



nidms  
national institute of dance  
medicine and science



# RETURNING TO DANCE

What you need to know  
to get back to the studio

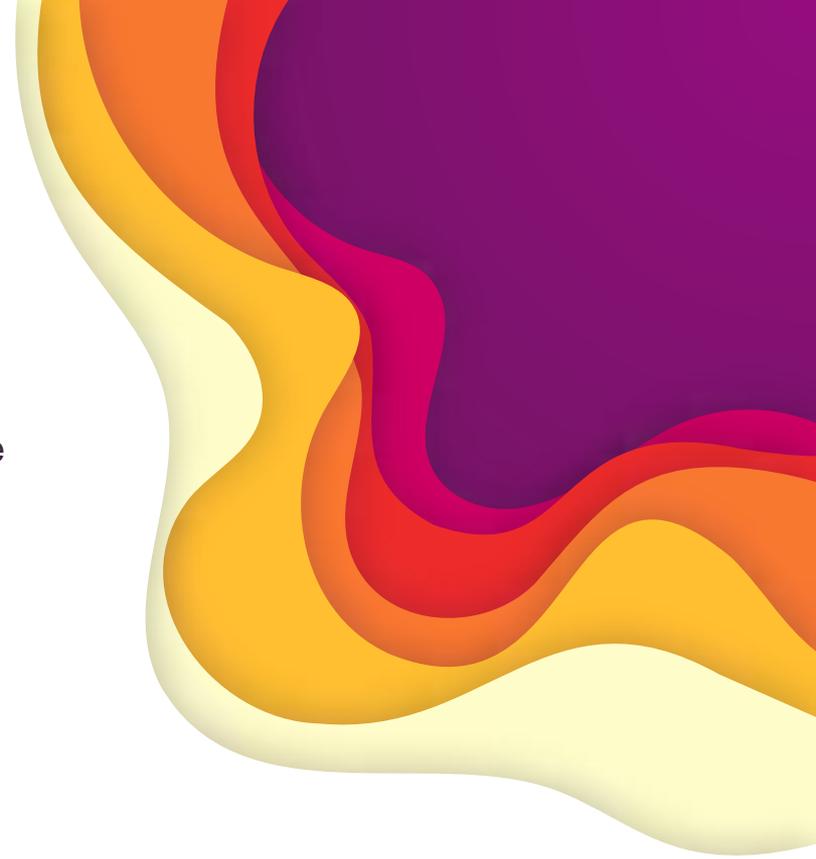
# By the end of this webinar, we hope to

Address frequently asked questions on

- Risk assessment and responsibility when hiring a venue
- Legality (liability and insurance)
- Cleaning

Signpost to relevant UK government guidance for England

Provide an opportunity to ask questions



# Context of these webinars

- Public health is a devolved issue. Any references to government guidance or roadmaps for returning to work in this presentation are specific to England at this time. Guidance for Northern Ireland, Scotland and Wales is yet to be published.
- Government guidance will evolve with science
- No one has all the answers, as medical and scientific understanding of coronavirus disease is developing
- We aim to:
  - Provide a space to consult experts, raise questions, identify issues and share practice
  - Support practical implementation of government guidance across the dance sector to help everyone to return to dancing safely



# Dance Medicine and Science Expert Panel



**Dr Nick Allen, Dr James Calder, Jasmine Challis, Prof Joan Duda, Dr Huw Goodwin, Dr Amal Hassan, Kim Hutt**

**Moira McCormack, Dr Emma Redding, Greg Retter, Tommi Sliiden, Britt Tajet-Foxell, Dr Roger Wolman, Prof Matthew Wyon**

Representing: academia, company healthcare management, nutrition and dietetics, orthopaedic surgery, osteopathy, psychology, physiology, physiotherapy, rheumatology, sports and exercise medicine, and sports therapy

