

# Richmond Academy

## August 2020



### Training each of our dancers safely

Please read the following information on how we're managing classes from September the 19th . Guidelines are taken From the Government guidelines, National Association of Teacher's of Dance and British Dance Council.

**Wash hands then use the anti bacterial gel provided before and after classes - bring your own mat**

**Do not attend class if you don't feel well**

**Teachers will wear masks and**



**Dancers will enter 1 at a time**  
Wait downstairs until invited



**All practise up to and including adage on your given studio spot**



**Warm up**  
Bring your own mat (no paired stretches)

**1**

**TURN UP DRESSED**  
**HAIR IN A BUN**

Wait till invited to enter

**2**

**STAY IN YOUR AREA**  
**OF THE STUDIO**

Dancers will be given a studio place to work

**3**

**WAIT FOR YOUR TURN**

Allegro and batterie will be marked together, performed separately

**gloves to teach and students will arrive and leave with their mask ON.**

EXAM DETAILS ARE NOT AVAILABLE YET  
IF YOU'D LIKE PRIVATE  
or ONLINE LESSONS PLEASE EMAIL ASAP

- The space depends on the amount of square footage per person as recommended in current government advice. **VIRAL LOAD**- exposure to expired air. The aim is to mitigate risk factors and exposure as you would exposure to the sun.
- Rooms will be well ventilated. In colder weather , bring sweatshirts without logos
- Teachers to sanitise the bar, chairs and floors
- Classes for adults will begin with a technical, stretch and deep conditioning warm-up . Long 4 minute Dances at the end of classes will be danced in sections for this term .
- Dancers to leave quickly by the allocated exit
- Need Uniform? Fill the form out at studio

**Masks must be worn by all parents and children once in the odd fellows building**



**SAME TIME TABLE THIS TERM**

- **“Dance Ready/Dance/Leave”**  
younger pupils

A one way entry/exit system will be used. This may necessitate parents waiting outside the building for children who are collected and delivered back by a responsible adult

