing and surface cleaning.
- b) Consider remote activity wherever possible
- c) Keeping the activity time involved as short as possible.
- d) Using back-to-back or side-to-side positioning (rather than face-to-face).
- e) Reducing the number of people each person has contact with by considering the use of 'fixed teams or groups' (so each person works with only a few others) which can be classed as a 'bubble'.

Examples of this would include:

- Grouping individuals into fixed teams that work together for each session and/or performance, or for specific periods, to minimise the risk of transmission beyond these fixed teams.
- Minimising transmission risk between fixed teams when they mix outside their team during a rehearsal or performance and during breaks or moving around a premises or venue.
- Ensuring that there is no swapping between designated fixed teams. This is to reduce the risk of whole team impact in the event of a worker contracting COVID-19
- Including any personal assistants for disabled staff or athletes as a member of the fixed team

Note that it is unlikely that this fixed team approach will be possible for coaches or instructors who work with more than one group or organisation simultaneously and the risk of moving to multiple groups or facilities should be closely monitored.

d. Keeping those in a Performing Arts Environment Safe

It is important to consider the additional challenges in accessing training, rehearsal, performance and competition venues when using transport or whilst travelling. Travel to and from venues could present high risk and participants and coaches should avoid public transport wherever possible, particularly at peak times when the risk would be highest, and ensuring that face coverings are worn if unavoidable. Multi-person transportation, particularly for those with protected characteristics should be avoided. Further advice regarding transport can be found [here](#).

Comprehensive and regularly updated risk assessments should form part of everyday working and should be shared with all staff and volunteers, along with the precautions and steps that are being taken to mitigate risk. This information should be freely available to all participants in a format which can be easily understood, and without limiting access. This may be necessary in a variety of languages or accessible or easy read formats with additional considerations for neurodiverse participants with additional information prior to attending to ensure understanding of new procedures.

The expectations of participants and staff should have regular visual reminders with the use of signage, floor marker and perhaps white boards.

Provisions for activity should be built around the principles of social distancing, maintaining social distancing of 2m between participants. This should be enforced with floor markers or tape, usually allowing a 3m x3m box or area for each participant. Instructors/coaches should maintain a distance of not less than 2m away from participants and particular caution should be taken with face to face instruction. The use of barriers or screens should be considered to mitigate risk. Additional staff or workers should also have clearly defined areas.

See Appendix 4 for an example diagram of room layout.

Each room/venue used will need its own risk assessment to determine safe numbers. This will depend on a number of factors:

- The size of the room and the ability to keep social distancing
- The type of activity taking place- activity with a higher respiration rate, and therefore higher risk of droplet contamination
- The ventilation available
- Consideration of number of support workers or others required to be present
- The distance between participants should be measured by the person and not the size of any mobility equipment, HOWEVER, any reduced distance presents greater risk of transmission onto surfaces such as wheelchairs and this should be included in the risk assessment

The current maximum allowed number in England remains at 30 people, however mixing of households should be avoided wherever possible and a rigorous booking system should be implemented to ensure that fixed teams are not mixed and numbers are not exceeded. Copies of attendance for all staff/participants/assistants should be kept for a minimum of 21 days to assist in Track and Trace. Fixed pairing systems should be used where support is necessary or 'remote' partner dancing takes place. Outside activity remains the safest option, but this may not be suitable.

Music should be played at levels low enough to prevent the coach/instructor from shouting, and singing should be discouraged. The use of head mic may assist in this. If shouting or instruction with a raised respiration rate cannot be avoided, further distance or screening should be employed

Breaks in sessions should be maintained for rest, rehydration and respiration recovery, but consideration should be given to staggering the time of these to prevent high population risk. Seating positions in rest areas should also maintain social distancing and avoid any face to face positions. Communal refreshment provisions should be avoided such as buffets and communal kettle use.