# How to use this webinar

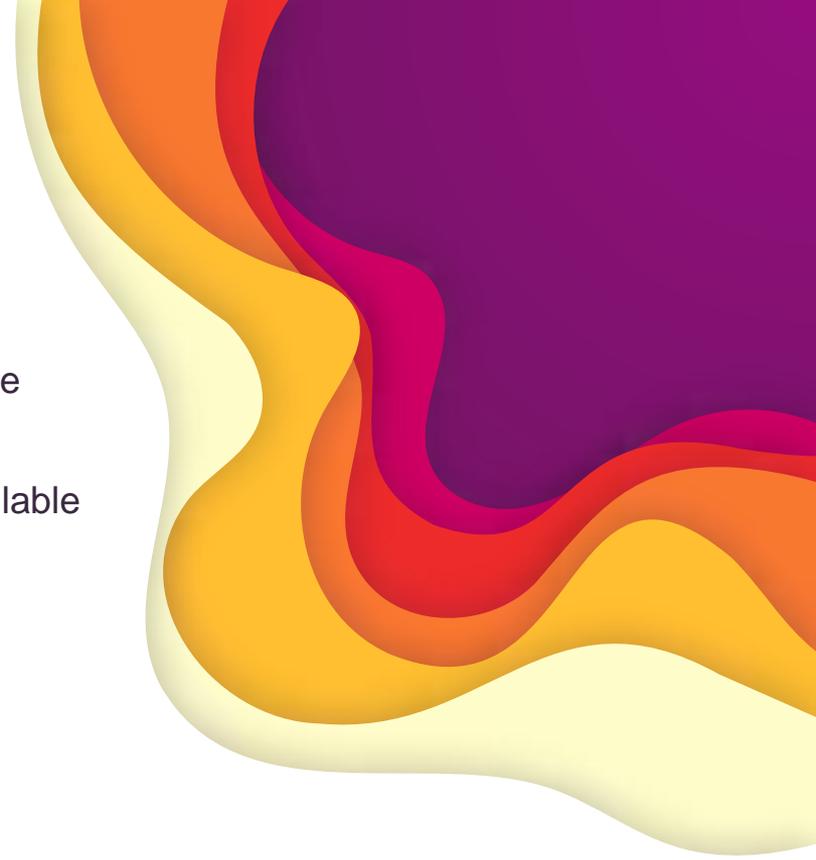
- We will try to address as many questions as possible live during the session
- All questions will be answered in writing and will be available on One Dance UK's website for everyone to access following the session

