



Hot House Dance Face 2 Face Classes

BE SMART! DO YOUR PART!

INSIDE THE GUIDE

BE SMART! DO YOUR PART!

We want to keep the whole HHD Family safe – dancers, teachers, parents and our wider family & community.

We have done our homework and have waded through all government & dance industry specific rules, advice and guidance and broken it down into just 2 main key areas. All of the measures that we are putting in place are to protect the whole HHD family, and ensure that we are able to stay open.



CONTACT US

if you have any anxieties about returning to face to face classes, please do not hesitate to get in contact and we will happily take you through our measures. Where possible we will make reasonable adjustments to help make you feel at ease.

We are aware there are slight differences in guidance for children and adults. We have gone further than the standard advice and devised a plan to protect every age range within the Hot House Dance family from kids classes through to our adult classes.

We will need to know anyone who is or has a close family member who is in close contact with you who is in the vulnerable/shielding category.



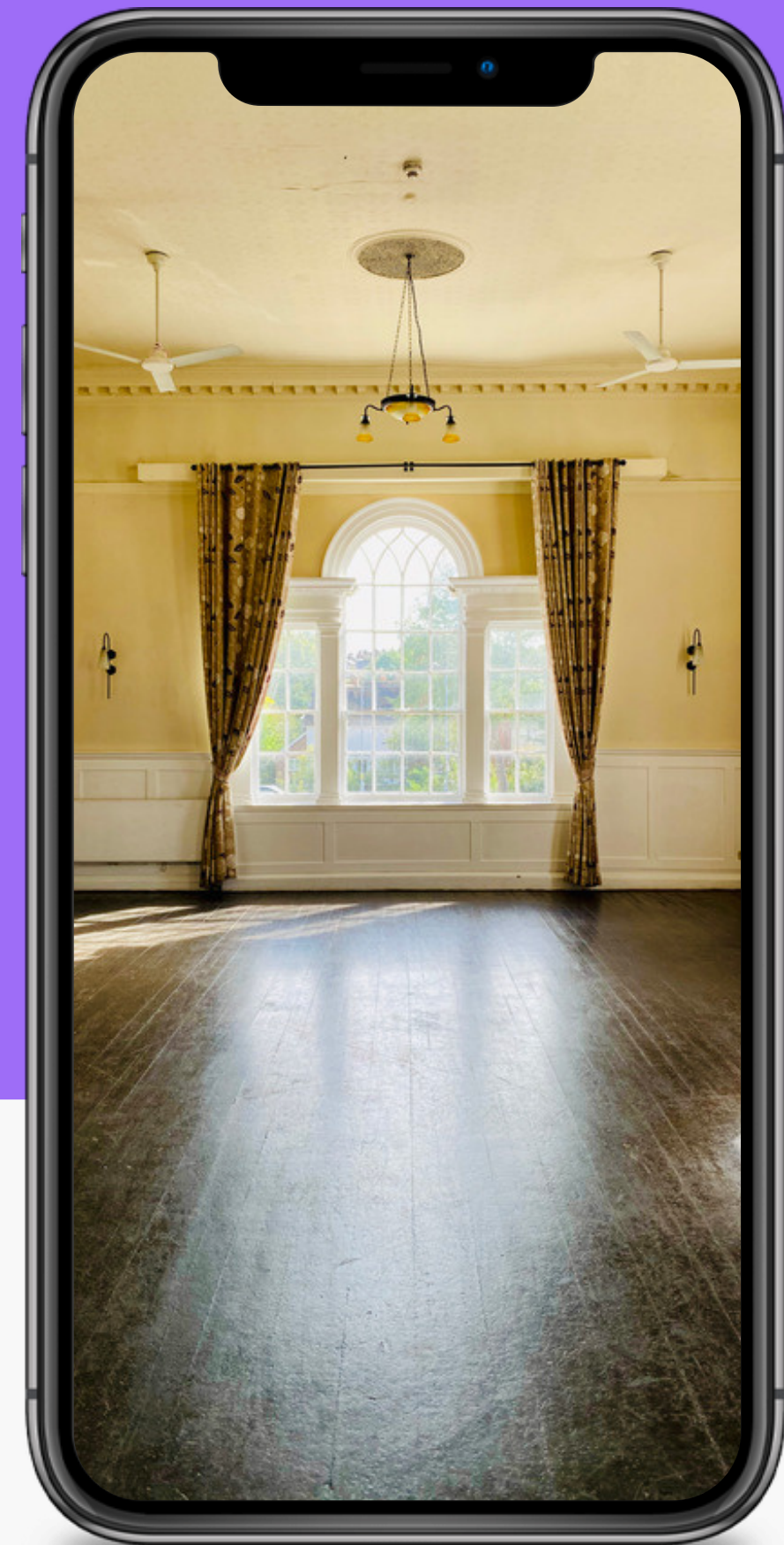
