

HYGIENE AND COVID-19 MANAGEMENT POLICY

(Updated February 14th 2021)

In light of the impact of the Coronavirus, we felt it appropriate to formalise our Hygiene and Disease Management Policy & keep everyone updated on the measures we are currently putting in place to try to ensure the safest environment possible for all students & event attendees.

Please note we are constantly monitoring the Australian Government & WHO releases, recommendation & advisements. If necessary we will update this Policy.

The health and safety of our students & attendees, and the broader community is of utmost importance to us. Working in conjunction with venues we will take all feasible precautionary measures that might reduce potential health risks at any of our classes (or functions).

Be assured that all team members will be aware of & trained in our new Covid-19 health & safety guidelines & initiatives prior to recommencement of classes.

Proactive measures / Enhanced hygiene / Social distancing

Hard surfaces will be cleaned with soap & water before class & regularly during events, either by venues that have to do so under their own Covid safety plans/policies, for example clubs, or by us, for example halls.

Rooms will be ventilated before and during classes & events.

Sanitiser will be available at front door, on front desk & tables.

Tissues will be available at front desk.

Rubbish bin (s) will be nearby.

Soap & hand towels will be available in the bathrooms.

Participants will be offered the option to stay with their mutually agreed upon partner of choice.

At classes, for the foreseeable future, we will not be supplying snacks, tea, coffee, water or mentos.

We strongly suggest to bring your own water bottle and sweat towel.

We require full name & contact phone number of all students attending class each week.

We have a thermometer at the front desk. All attendees will have temperature check before joining the class.

Anyone who appears to be ill, will kindly be asked to leave as a courtesy to other students & team and to manage risk.

Please be aware that if anyone attends class & tests positive to Covid that classes may have to be suspended until we are cleared by local public health authorities.

We also ask for your help by following a few precautionary measures;

If you feel unwell with a temperature or flu like symptoms prior to a class or event please stay at home & look after yourself.

No entry is permitted if you have visited a known hotspot, or if you have travelled overseas in the last 3 weeks.

Please note; by signing these conditions of entry you are agreeing that none of the three above apply to you and if they apply at any time during the course you agree to not attending.

****The same applies to anyone who has had contact with someone else**** who has displayed flu like symptoms, or a temperature, visited a known hotspot, or if they have travelled overseas in the last 3 weeks.

While at a class or an event;

If you don't feel well (fever or symptoms of a cold or flu) while at a class or event please isolate yourself & withdraw from class or event participation. If you are in doubt or need help please contact Maryanne or Vic.

Please wash your hands with soap & water or sanitise before class. For maximum efficiency wash vigorously from the elbow down for a minimum of 20sec and/ or use the hand sanitiser provided. Use hand sanitiser between rotations in class and practice. If using sanitiser, for maximum efficiency rub hands together vigorously until the sanitiser is dry.

Please try to refrain from touching your face or another person's face.

Please try to maintain social distancing 1.5m when practical.

Please do not share drinks (unless it's with a family member)

Please bring your own water bottle easily identified so you don't accidentally drink from someone else's cup. Drink bottles are also less susceptible to air borne particle contact than glasses.

Please don't bring food into the venue / ballroom. If snacking while dancing it is easy to forget to clean your hands (the majority of venues have a policy prohibiting bringing in food).

Please follow normal hygiene rules

Wash hands thoroughly after using the bathroom.

Wash hands after you cough or sneeze. If you sneeze or cough while dancing, cover your mouth **with a tissue**, dispose of tissue in rubbish bins that are provided & wash hands thoroughly.

NB : We advise against coughing/sneezing into elbow as it is not always easy to wash our elbows and these are quite often used as connection points in the dance.

We strongly recommend you shower regularly, particularly before coming to class & before going to bed.

If you sweat a lot bring a hand towel to class & change shirt /top.

Deodorant will be provided but please sanitise hands before & after using it.

We encourage you to make sure you eat well & get enough sleep. If you are run down & your body is under stress your immune system may suffer and therefore you are more susceptible to a virus infection.

We strongly advise those who are in the Covid high risk categories ie : over 70, have a chronic illness or are immuno - deficient not to attend class.

If, after attending a class, you become unwell with flu like symptoms or a temperature & have a Covid test please notify Adrian & advise of test results.

Please be kind, considerate & courteous to other attendees. Don't panic. Remember a sneeze or cough may just be hay-fever and nothing more!

Kind regards, the danceVibe team