Considerations should also be given to allow adequate cleaning of such high risk areas.

e. Venues

Athletes are reminded that the capacity, movement-flow, continued accessibility, and ventilation of training, rehearsal, performance and competition venues is not under Para Dance UK control or influence and we are unable to guarantee adequate risk assessment or risk mitigation policies and procedures at any proposed training, performance or competition venues.

Each venue, club, including council-owned sports facilities, will make their own decisions about when their facilities are ready to open and can be operated safely and will have different rules to adhere to. It is still essential, however, for each coach or participant to ensure that risk can be adequately mitigated before taking the decision to participate or use a venue.

Each venue should have its own risk assessment and policies detailing their ventilation, numbers and cleaning provisions etc, but this does not remove the responsibility of the activity organiser (coach/instructor) from completing their own comprehensive and ongoing risk assessment. An example risk assessment template can be found in the Appendices of this document. This will be unique for each circumstance and should reflect this.

Full risk assessments by individuals and venues should all be complete and in place before opening. Venues may also keep their own register of attendance for the purposes of track and trace

Venues should have their own social distancing and hygiene markers and provisions with flow through areas in place, which you should follow, but instructors/coaches may be asked to add their own during hire periods, particularly for a different activity. The venue or user may decide that a steward to remind participants of the guidelines may be appropriate. Reasonable adjustments should be made for those with limited mobility or otherwise protected characteristics to ensure that they are able to comply with the social distancing requirements.

The use of public transport to attend sessions is discouraged and so additional parking facilities may be necessary and the venue may need to consider additional disabled parking areas or accessible areas. Participants should be encouraged to travel individually or with members of their own household wherever necessary. It may be necessary to collaborate with other organisations to assist in this area.

Particular consideration should be given to high population and footfall areas such as entrances and queueing indoors (for areas such as registration) should be avoided. Outside waiting should be used wherever possible or consider staggered arrival and departure times. Moving with areas should be limited to only where necessary and communal use items such as payphones, vending machines and touch sign-in screens prevented.

Accessible lifts (where relevant should be available for use, but care should be taken to ensure more regular cleaning and ensure that this does not become a high risk queueing area. It may also be necessary to adjust the number of users from the usual limit.

Toilets, including those which are accessible should be available for use, with social distancing markers. These should be considered high risk areas with more waste collection and hand cleaning areas required, and consideration should be given to ensuring adequate adjustments for disabled people to keep the correct distancing and access hand hygiene stations. Accessible toilets or hoist areas may be in demand due to the number available and care should be taken to prevent queueing or crowding for use of these facilities and consideration given to the need for multiple hoist bags to ensure no cross contamination between participants. The venue should include these areas in their regular cleaning schedules.

Background music within the venue should be avoided to prevent the need to raise voices.

First aid provisions should remain available with additional sanitisation available. First aid policies should be reviewed to reflect Covid-19 provisions and this may require further training. Guidance produced by The Resuscitation Council UK can be found [here](#).

Ventilation within the venue will be key to mitigating some risk and will influence the decision on numbers of participants. Either air-conditioning or natural ventilation will aid in the mitigation and the more the better. It may be necessary to adjust group or session numbers based on the results of the ventilation risk assessment.

f. Cleaning

The government guidelines on decontamination and cleaning can be found [here](#). All areas of the environment should be cleaned at the beginning and end (and perhaps during) the session. All participants and staff should comply with regular handwashing and personal hygiene. Under no circumstances should people be sprayed with disinfectant or similar! It may be necessary to consider participants with allergies or sensitivities depending on products and carrier method used.

Time should be allowed between sessions where numerous sessions are held back to back for thorough cleaning. This amount of time will vary on the size and results of the risk assessment as well as the ability of the participants to leave in a timely fashion and should be included in class scheduling to prevent participants from queueing.

