

ASPIRATIONS SCHOOL OF DANCE

HEALTH & SAFETY – BACK TO STUDIO GUIDE – COVID-19

INTRODUCTION

Although the lockdown is to continue for a number of weeks, the government are reviewing things as we go. Aspirations developed several tools & guides to help such as:

- Re-opening the studio- implementations
- Hygiene Checklist
- Risk Assessments
- COVID-19 'chat'
- Maintaining Hygiene 'chat'

6 STEP PREPARATION

We have devised six simple steps to reassure our members of our preparation, planning and implementation of any changes that may be needed in order to adhere to social distancing measures and other advice from the government.

BUILDING PREPARATION

We have evaluated what measures need to be put in place in the premises to ensure the safeguarding of staff, contractors, visitors, and school members. A full risk assessment has been carried out.

It will be natural to feel anxious about your children returning to a physical activity and trust that the measures that Aspirations School of Dance will put into place to safeguard may alleviate some of these fears.

A deep clean of the premises will be undertaken before opening and on a regular basis.

IMPLEMENT SOCIAL DISTANCING

What is social distancing? Social distancing is reducing day to day contact with other people as much as possible. Our measures may include but are not limited to:

- Ensuring a minimum 2-metre distance between students / parents. (This may be reduced to 1-metre)

- Avoiding 'gatherings'. For the time being adults will not be allowed in the building. Note: to date science dictates that those over the age of 16 are in a higher risk category of contracting Covid-19 than minors.
- Implementing 15-minute breaks in between classes to limit through flow of children
- Restricting or limiting the number of students inside the premises at any time. This will be dependent upon the social distance guidance given over the next few weeks when we finally receive clarification from the government.
- Specify dance positions by means of 'dance boxes' i.e. clearly marked areas to ensure minimum social distances are adhered to.
- Use digital means for communication instead of paperwork
- Use contactless payment methods to limit handling for both fees (go-cardless) and uniform (BACS)

LIMIT ACCESS AND CONTROL

Until further advice from the Government we will want to limit visitors & contractors to the premises.

We will only allow business critical visitors and contractors access. These might include:

- Those delivering or collecting goods in order for the business to function
- Contractors undertaking statutory repairs & services such as fire systems maintenance. Thorough Examination & Inspections.
- Contractors undertaking emergency maintenance works.
- New students' parents will be invited to watch the class through ZOOM.

Additional control measures:

These will be solely dependent upon the government's requirements:

- Face shields or masks

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ENSURE HIGH LEVELS OF HYGIENE

Maintaining high levels of hygiene at the studio will minimize the spread of COVID-19. As mentioned earlier a deep clean of the premises will be implemented prior to opening followed by weekly deep cleans at the close of business each Saturday.

A number of further measures have been taken in-house.

- Sanitizing stations within the entrance and studio
- No touch soap dispensers in the bathroom
- Air purifier in studio
- Studio will be steam moped in between each class
- Children will be allocated their own barre cloth which will need to be taken home and brought to class. This limits touching the barre and contact.

RESPIRATORY HYGIENE:

Ensuring all sneezes, coughs or blows of nose are caught in tissues that are disposed of immediately, and hands washed after. The NHS refer to this as “Catch it, Bin it, Kill it”.



HAND HYGIENE: Correct hand washing technique is important. The key steps are:

- Wet Hands with water.
- Apply enough soap to cover all hand surfaces
- Rub soap in liberally to form a thick lather (bubbles) all over the hand, including between fingers & thumbs, wrists, and nails.
- This should be done for at least 20 seconds,
- Hands then rinsed with water.
- Hands dried with a disposable paper towel.

Note: Hands should not be left wet, as wet hands can spread bacteria 1000 times more than dry hands.

REVIEW

Finally, all changes will be reviewed on a regular basis. Government advice is changing as we learn more about COVID-19 and as we enter different phases of the lockdown measures. Any changes made will be reviewed on a much higher frequency than those of a normal risk assessment to ensure the latest guidance is being followed.

LET'S KEEP OUR STUDIO RUNNING

STAY SAFE

IMPLEMENT CHANGE

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