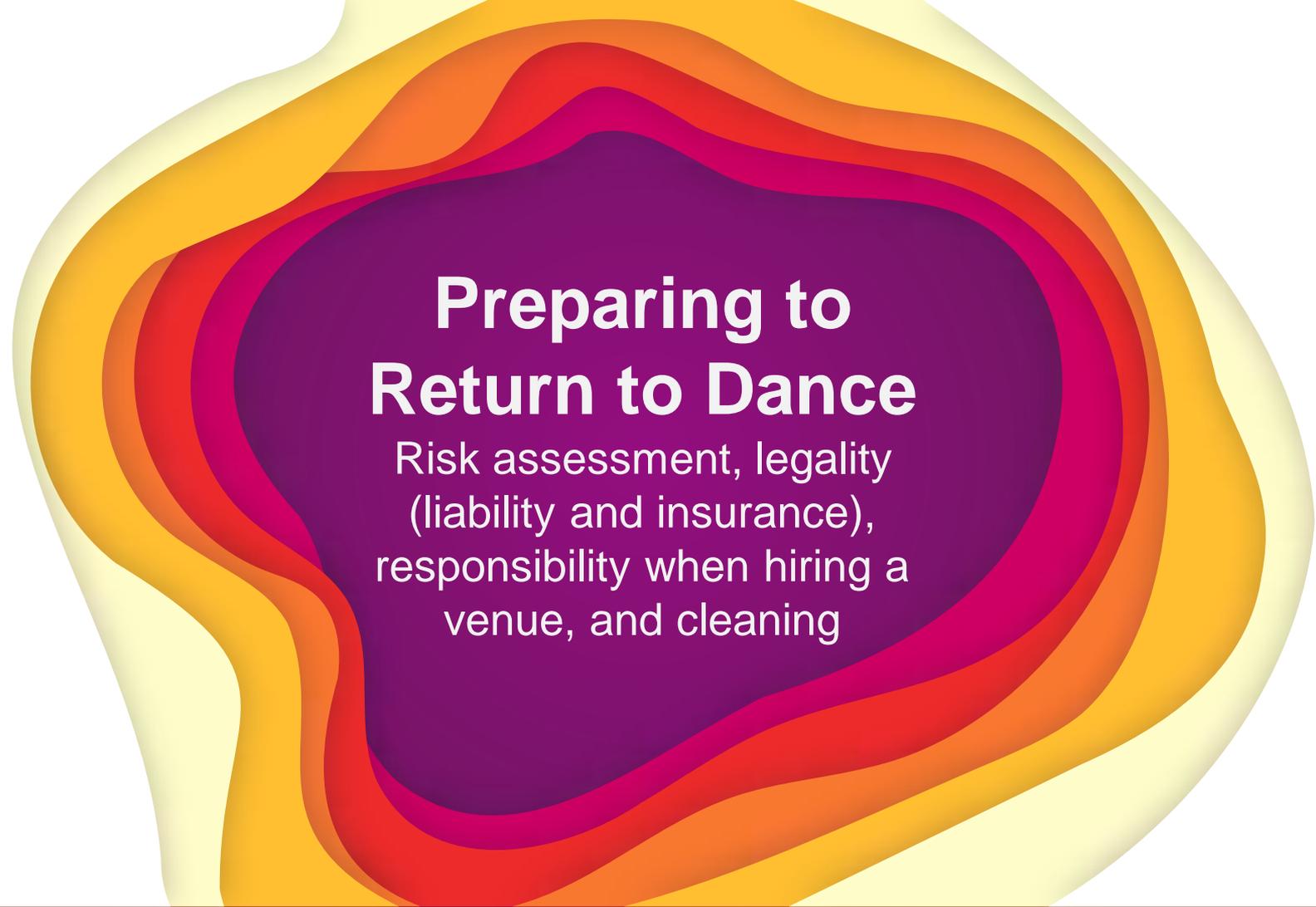


CHAT



QUESTIONS





# Preparing to Return to Dance

Risk assessment, legality  
(liability and insurance),  
responsibility when hiring a  
venue, and cleaning

# Our panel today



**Christopher  
Rodriguez, Chair**



**Ali Gordon. BSL  
Interpreter**



**Jasmine Challis, RD,  
(SENr)**



**Nick Allen, PhD**



**Dr Roger Wolman,  
MD, FRCP, FFSEM**



# Who we are

## One Dance UK

Sector support organization for dance

Subject association for dance

Dance Medicine and Science Expert  
Panel



## National Institute of Dance Medicine and Science

Enhancing dancers' health, wellbeing and  
performance



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# Updates Five-Stage Roadmap