All surfaces which will have been touched or subject to potential aerosol droplet contamination should be cleaned regularly. Flooring should be easy to clean, and should be cleaned between each session, particularly if contact by outside shoes, hands or bare feet or the wheels or ferrules of mobility equipment which has been used outside. Stay within venue guidelines and follow the colour coding guidelines and equipment in line with their risk assessment.

g. Equipment

[Current government guidance](#) strongly encourages the strict and regular cleaning (disinfecting) of all equipment used during activity, alongside the usual cleaning of personal equipment and belongings. This includes both personal and shared equipment.

For wheelchairs, this means thorough disinfection, particularly of all contact areas on arrival and departure of the training venue, and avoiding contact with wheelchairs by other athletes during the training wherever possible unless by people within their own bubble. Particular attention should be paid to tyres and wheels and gloves if worn as well as hand cleaning and ferrules or points of floor or hand contact of mobility equipment.

Sharing of equipment (including hire equipment and shared 'group' equipment and props) should be avoided wherever possible. Where it is necessary to change wheelchairs/ mobility equipment, the additional equipment should be stored in a specified area for exclusive use.

Each individual/household should have their own clearly laid out area for storage of personal and outside use items. All items (including waste) should be removed by the individual when leaving, although it may be necessary to provide additional waste carriers to ensure isolation.

There should be a clear policy for changing areas with clearly distinguished sections and staggered use times to allow for thorough cleaning and minimising transmission risk. It is recommended that shoes and outdoor clothing be removed or changed on arrival within the studio unless necessary, although reasonable adjustments should be made.

Each person/area should have their own items such as pens and folders as well as their own cleaning products. These should be labelled to prevent mix up or cross contamination and cleaned regularly along with hand cleaning.

It is strongly recommended that participants carry with them at all times hand sanitiser (70% alcohol), tissues, and disinfecting wipes, and adhere to the usual hand-washing guidance in order to prevent COVID-19 transmission.

h. Personal Protective Equipment and Face Coverings

Government guidance states that "Coronavirus (COVID-19) usually spreads by droplets from coughs, sneezes and speaking. These droplets can also be picked up from surfaces, if you touch a surface and then your face without washing your hands first. This is why social distancing, regular hand hygiene, and covering coughs and sneezes is so important in controlling the spread of the virus. The best available scientific evidence is that, when used correctly, wearing a face covering may reduce the spread of coronavirus droplets in certain circumstances, helping to protect others. Because face coverings are mainly intended to protect others, not the wearer, from coronavirus (COVID-19) they are not a replacement for social distancing and regular hand washing."

This means that here are some indoor places where you must wear a face covering by law where social distancing may be difficult and where you will come into contact with people you do not normally meet. Current guidance from the World Health Organisation and the Government's Department for Digital, Culture, Media and Sport (DCMS) advises that people will not be required to wear face coverings whilst exercising in community venues. Instructors should liaise with the venues to understand how and where face coverings should be worn when moving around the facilities outside of the session.

Instructors should assess their risk in personal wearing of face coverings depending on their own positioning, mitigating factors and aerobic activity.

There are medical exemptions to wearing face coverings and this includes children under 11 years. No person needs to seek advice or request a letter from a medical professional about their reason for not wearing a face covering, however some people may feel more comfortable using an exemption badge which can be accessed at medical exemptions.

Instructors should be aware of face coverings limiting communication, particularly for those with sensory impairments or disabilities and the distortion or facial expressions, potential for lip reading and sound projection

Additional Personal Protective Equipment (PPE) should not be necessary and are not recommended unless your risk assessment demonstrates a need.

i. Reporting and Tracing

Each session leader should have a clear policy for managing any potential COVID-19 symptoms or known positive test results.

All attendees should immediately go home and self-isolate if they experience any Covid-19 symptoms, and should comply with the government's Test and Trace service. Attendees should be recorded for 21 days to aid with this service. Thorough cleaning of areas of contact with a suspected case of COVID-19. PPE including gloves and an apron should be worn to do this. Venues should have their own procedure for this which you should follow closely.