SAVE THIS LINK

You will need it before every class this term to complete your Health Check in form before arriving

<https://www.hothousedance.co.uk/face-2-face>

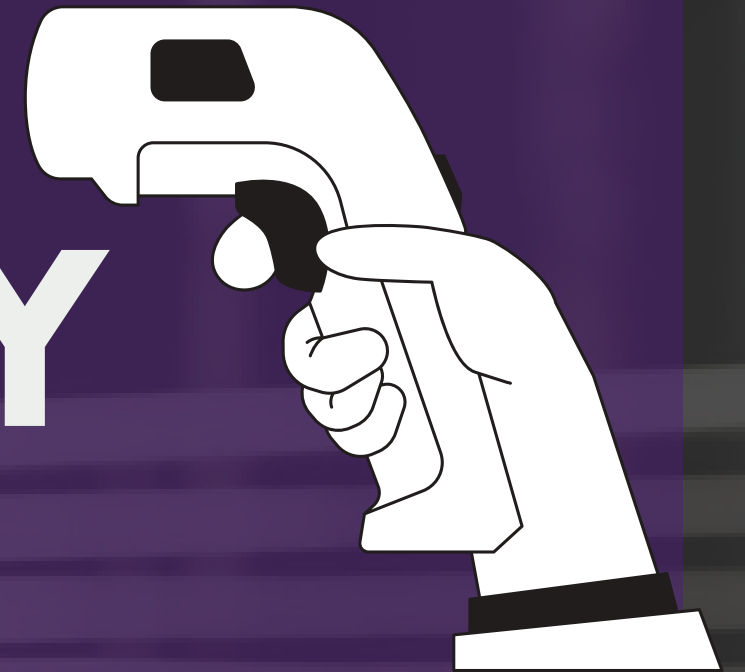
or go straight to the website www.hothousedance.co.uk and click on the face 2 face tab in the menu

The Health Check in Form is a legal requirement as part of our COVID Secure procedures





BEFORE YOU GO ANY FURTHER



If you, or anyone in your close contact bubble have symptoms, or you have been asked to self isolate, please do not attend face to face classes.

Don't worry if you have to self isolate,
tune in LIVE! on Zoom
so you can still join the class live from home

Face 2 Face Classes - Health Check-In

HHD COVID SECURE DISCLAIMER

* 1. In the last 14 days have you been tested for COVID-19

- ☐ Yes
- ☐ No
- ☐ If Yes, were your results Positive or Negative

ONLINE HEALTH CHECK IN FORM

Complete before you arrive & before every class!!

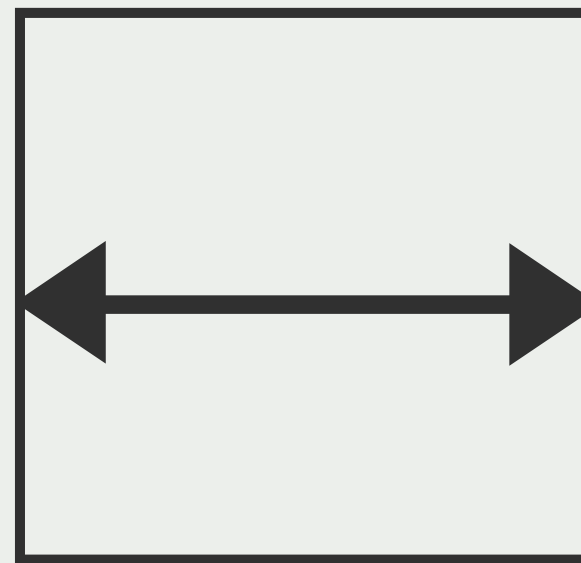
You will not be able to enter your class until it has been complete

This will be done online only- either through the website or by clicking on the link, which we will send via email & your WhatsApp group.

