



## **Ambition School of Dance**

**At: The Studio, 2<sup>nd</sup> Floor, Ebbisham  
Centre, Derby Square, Epsom**

**Safe Practises in light of COVID-19**

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**12<sup>th</sup> August 2020**

# Contents

## **Introduction**

Here at Ambition School of Dance our main focus in operating during the Coronavirus Pandemic is the safety of our staff and students.

This document has been put together for staff, students and parents to provide clear information on our operating policies and procedures during the Coronavirus Outbreak.

## **Government Advice and Guidelines**

Ambition School of Dance will be operating under the Government advice and guidelines during the Coronavirus Outbreak. Up to date information is provided on the Government Website and we check this regularly for any updates or changes.

On 9<sup>th</sup> July the UK Government announced the reopening of dance studios from 25<sup>th</sup> July 2020. Please see the link to the statement here:

[https://www.gov.uk/government/news/government-announces-gyms-and-pools-to-reopen-safely?fbclid=IwAR3Z8LchrMvgK4JZgcDAbaZPfyDY\\_pUiU4sgbw1f6PZpag4-3f\\_p26wNj5Q](https://www.gov.uk/government/news/government-announces-gyms-and-pools-to-reopen-safely?fbclid=IwAR3Z8LchrMvgK4JZgcDAbaZPfyDY_pUiU4sgbw1f6PZpag4-3f_p26wNj5Q)

The Department for Digital, Culture, Media & Sport has issued guidance for providers of grassroots sport and gym/leisure facilities please see link here:

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

Guidance has also been issued for the performing arts, please see link here:

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

The Government has also issued guidance for out of school settings for children:

<https://www.gov.uk/government/publications/protective-measures-for-holiday-or-after-school-clubs-and-other-out-of-school-settings-for-children-during-the-coronavirus-covid-19-outbreak/protective-measures-for-out-of-school-settings-during-the-coronavirus-covid-19-outbreak>

## **Risk Assessments**

Risk assessments will be carried out at least once a week by Ambition staff. Copies of our most recent Risk Assessment is available upon request.

## **Using The Studio Safely**

We have considered many factors on how we can operate safely from our studio and how we can adhere to social distancing guidelines.

On 12<sup>th</sup> August 2020 current guidance states that only one person per 100sq ft can be admitted into the studio. We calculate that a maximum of 12 people (including staff) can be in the studio at any one time. Larger classes will be required to split into two groups and rotated between classes in the studio and via live stream on a bi-weekly basis. We will review and update this restriction regularly.

On top of this, the current maximum group size for children in an out of school setting is 15.

Current guidelines specify that in dance studio settings each dancer should be socially distanced and avoid face to face positioning to stop the spread of vapour/droplets when exercising. 2mx2m boxes will be clearly marked on the floor for each student to dance in and all students will face in the same direction. Where possible exercises will be kept within the student's allocated box. When travel is required the students will travel from opposite corners to avoid droplets being passed into the air stream of the student behind them. When students are required to work at the barre, they will be positioned 2m apart with clear markers and will all face in the same direction.

Where mats are required, each student will be provided with their own mat for use throughout the lesson. All mats will be cleaned thoroughly after use.

All students must arrive to class in their uniform. To limit transmission of the virus, students should bring only a change of shoes and a water bottle into the studio.

Music must be played at a suitable volume to avoid an increased risk of transmission - particularly from aerosol and droplet transmission.

## **Managing Contact**

Ambition School of Dance will provide hand sanitiser and this must be used by every student upon entry.

No partner work will be permitted during the Coronavirus Outbreak.

We will not be accepting cash during the Coronavirus Outbreak. All fees must be settled via bank transfer.

The use of equipment will be kept to a minimum and all equipment will be cleaned thoroughly between use.

Contact between student and teacher will be kept to a minimum. We need to ensure children are kept safe and we will make contact in the case of safety and/or emergency. In acro/gymnastics classes, students will not attempt new tricks or tumbles that require support.

Entry to the studio will strictly be on a book in advance system.

## **Cleaning**

The most effective way to control the spread of Coronavirus is through cleaning and washing our hands. Staff will regularly wash their hands throughout their shift and thoroughly clean the studio between classes.

Classes have been timetabled to allow a minimum of 10 minutes cleaning time between each class. All equipment, floors and surfaces will be cleaned with anti-viral disinfectant.

No students or parents are permitted in the studio during cleaning breaks.

## **Moving in, out and through the Studio**

To avoid crowding in the centre, students should not arrive until their class start time. Do not arrive to class early. Students should line up outside the studio on the markers provided.

Students will be permitted entry one at a time. Parents (unless supervising in pre-school classes) will not be permitted in the studio during the Coronavirus Outbreak.

We do not have the facilities to provide a one-way system within our studio, therefore exit will be through the same door. Parents should wait outside the studio on the markers provided and we will dismiss children one at a time in the order that parents have arrived. Parents must not arrive early to collect their child or wait outside the studio during class time. Our waiting area will be closed to parents during the Coronavirus Outbreak.

## **Supporting Test and Trace**

The opening up of the economy following the COVID-19 outbreak is being supported by NHS Test and Trace. We will assist this service by keeping a record of our visitors for 21 days to assist NHS Test and Trace with requests for that data if needed. We will keep an electronic record of students using our class registers and all other visitors entering the studio outside of class times will be required to record their name, home phone number, mobile number, date and times of entry and exit so that each person could be contacted if there is a case of COVID-19 connected to our facility.

If a case of COVID-19 is connected to our studio, we will follow the advice of the test and trace service and contact students/families if required.

## **Spectators**

During the Coronavirus outbreak we will not allow spectators within our studio except for our pre-school classes, where one parent is permitted to enter with each participating child.

We do not have the space to facilitate siblings in these classes, during the Coronavirus Outbreak.

## **Ventilation**

Ventilation is an important part of mitigating against the transmission of COVID-19. Our ventilation systems provide 100% fresh air and do not recirculate air from one space to another.

We will also increase the existing ventilation rate by fully opening dampers and running fans on full speed, operate the ventilation system 24 hours a day and increase the frequency of filter changes

## **PPE and Protective Clothing**

The WHO advises against the use of masks when exercising. In the UK children under the age of 11 are not required to wear a mask in indoor settings. Facemasks will therefore not be required in our studio by students and staff. Visitors outside of class times will be required to wear a mask upon entry.

Children will be required to wear suitable dancewear and shoes when participating in classes.

Gloves will be worn if contact between staff and children is unavoidable.

## **Safe Practises at The Ebbisham Centre**

The Ebbisham Centre has it's own guidance for occupants and visitors. They also carry out daily risk assessments and have put measures into place to control the spread of Coronavirus.

Hand sanitisers are provided throughout the centre and floor markings including one-way systems have been put into place.

Please take note of the Ebbisham Centre's guidance when visiting Ambition School of Dance