Participants returning to activity following COVID-19 illness will need to be guided by their healthcare provider on safety and graduated return.

j. Insurance

Para Dance UK trained instructors who utilise our insurance will be fully covered for activity provided that a full and comprehensive risk assessment has been completed and risks mitigated.

For external insurance cover, the instructor should seek advice from their own provider.

k. Music

Music is an important part of dance activity and can still be used, but the volume level should be low enough to prevent shouting wherever possible and singing should be discouraged. The use of head microphones will aid to raise the volume of projection. Instructors may also consider the use of face shields to prevent droplet contamination with a raised voice.

With increasing activity taking place remotely and via various live or recorded platforms, the usual music licencing products may not provide adequate performance.

Para Dance UK partners, EMD UK, have recently launched a new online fitness music licence in partnership with PRS for Music. The licence allows instructors to legally play copyrighted and original artist music in their live online and pre-recorded classes.

The licence is available now and runs until 31st December 2020 when it will be reviewed by PRS for Music. Please find more information [here](#)

l. Para Dance Sport Technical Specifics

Please note that it is not recommended for non-professionals to consider activities that require social distancing to be compromised such as face to face or 'contact' dancing or partner work other than with those from within a single household.

The nature of Para Dance Sport will require a large amount of partner work, and in situations (e.g. combi) physical contact and face to face positioning. If partner work is continued, partnerships should be classed as a 'team' and should not be switched. Consideration should be made to the makeup of such teams with reference to the vulnerability of the dancers, and the amount of contact that the dancers have with individuals outside of their household. It would be inadvisable for a person who is considered extremely clinically vulnerable to partner with a keyworker with multiple daily public contacts for example.

Para Dance Sport technique can be rehearsed as solo movements for the majority of categories or danced with additional distancing for others (i.e. duo) if adequate space is provided.

A risk assessment should be carried out regarding the amount of contact and face to face engagement that will be involved in deciding to proceed with contact figures and high risk categories of dance. If unavoidable, high risk figures or compromises to social distancing should take place for as little time as possible.

Movement around the room for multiple individuals or teams (i.e. following line of dance) is not advisable as movement with others behind is not recommended due to droplet flow and so this will require an adjustment of positioning, allocation of individual floor space or individual lessons.

m. Inclusive Dance Technical Specifics

Inclusive Dance provisions will vary greatly depending on the participant type, number and genre(s) of dance involved. Considerations for those who may find the transition to COVID mitigations difficult or who will struggle to comply with them without support should be taken. In these instances it may be necessary to have less participants to allow more distance for each individual and ensure social distancing is maintained. Clear signage and floor marking to indicate spacing, flow and cleaning areas will also be required.

It may also be challenging to prevent clapping, cheering or singing in some participants, and the risk assessment should mitigate this.

Dancers should not move with others behind them due to droplet flow and so consideration to start positions should be given or clear allocations of floor space. Any communal or mix and match or dances with physical interaction or face to face contact should be adapted with social distancing guidelines in mind.

Seated dance with clear spacing could offer a more easily regulated activity if appropriate.

Glossary- Definitions and Terms

NGB – National Governing Body – Para Dance UK

IPC- International Paralympic Committee

BPA- British Paralympic Association

World Para Dance Sport –The world governing body for Para Dance Sport

Training, rehearsal, performance and competition venues – any venue where participants undertake Para Dance Sport or Inclusive Dance activity

Training, rehearsal, performance and competitive equipment – any equipment used either for the purpose of, or during, Para dance sport activity

Representative athletes – athletes representing Great Britain in Para Dance Sport, and any athlete registered with the National Governing Body

Protected characteristics – those characteristics that define the medically “at risk” groups

Coach/Instructor- a person leading an Inclusive Dance or Para Dance Sport session or class

Para Dance Sport Athlete/Inclusive Dancer/Participant- any person taking part in Inclusive Dance or Para Dance Sport sessions for training, rehearsal, performance or competition