KEEPING HHD COVID SECURE



Isolate and dont
attend classes with
symptoms



Keeping 3 metres
distance



Good hygiene &
sanitising

DISTANCING

3 METRES IN DANCE CLASSES

Keeping yourself apart from each other is the first and most effective measure in reducing the chances of transmitting or catching the virus. The reason for 2 metres distancing is particles that we exhale through breathing fall away before 2 metres...when singing you push air further though the space.

On taking expert dance industry advice, considering the increased breathing when dancing, and the likelihood of dancers moving around within their own "safe dance space" we will be working on a 3+ metre spacing between dancers.

Contiuned.....



DISTANCING

HHD Distancing
measures

- 3+ metre distancing between dancers and teachers at all times
- Once temperature checked, each dancer will enter the dance space one at a time
- Dancers will remain within their own 3+ metre “safe dance space” for the whole duration of the class
- No congregating in any inside spaces
 - parents will not be able to wait inside or congregate in the dance space
 - before classes or directly after every class, dancers will sadly not be able to hang around (this will be explained in more detail on the hygiene page – we will need to clean the floors before, and after every class before we can let the next class in to the space)
- Partner /contact work or small group work will be on pause
- We have adapted class content to remove any form of contact with the floor other than feet contact (this will be explained why on our hygiene page)
- Higher intensity classes, (dependant on class numbers) will have to reduce the intensity to lower the level of deeper breathing, but don't worry, we have adapted things to challenge other aspects of your training, and will be giving advice and activities on how to keep your cardio level up which can be done in your time outside of classes



HYGIENE

Good Hygiene/sanitising in combination with distancing rules will protect you and those around you!

THE GOVERNMENT RULES CALL THEM
“COMMON CONTACT POINTS”