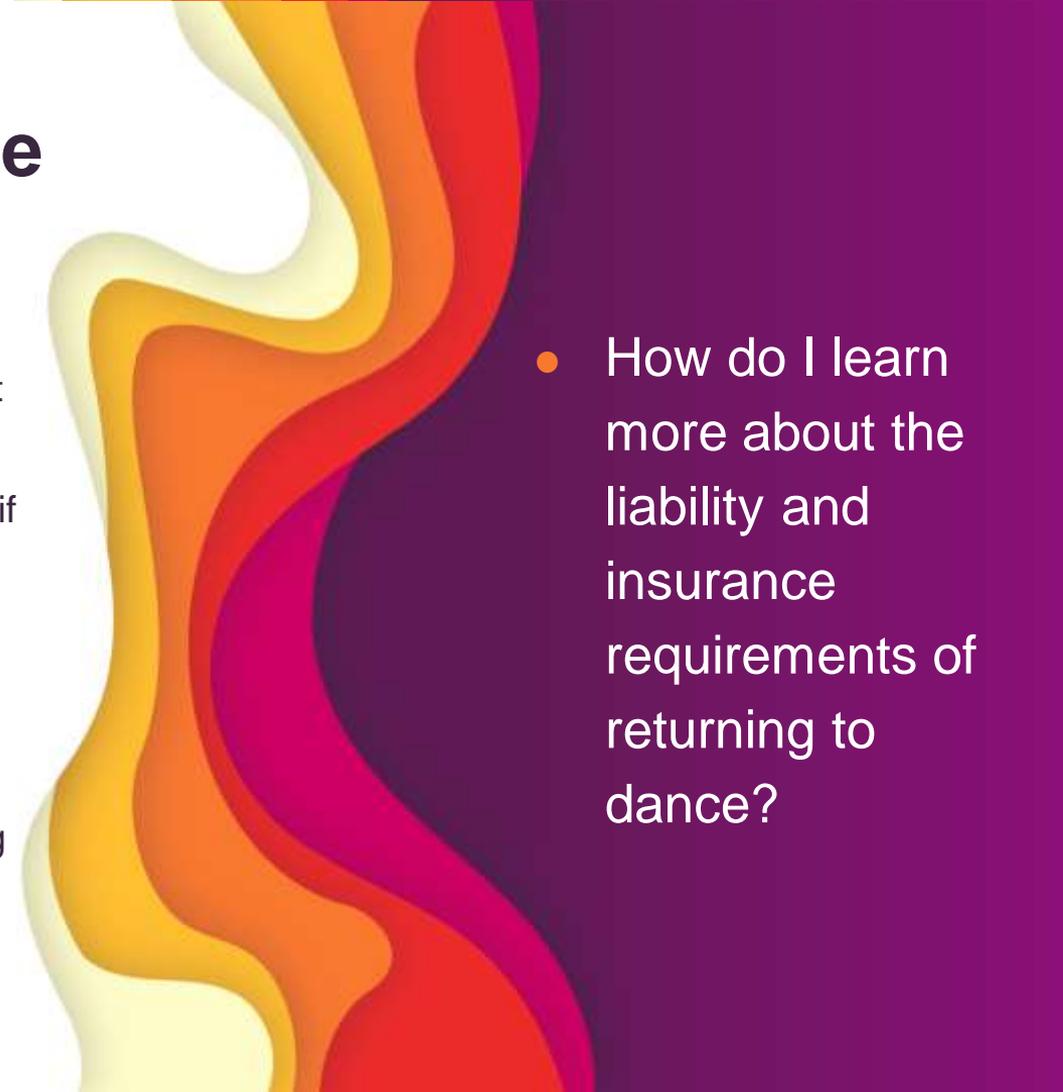
On 9<sup>th</sup> July, the UK government published five stages of the phased return to professional performing arts guidelines in England <sup>1</sup> that allowed live outdoor performances from last Saturday.

- Theatre and concert halls were recently allowed to open BUT with no live performances.
- The UK Government will allow live performances indoors with social distancing for audiences at STAGE 4. Then in STAGE 5, performances with fuller audiences will be allowed.
- This only applies to England, but Scotland, Northern Ireland and Wales are likely to be similar.

- Stage One - Rehearsal and training (no audiences and adhering to social distancing guidelines)
- Stage Two - Performances for broadcast and recording purposes (adhering to social distancing guidelines)
- Stage Three - Performances outdoors with an audience plus pilots for indoor performances with a limited distance audience from July 11. We will now also work with the sector to get small pilots started as soon as possible and will set out further details in due course.
- Stage Four - Performances allowed indoors / outdoors (but with a limited distanced audience indoors)
- Stage Five - Performances allowed indoors / outdoors (with a fuller audience indoors)

1. [Phased return to professional performing arts](#)

# Liability and Insurance

- It may be helpful to check with your insurers directly with your risk assessment and planned activities.
  - It is possible that insurers will be satisfied if you demonstrate you are following government guidance, have carried out a risk assessment and put mitigation measures in place.
  - For organisations, governance may be an additional consideration – such as seeking approval from directors, trustees or governors too.
- 
- How do I learn more about the liability and insurance requirements of returning to dance?

# Risk assessment

Health and Safety Executive, Sport England, People Dancing, and BAPAM all have good templates. Links to these are on One Dance UK's website <sup>1</sup>



- Where can I find a template?

<sup>1</sup> Return to [Dance One Dance UK website](#)

# Risk assessment – responsibility

Responsibility for risk assessment and implementation of reasonable measures for safe use of a community centre, village or community hall lies with building controllers. <sup>1</sup>

Users and hirers are responsible for managing risks arising from their activities when they have control of premises and should take account of any guidance relevant to their specific activity or sector. <sup>1</sup>

<sup>1</sup> [Safe use of multi purpose community facilities](#)

- Whose responsibility is it?