References

1. <https://www.nhs.uk/conditions/coronavirus-covid-19/>
2. <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/performing-arts#arts-3-1>
3. <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/performing-arts>
4. <https://www.gov.uk/government/collections/coronavirus-covid-19-transport-and-travel-guidance>
5. <https://www.who.int/images/default-source/health-topics/coronavirus/myth-busters/mythbuster---masks-and-exercise.png>
6. <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>
7. <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>
8. https://www.paralympic.org/sites/default/files/2020-08/2020_08_03_Assessment%20of%20potential%20Covid-19%20disease%20risk%20based%20on%20disability%20for%20physicians.pdf
9. <https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public>
10. https://www.paralympic.org/sites/default/files/2020-08/WPDS_Return_Guidelines.pdf
11. <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>
12. <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>
13. <https://www.gov.uk/government/publications/coronavirus-covid-19-personal-protective-equipment-ppe-plan/covid-19-personal-protective-equipment-ppe-plan>
14. <https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own>
15. <https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own#the-reason-for-using-face-coverings>
16. <https://emduk.org/online-fitness-music-licence/>
17. Return to Training and the Training environment for Paralympic Athletes - Medical considerations (unpublished). British Paralympic Association, Dr Stuart Miller.

Additional Information

Return to Performance Consensus (unpublished) – Medical Leads: Royal Ballet, Scottish Ballet, English National Ballet, and Birmingham Royal Ballet. Authors: Dr Nick Allen, PhD, Professor James Calder, Dr Roger Wolman, Richard Clark, Andy Reynolds, Martin Lanfear. June 2020.
<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/close-contact-services>
<https://emduk.org/important-information-from-emd-uk-on-coronavirus-covid-19/>
<https://www.onedanceuk.org/covid-19-guidance/>
<https://www.sportandrecreation.org.uk/news/covid-19>
<http://www.activityalliance.org.uk/news/5752-using-activity-alliance-ten-principles-to-encourage-act>

Appendices

Appendix 1

[Guidance on COVID-19 Risk Assessment Completion](#)

Appendix 2

[COVID-19 Risk Assessment Template](#)

Appendix 3

At risk athletes

As per the guidance from the British Paralympic Association, it may be useful to consider Para dance athletes within a number of categories, when considering their return to training on a phased basis.

Athletes in **Group 1** would not be expected to stop shielding and there are many athletes in **group 2** who, whilst not formally on the 'shielded' list are, nonetheless, significantly at risk by exposure to COVID-19 and would not be expected to return in the early phases of returning to training.

For those deemed less at risk from COVID-19, we would encourage a careful individual assessment of the benefits vs. risks of returning to the training environment.

Group 1 – “Athletes who fall into the [government guidelines](#) of shielded populations”.

Group 2 – “Athletes who by their disability may have a reduced or poorly co-ordinated respiratory effort, reduced cough reflex, poor airways protection or other disability that may interfere with respiratory function. Athletes with cardiac co-morbidity as part of or distinct from their disability. Athletes with significant disabilities that require significant input from a carer or who may *be* significantly affected by COVID-19 infection as a consequence of their disability.”

