

# COVID 19 HEALTH & SAFETY STUDIO & DANCE GUIDELINES

Based on the governments advise and guidelines, Stages have made some changes so we can all continue to operate and ensure everyone feels safe at our classes.

- Reduced capacity to 2 metre distancing
- Increased sanitising
- Increased ventilation
- Staggered entry for large groups

Please follow the instructions on hygiene and social distancing as below.

By attending Stages you agree to abide by these rules

1. Use hand sanitiser upon arrival and throughout your time with us. Ideally bring your own to reduce contact with dispensers but we do have pumps located at the entrance and in each studio.
2. NO FOOD AND DRINK - only bottled water which is not to be shared
3. There are no tea or coffee making facilities or communal seating available
4. Maintain 2 metres distance, please adhere to floor markings
5. Arrive at your allocated time and not before
6. You must be on time for collection of your child as there is no waiting area
7. Ticking in is at the main entrance (on the side of the building)
8. Exit will be at the rear of the building
9. Parents will not be allowed in to the building
10. Maintain a 2 metre distance when queueing outside
11. There is only 1 toilet available so it will be limited to one person at a time.
12. Limit your touching surfaces such as the wall or any equipment in the studio
13. Cover your mouth with a tissue to cough or sneeze and throw the tissue in the Covid 19 bin. Use hand sanitiser immediately afterwards
14. If doing a stretch/acro class then you need to bring your own yoga mat
15. Whilst in the studios and anywhere in the building do not share equipment such as exam routine sheets, books, hair bobbles, drinks etc
16. Students may bring their electronics into class to prevent theft but they must be turned off and in your bag. Stages will not be held responsible for missing or stolen personal items

## DRESS CODE

1. No jewellery allowed except stud earrings.
2. Hair must be pulled back off the face and in a bun or ponytail
3. Leggings and t-shirts for babe's and Juniors age groups
4. Leotard with tights for inters upwards
5. Jazz dance shoes for modern and stretch - (slip on jazz shoes for those that can't do their own laces)
6. ballet shoes for ballet NO bare feet allowed and if you forget your dance shoes you wont be allowed to take class.
7. Babes can wear ballet shoes but must arrive in outdoor shoes. We will help to change shoes in the studio. Easy to slip on outdoor shoes please. NO Bare feet allowed for babes
8. Only 1 small bag allowed containing your shoes, water, spare hair bobble, own hand sanitiser, electronic device (turned off) small pack of tissues plus any other personal items needed. NO FOOD. Stages bag is perfect size
9. Stages hoodie or plain zip jacket allowed but do not bring coats inside
10. Jogging trousers can be worn over leggings or tights for queueing outside in cold weather but no jeans.
11. You must be dressed to dance on arrival as there is no changing facilities
12. Arrive wearing your outdoor shoes. You will change your shoes inside the studio. DO NOT walk across the car park in your dance shoes. You will have your own numbered spot on the outside of the studio to put your bag. This is where you will change your shoes. DO NOT will not walk across the dance floor area in your outdoor shoes.
13. Shoes: We will be able to help babes with their shoes but please put them in easy to slip on shoes and not ones with laces or buckles. Juniors upwards need to do their own shoes quickly ready for ticking out - No laces or buckles that take ages for them to do- slip on shoes where possible and no boots

We are still ordering stages uniform Jackets and bags only. Bags can be ordered by sending Alison a message. Jackets can be tried on for size by appointment only. Please send a message to Alison if you want to try on a uniform jacket.

Dance shoes can be purchased from many places these days. Dance Direct are a very good on line company. Katz dance shop in Nuneaton town (if open) and even Amazon and E Bay are now selling dance shoes.

We are no longer selling second hand shoes from the dance school. Shoes will be returned to you on your first visit to class. We do now have a shoe box selling page where you can look for shoes or sell your old shoes. We will join up everyone on our Stages dance school page to the shoe box.

## FIRST AID

In the event of first aid being required, a trained staff member will aid the child. Where it is not life threatening staff will be wearing full PPE and parents will be contacted.

Please make sure we have your correct contact number. If it is not the one given for track and trace then you need to make sure to email or txt alison the phone number that we will need to contact you on in an emergency.

## COVID GUIDELINES

Staff and dancers who are unwell with the following symptoms of Coronavirus should not attend the studio. If you have any of the following symptoms **DO NOT** enter the building. Please note that we have the right to refuse entry to anyone using the studio if you have Covid symptoms , and no refunds will be eligible.

1. A high temperature- this means feeling hot to touch on your chest or back
2. A new, continuous cough
3. A loss or change to your sense of smell or taste

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home and isolate for 14 days.

Please contact us as soon as possible if you have symptoms

If you have recently travelled or come back from abroad don't forget that you might need to self isolate in accordance with government guidelines.

## FEES

1. Customers are to enrol using BANK TRANSFER ONLY on a 4 weeks basis and you will receive an email with an invoice one week prior to the fee being due.
2. Teacher and dance studios are hired for the year based on class numbers in September and for this reason are NON-REFUNDABLE
3. If forced to close due to snow, lockdown, pandemic or natural disaster will Reschedule or offer a credit on your account
4. Accounts that are 14 days or more in arrears will unfortunately result in the Dancers place being with-held until the account is brought up to date
5. There is a small increase in class prices for the present time. This will be reviewed Should we be able to increase our class sizes at any time.

