

Hygiene and Disease Management Guidelines. (March 6th, 2020)

In light of the impact of the Coronavirus, we felt it appropriate to keep you all updated on the measures we are putting in place to try to ensure the safest environment possible for all attendees.

The health and safety of all our attendees is of utmost importance to us. We are working closely with the staff at Wests Nelson Bay, and have had medical advice, to take all feasible precautionary measures that might reduce potential health risks at the function.

As well as this we have put together a Hygiene Policy & Hygiene Plan for the weekend.

We will ask for your help with a few additional precautionary measures.

If you are unwell with a temperature or flu like symptoms prior to the event please contact us before joining us.

If your location or country you have travelled within during the 14 days preceding our event is impacted by a CDC Travel Health Notice of Level 3 or above, you may not attend Swing Escape this year. Please contact us immediately.

While at the event.

If you don't feel well (fever or symptoms of a cold or flu) while at the event please isolate yourself & withdraw from event participation. If you are in doubt or need help please contact Maryanne. We have a doctor available on site all weekend.

Please wash your hands regularly with soap & water or use the sanitiser provided before dancing & between workshops. Washing vigorously for at least 20 seconds will help effective hygiene. Just washing is not enough! After washing hands be mindful of what you touch immediately after, for example taps, door handles etc. Use elbows if needed. Please try to refrain from touching your face as well.

Please bring your own water bottle so you don't accidentally drink from some one else's cup. Water bottles are better than cups as they are not open to the air.

Please don't bring food into the ballroom. It is also against venue policy.

Hand sanitiser will be available at multiple locations throughout the ballroom.

Cover your mouth when sneezing or coughing & then wash hands thoroughly. Off course, please shower regularly.

Make sure you eat well & get enough sleep over the weekend. If you are run down & your body is under stress you are more susceptible to picking up a virus.

Please be kind, considerate & courteous and respectful to other attendees. Remember it may just be hay-fever, for example!

We encourage common sense to prevail, and whilst we need to consider all risk seriously we do not want any unnecessary worry.

We will keep track of updates leading to event and advise of any significant changes. Looking forward to an amazing weekendsee you there !!