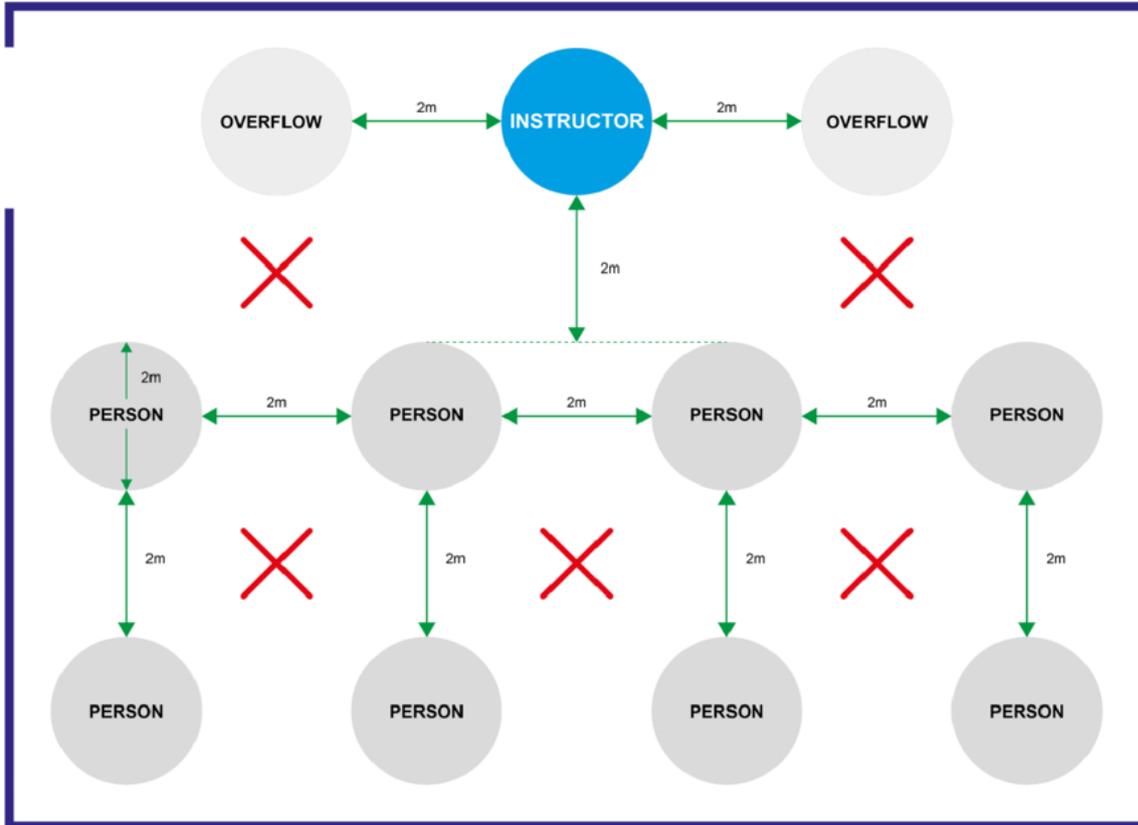
Group 3 – “Athletes who – whilst not obviously at increased risk would be significantly impacted in their ability to self-care if affected by COVID-19”.

Group 4 – “Athletes with a disability that do not have particular additional risks to their health or independence if affected by COVID-19”.

Return to Training and the Training environment for Paralympic Athletes - Medical considerations (unpublished). British Paralympic Association, Dr Stuart Miller.

Appendix 4

An example floor plan, dependent on specific risk assessment



Para Dance UK is continuously reviewing the specific guidance for Northern Ireland, Wales and Scotland. Whilst the timeline for activity is different, the guidance of participation in Para Dance Sport and Inclusive Dance is not. Para Dance UK will update this guidance if specific changes from the English guidance is found. For more information please see the below guidance.

Northern Ireland

<http://www.artscouncil-ni.org/images/uploads/publications-documents/In-the-Bubble-of-Our-Making-Reopening-the-Arts-in-Northern-Ireland-July-2020.pdf>
[Covid-19: Guidance on the safe return of sport](#)

<https://www.publichealth.hscni.net/covid-19-coronavirus/covid-19-information-public#face-coverings>

Wales Guidance

<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html>
<https://gov.wales/face-coverings-frequently-asked-questions>
<https://gov.wales/keeping-records-staff-customers-and-visitors-test-trace-protect>
<https://gov.wales/coronavirus-social-distancing-guidance>

Scotland Guidance

<https://www.gov.scot/publications/coronavirus-covid-19-guidance-for-the-performing-arts-and-venues-sector/>
<https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/gatherings-and-occasions/>
<https://www.gov.scot/publications/coronavirus-covid-19-guidance-on-sport-and-leisure-facilities/>
<https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/>

End of Document