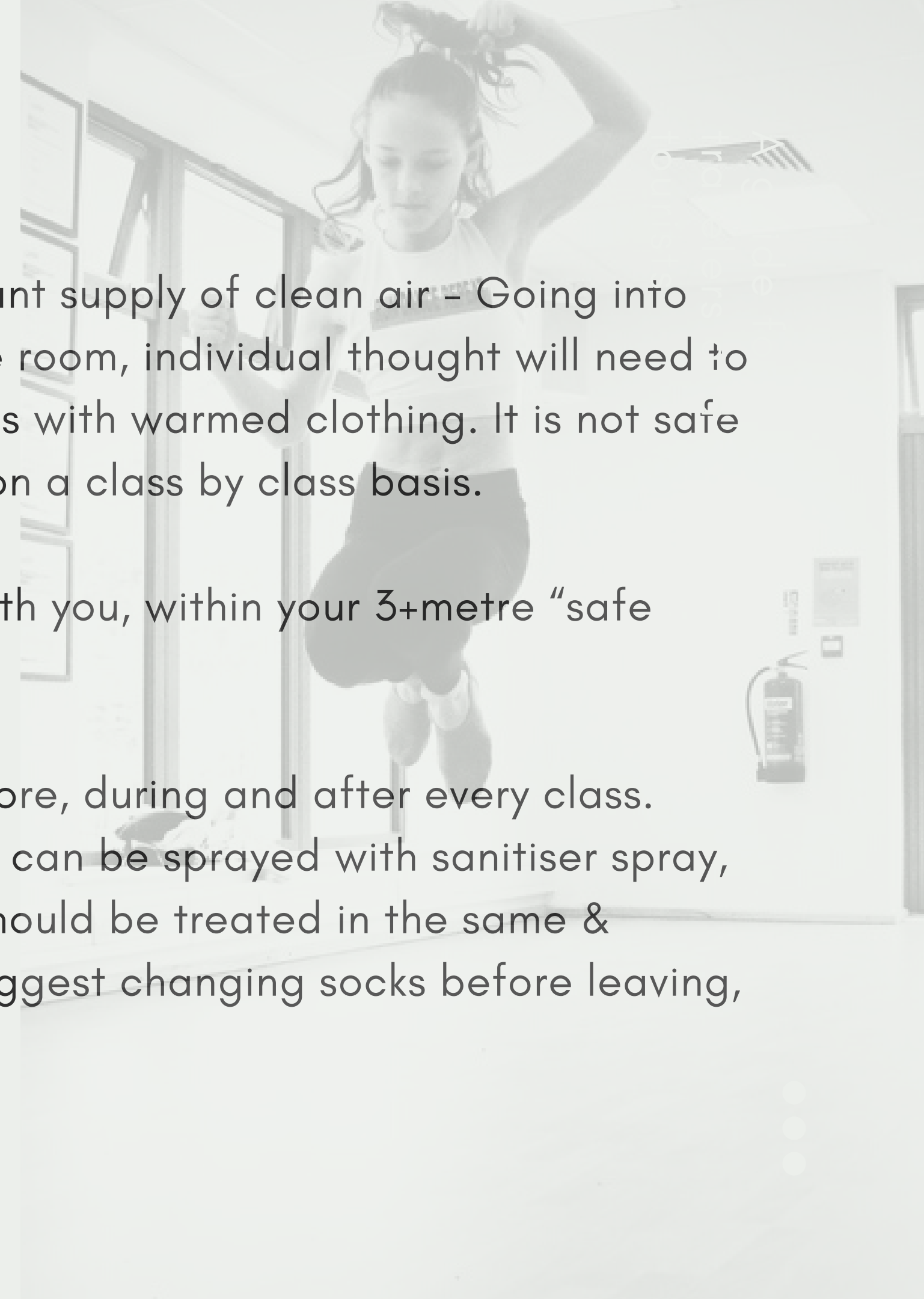
In terms of dance, the virus is transmitted through air. These particles fall to the floor meaning any potential COVID - 19 will remain on the floor, making shoes, socks, bare feet the common contact point - We are removing all contact with the floor other than the feet from class. The floors will be thoroughly cleaned and sanitised before and between every class - We will need to shorten the length of classes to a) enable us time to clean before the next class comes in, b) to lower any sustained exposure to any possibility of infected inside air.

CONTIUNED.....



HYGIENE

- All doors and windows will remain open to enable a constant supply of clean air - Going into colder months this will lower the air temperature within the room, individual thought will need to be made to ensure you attend classes during colder months with warmed clothing. It is not safe for muscles to be cold while dancing, we will monitor this on a class by class basis.
- Having your own filled water bottle (which you will keep with you, within your 3+metre “safe dance space” will be a MUST for everyone in every class.
- We will provide hand sanitiser gel and wipes to be use before, during and after every class. Considering the feet are the common contact point, shoes can be sprayed with sanitiser spray, bare feet can be cleaned with sanitiser wipes and socks should be treated in the same & correct way you should handle used face coverings. We suggest changing socks before leaving, and placing the used socks in a sealable plastic bag.



EXAMPLES

Question: Am I at greater risk in a dance class because everyone is sweating and breathing heavily?

Answer: COVID-19 is NOT transmitted through sweating, it is transmitted and carried through the air (we will explain on the hygiene page what we are doing to put measures in place to deal with this).

Question: Why can't my child just dance around anywhere they like in the dance studio? After all my child is in close contact with other at school...

Answer: Different settings have different advice, this is because different setting have a range of specific issues relating specifically to that setting that need to be factored in to enable them to be safe and make it able to be open (for our sector we have to follow rules relevant to us. To enable us to be COVID SECURE so that we can re open face to face classes.

FACTS & FICTION

In the media (especially social media) there is a lot of confusing information. If you have a specific concern or are confused by any information out there please get in contact and we will try to give you the most up to date facts.





BE SMART! DO YOUR PART!

Isolate if you have
symptoms or have been
asked to isolate

Keep your Distance

Keep good hygiene

