

BDA: COVID Health Management, Hygiene and Cleaning list

As outlined by the Royal Academy of Dance

- Until there is reliable and regular testing, treat yourself and anyone you meet like an asymptomatic carrier.
- Assume that you are an asymptomatic carrier and could therefore infect others, just as others could be asymptomatic carriers and could infect you and your family. This thinking is not to make you paranoid, but is a perspective to use when reviewing each action you take and figuring how to decrease the risk of infecting each other.
- BDA's health plans/social distancing guidelines are available to all. Including such items as:
 - Basic hygiene procedures for those entering our venues
 - Basic hygiene measure in all public spaces (when and how to clean)
 - To what extent to monitor people as they enter classes
 - What to do if someone displays symptoms
 - What to do if someone identifies as contracting COVID 19
 - Screening measures before students enter
- As each student arrives, they will be asked such questions as:
 - Have you had a fever in the last two weeks?
 - Do you have a cough or breathing problems?
 - Have you lost or noticed a change in their sense of taste or smell within the last 14 days?
 - Do you have increased fatigue?
 - Has anyone in the family that you live with shown any of the above symptoms within 14 days?
 - Have you had a known exposure to someone diagnosed with Covid-19 within the last 14 days?
- Ensure coughs and sneezes are covered by a tissue or a flexed elbow; tissues should be disposed of in a closed bin and hands sanitised following sneezing/coughing.
- Encourage people to speak up if a student or faculty member is feeling unwell.
- Keep a record of all teachers, students and staff in the building for the purposes of identifying close contact with infected persons in the event of an outbreak of COVID-19.
- Regular Hand washing is highly recommended:
 - every hour and/or between classes. Identify hand washing facilities and alert everyone to their location. Encourage their regular use.
 - Hand sanitiser should be used pre and post class for all participants including teachers

- Have hand sanitizers available on entering the rooms, in other communal areas, and for use after using high touch surfaces.
- In bathrooms ensure availability of hand soap and paper towels and a touch-free bin.

Cleaning Procedures

- Wipe down the barre and door handles before and after each use
- Every possible measure must be taken to ensure students leave nothing behind them, All items left in a studio after a class will be placed in quarantine and only returned once lockdown is over and the items have been cleaned.
- Empty bins that contain used tissues, using disposable gloves, into a central lidded bin that can be cleared out at the end of the day.
- Encourage staff to regularly clean their own personal equipment including sunglasses, mobile phones, iPads and computers, and to wash their hands.
- Consider keeping a damp mop supplied with cleaning liquid, or a steam cleaner, to sanitize floors after a class that requires dancers to be on the floor or where students have sat or waited.
- Wash hard surfaces with warm, soapy water using a disposable cloth. Your usual household cleaners can then be used if required. Cloths should be disposed of in refuse bags in lidded bins.
- Ensure studios have cleaning supplies available, but out of reach of young children.
- It is crucial to establish policies for daily cleaning in all areas of your facilities and for any equipment shared by more than one person (including high-touch surfaces such as floors, barres, handrails, switches and plugs, bathrooms, grab bars, office equipment).
- Disposable gloves should be “on hand” for use when touching discarded items, other’s property, or cleaning. It is also advised to wash your hands with soap and water afterwards.

Are masks required, what are the benefits and how to manage their use?

- We leave it to teacher and student to make this choice. The following are some points to bear in mind:
 - During exercise and public speaking, potentially COVID-19 carrying droplets can be shared. Wearing a moisture-wicking face covering may help cut down on droplets being spread to others. This is to prevent distribution to others, not to protect the wearer. Surgical or N95 masks can be challenging to talk and breathe through and should be reserved for health professionals.

- Masks should fit snugly over the nose and mouth, not be touched once placed on the face, and washed or discarded in bins immediately after each use.
- Working in a mask can be uncomfortable and makes breathing harder.
- As a teacher you will have to work harder to project through the mask when speaking and breathing
- Once you put a mask on DO NOT touch or move it as virus particles can live on the outside areas of a mask
- A face mask that is saturated in sweat is not going to do its job
- If masks become required by law, it will become part of BDA's T&Cs that students may not enter a venue without them. Students should at that point consider a mask part of their uniform, like their shoes, and provide their own. If they don't, they may be turned away.

What to do if you have a suspected COVID-19 case

- Immediately cease activity and isolate the person until they can be taken home where they should self-isolate
- Inform others who may have been in contact that they may have been exposed to COVID-19
- Notify local authorities if your jurisdiction so requires
- All students, their teacher, class assistant and accompanist who were in a class with anyone that
- may be infected must self-isolate and not return to class for appropriate number of days

LINKS:

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

<https://www.gov.uk/government/publications/protective-measures-for-holiday-or-after-school-clubs-and-other-out-of-school-settings-for-children-during-the-coronavirus-covid-19-outbreak/protective-measures-for-out-of-school-settings-during-the-coronavirus-covid-19-outbreak>

<https://members.royalacademyofdance.org/Portals/0/Health%20Hygiene%20and%20Cleaning.pdf>