# Risk assessment – face covering

While **the use of face coverings is not mandated** in the various guidance relevant to the dance sector, <sup>1, 2</sup> it is recommended that you consider using them in indoor public spaces where social distancing isn't possible.

**Face coverings do not replace social distancing - continue to wash hands regularly and maintain social distancing wherever possible**

Face coverings should not be used by

- children under the age of 3 / children under 11
- those with a physical or mental illness, impairment, or disability that means they cannot put on, wear or remove it <sup>3</sup>

<sup>1</sup> [Performing arts working safely guidance, section 7.2](#)

<sup>2</sup> [Grassroots sport and gym/leisure facilities, section 7](#)

<sup>3</sup> <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#exemptions-face-coverings>

- Are face coverings compulsory for indoor exercise?

# Cleaning – reopening

All surfaces, especially those most frequently touched, should be cleaned regularly, using standard/usual cleaning products.

If you are cleaning after a known or suspected case of COVID-19 then you should refer to the specific guidance.

Before reopening, premises should be assessed and **new cleaning procedures & provision of hand sanitizer** addressed, likely including: establishing new cleaning regimes and timings based on planned usage of spaces and **checking ventilation systems** <sup>1</sup> Frequently used objects, surfaces or spaces, including for example doorways between outside and inside spaces should be given particular attention. <sup>2</sup>

<sup>1</sup> [Performing arts working safely guidance, section 6](#)

<sup>2</sup> [Decontamination in non-healthcare settings](#)

- What cleaning is required before re-opening?

# Cleaning – props and equipment

Reduce transmission through contact with objects, likely including increased handwashing, (or hand sanitizer use where washing is impractical), **avoiding sharing personal items, disinfecting shared equipment** between users <sup>1</sup> Equipment should be cleaned, using your usual cleaning products, between users. <sup>3</sup> **Consider ‘high touch’ objects and areas, such as barres, props and floor in cleaning.**

Where possible, reducing the need to open other objects, for example lockers, storage compartments, trunks and drawers by making equipment that is permitted for use readily accessible.

<sup>1</sup> [Performing arts working safely guidance, section 6](#)

<sup>2</sup> [Decontamination in non-healthcare settings](#)

<sup>3</sup> [Grassroots sport and gym/leisure facilities working safely guidance, section 6.2](#)

- What about props and equipment?

# Cleaning between groups

- Managing capacity: Maximum capacity should be based on the government requirement for social distancing, nature of activities (i.e. if the activity is static vs. requiring a range of movement) and equipment layout and the configuration of facilities.
- Consider fixing doors open that can be safely left open where feasible (although noting ventilation requirements).
- Particular attention should be given to ventilation and sufficient circulation space especially around equipment and between groups and classes and instructors.

- What cleaning needs to be done between groups?



# Cleaning between groups

- Managing/reducing contact:
  - Informing customers and contractors of guidance about visiting the premises prior to and at the point of arrival (including information on websites, on booking forms and in entrance ways).
  - Providing handwashing and hand sanitiser and encouraging staff and customers to wash their hands regularly.
  - Contactless payments advisable throughout facility. (where appropriate)
- Signage to ensure workers, staff and customers are aware of the need to avoid contact throughout a facility.
- Avoid paperwork being transferred by enabling such processes as bookings, rosters, ladders, etc. through online channels

- What cleaning needs to be done between groups?





QUESTIONS

# Attend our upcoming webinars

Friday 17 July - Social distancing in dance, part 1: Fixed groups and bubbles, indoor exercise, ventilation and face covering

Wednesday 22 July - Considerations for vulnerable groups including BAME and disabled people

Friday 24 July - Social distancing in dance, part 2: Specific dance activities and risk, class structure, floorwork and contact

## Future webinars will cover:

- Children and young people
- Freelancers
- Alternatives to face to face: outdoor activity, blended learning, and addressing digital poverty
- Transport, touring, and travel
- Physical and mental preparation for returning to dance

