

Covid-19 Policy



1) Introduction

Move Momentum is committed to ensuring the safety of our staff, volunteers, and students. We will be continuing to monitor and comply with all government guidelines and requirements, and changing our policies accordingly.

2) Managing Expectations

We are aware that classes will be different from what you are used to and that you may have concerns about returning to face-to-face classes. Please remember that this is perfectly normal and that the Move Momentum team is here to support you in whatever way possible. Please communicate with our staff/your teachers if you are feeling this way and we will do our best to offer support.

3) Responsibilities

Move Momentum is aware that we have the responsibility of ensuring people's safety and as such we will be implementing these guidelines as follows. Please read and adhere to these guidelines wherever possible. These are general guidelines for all Move Momentum classes, however, you will be informed if the venue of your class has any other specific guidelines or rules that you must adhere to.

4) Before the class

4.1. You/your child MUST NOT attend your class if you or anyone in your household contacts are showing any symptoms of Covid-19. If you are showing symptoms you and your household contacts should self-isolate for 14 days from when you first developed symptoms.

Anyone who displays symptoms should arrange to have a COVID-19 test to check if they have coronavirus. If they test negative, they and their household contacts can end their self-isolation. You may only return to your class once your self-isolation period has come to an end, either through a negative test result or the 14 days have passed.

The main symptoms of coronavirus (COVID-19) are:

- *a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)*
- *a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)*

- *a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal*

4.1. Please ensure we have your correct and up-to-date contact details for our track and trace system.

4.2. Please only arrive 5 minutes before your class is due to start. If you are early you will be required to wait outside the building/studio until it is time for your class.

4.3. Students are no longer required to wear face covering in the building, however they can choose to wear a face covering

5) During the class

5.1. There will be hand sanitizer available which must be used upon entering and exiting the dance studio (and the building where applicable).

5.2. Staff will be required to clean down any areas in the dance studio that might have been touched before and after each class. e.g. door handles.

5.3. Students are not required to wear face coverings during the class, however, they may choose to wear face coverings.

5.4. All teachers, assistants and class volunteers may be wearing face coverings, this will be at each teacher/assistant/volunteer's discretion.

5.5. Students, staff and volunteers are no longer required to socially distance, however, we expect students, staff and volunteers to be mindful

5.6. Avoid touching your face, eyes, and mouth as much as possible.

5.7. Studios will be kept suitably ventilated during the class.

6) After the class

If you develop symptoms within 48 hours of attending your class you **MUST** inform Move Momentum asap via phone or email:

info@movemomentum.co.uk

01962 809234

We are committed to reviewing our policies annually.

This policy was last reviewed and approved by the Board of Trustees on 3.11.21