

COVID safety guidelines for RSCDS Exeter classes and dances

We have tried to balance safety with freedom to dance but would be grateful for your support with the following additional constraints

- **Stay away if you have had a positive lateral flow or PCR test in the last 10 days***
- **Stay away if you are subject to a legal requirement to quarantine or isolate, as per government guidance**
- **Stay away if you feel at all unwell or have any Covid symptoms**

We ask attendees to

- keep up to date on any vaccinations offered
- ideally, take a lateral flow test before coming
- bring your own hand sanitiser and use in between dances
- maintain social distancing when not dancing
- leave if you feel at all unwell after notifying the teacher or a member of the Committee
- notify us if you test positive within 2 weeks of attending an Exeter Branch event
- bring your own water/flask
- pay online if possible (cash will still be accepted)
- follow additional local hall rules where stipulated

We will

- keep halls ventilated
- keep a list of attendees and contact details via signing in forms or similar
- display test and trace QR codes where appropriate
- notify everyone promptly if a fellow attendee subsequently reports a positive test
- accept online payment for classes and dances
- provide hand sanitiser in case people forget their own

Dancers are responsible for their own well-being including at the event and travelling to and from the event. All dancers must also consider the well-being of others. Before attending an event, dancers should check the latest government guidance on Covid-19 which can found [here](#)

(NB: We will keep these guidelines under review and will update them in light of changing circumstances and of our own experience of how it is working.)