



## **Covid-19 Policy**

### **1) Introduction**

Move Momentum is committed to ensuring the safety of our staff, volunteers, and students. We will be continuing to monitor and comply with all government guidelines and requirements and changing our policies accordingly.

### **2) Managing Expectations**

We are aware that classes will be different from what you are used to and that you may have concerns about returning to face-to-face classes. Please remember that this is perfectly normal and that the Move Momentum team are here to support you in whatever way we can. Please communicate with our staff/your teachers if you are feeling this way and we will do our best to offer support.

### **3) Responsibilities**

Move Momentum is aware that we have the responsibility for ensuring people's safety and as such we will be implementing these guidelines as follows. Please read and adhere to these guidelines wherever possible. These are general guidelines for all Move Momentum classes, however, you will be informed if the venue of your class has any other specific guidelines or rules that you must adhere to.

### **4) Before the class**

4.1. You/your child **MUST NOT** attend your class if you or anyone in your household contacts are showing any symptoms of Covid-19 if you are showing symptoms you and your household contacts should self isolate for 14 days from when you first developed symptoms.

*Anyone who displays symptoms should arrange to have a test to check if they have coronavirus. If they test negative, they and their household contacts can end their self-isolation. You may only return to your class once your self-isolation period has come to an end either through a negative test result or the 14 days has passed.*

*The main symptoms of coronavirus (COVID-19) are:*

- *a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)*

- *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 or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal*

4.2. Please ensure we have your correct and up-to-date contact details for our track and trace system.

4.3. We will be adhering to the specified capacity for people at each specific venue.

4.3.1 For Liberate Dance and GEMS, your dance teachers will be running 'check-in' system to keep a track of who will be attending the class that day. Please ensure that you let your teachers know in advance if you will be attending class. Unfortunately, if you don't inform us and we are already at max capacity you may not be able to participate. We understand that this is not ideal but it is in the interest of everyone's safety we ask that you bear with us whilst this measure is in place.

4.3.2 For Academies we will not be operating a check-in system, instead, the class numbers will be capped at the maximum capacity for that space. Please ensure that you are attending your class each week unless you are unwell or self-isolating.

4.4. Please only arrive 5 minutes before your class is due to start. If you are early you will be required to wait outside the building/studio until it is time for your class.

4.5. Students are required to wear face masks upon entering and exiting buildings and in any communal areas.

## **5) During the class**

5.1. Where possible there will be one way in and one way out of the dance studios, please pay attention to the one-way systems. Where not possible we will ensure there is sufficient time between classes to ensure there is no cross-over between groups.

5.2. There will be hand sanitizer available which must be used upon entering and exiting the dance studio (and the building where applicable).

5.3. Staff will be required to clean down any areas in the dance studio that might have been touched before and after each class. e.g. door handles

5.4. Students are not required to wear face masks during the class, however, they may choose to wear face masks.

5.5. All teachers, assistants and class volunteers may be wearing face coverings, this will be at each teacher/assistant/volunteer's discretion.

5.6. All students, staff and volunteers must keep to social distancing guidelines. This is currently at 2 metres or where 2 metres is not possible, please keep to 1-metre plus. (1-metre plus means using extra precautions e.g. wearing a face covering)

5.7. Avoid touching your face, eyes, and mouth.

5.8. Students should avoid touching surfaces in the studio and should not touch any equipment or furniture in the space that is not necessary.

5.9. Studios will be kept suitably ventilated during the class.

5.10. Academies will be reduced to 50mins (17:30 - 18:20) to allow teachers time to clean any necessary areas in the studio after the class. Parents collecting should arrive promptly at the end of a class to collect and wait outside the building.

5.12. Parents are not to enter the studio either before or after class.

## **6) After the class**

If you develop symptoms within 48 hours of attending your class you MUST inform Move Momentum asap via phone or email:

**info@movemomentum.co.uk**

**01962 809234**

## **Declaration**

I agree to abide by Move Momentum's Covid-19 Policy until further notice and/or government guidelines change.

Signed:

Name:

Date: