



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

- Fixed groups and bubbles
- Indoor exercise
- Ventilation
- Face covering

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

Context of these webinars

- We encourage you to take the following steps to support your return to dance planning
 - Read the relevant guidance
 - Use creativity as well as common sense to think about how you can address the requirements
 - Consider the resources available to you and think realistically about how you can address guidance within your available resources
 - Discuss ideas with others and test/pilot ideas to see how they work in practice

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

Our panel today



**Andrew Hurst, One
Dance UK CEO**



**Ali Gordon. BSL
Interpreter**



Kim Hutt



Prof Matt Wyon, PhD



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



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
- If you see someone else has the same question you have in the Q&A box, you can upvote it, and it moves nearer to the top of the list to be answered. We hope this will help every question to be answered more efficiently.



CHAT



QUESTIONS

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



TRINITY LABAN CONSERVATOIRE
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Updates Five-Stage Roadmap

On 9th July, the UK government published five stages of the phased return to professional performing arts guidelines in England ¹ 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.

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

- 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)

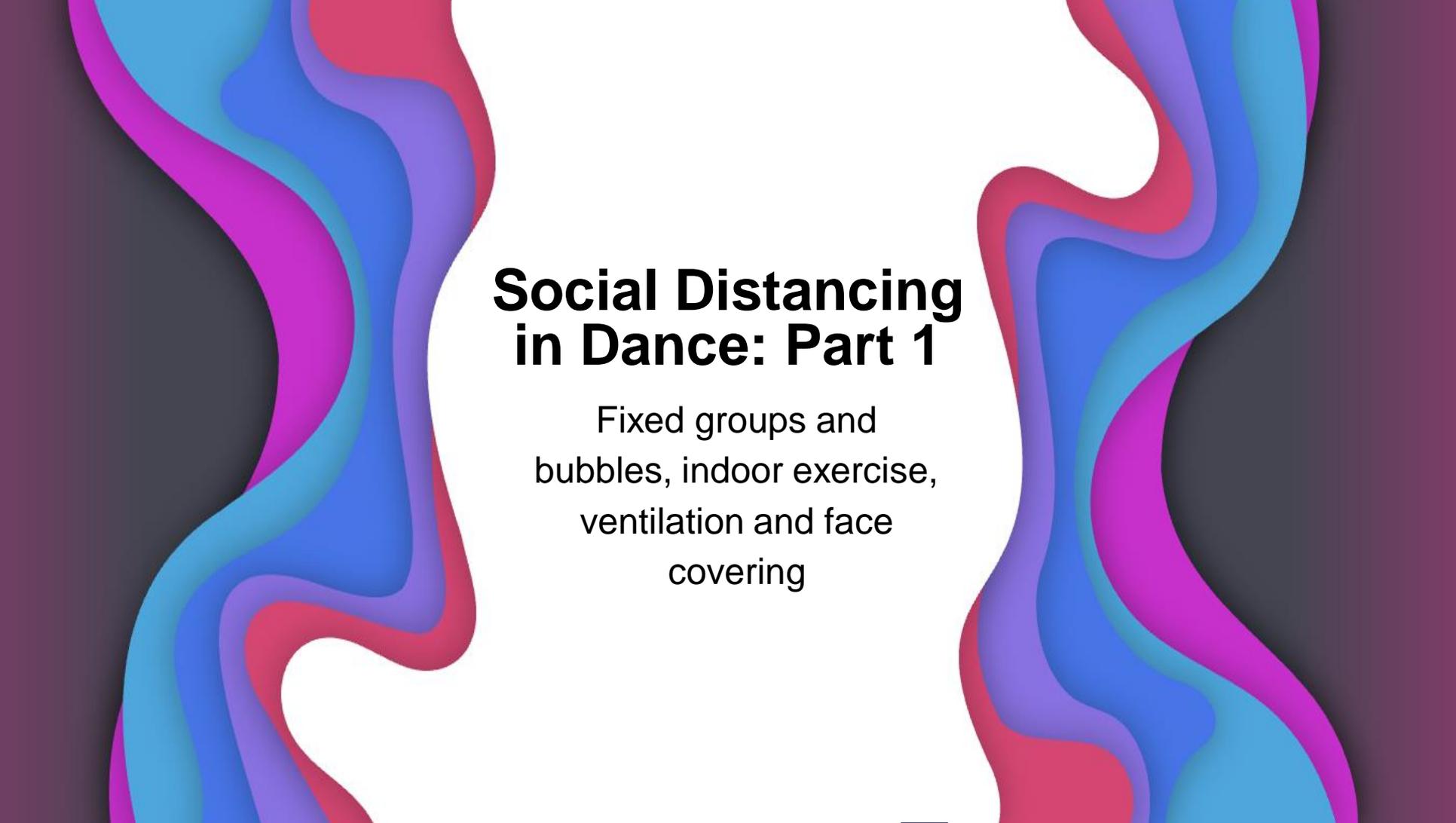
Risk assessment

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



- Where can I find a template?

¹ [Return to Dance One Dance UK website](#)



Social Distancing in Dance: Part 1

Fixed groups and
bubbles, indoor exercise,
ventilation and face
covering

Social Distancing

- **Social distancing remains at 2 metres, except where you make mitigations** such as:
 - Increasing handwashing and cleaning of common touchpoints like toilets or communal areas.
 - Keeping activity time as short as possible
 - Using back-to-back or side-to-side working rather than face-to-face
 - Screens
 - And/or fixed groups or teams
- Above applies to your participants, audiences, or attendees
- **Consider social distancing and match capacity to that**
- Consider how common touchpoints are safely managed and communicate this work to participants and audiences before they attend to build their confidence

Dance studios in England can fully open next week on 25 July following the guidance on grassroots sport, leisure & gym facilities ¹

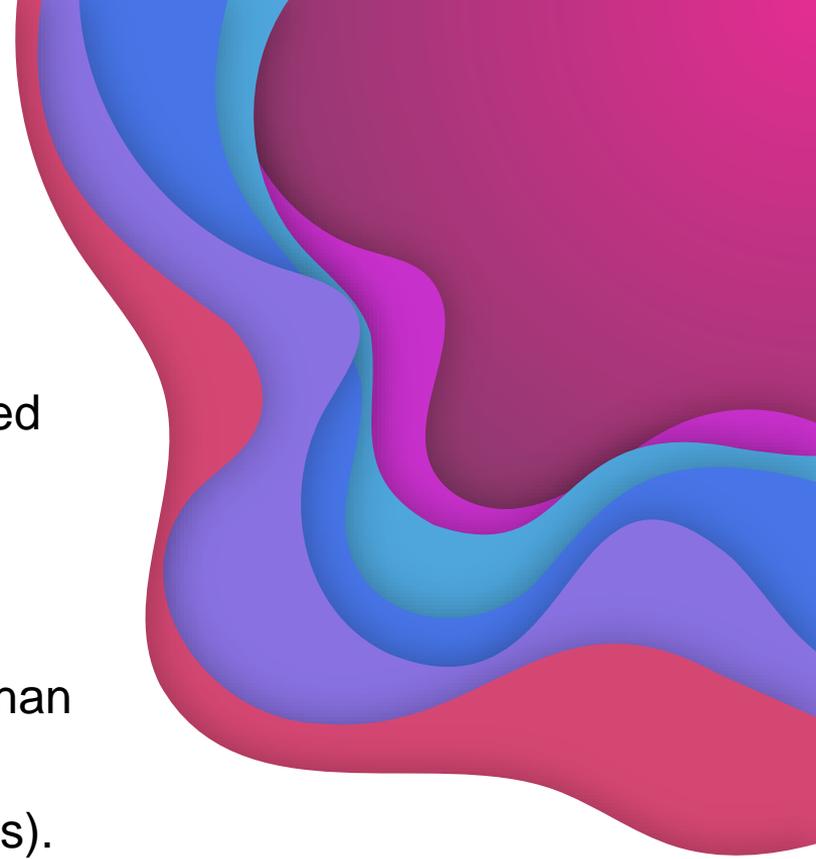
[1 Grassroots sport and gym/leisure facilities](#)

Two sources of guidance

- Professionals working in the performing arts are permitted to return to their activities in line with the **performing arts guidance**. 1
- Non-professionals (meaning those participating in performing arts other than for work purposes), or groups which include non-professionals, may refer to this guidance for their activities, **but must at all times do so in line with government legislation and guidance on meeting people outside your household**. 2

Groups and gatherings

- People should continue to socially distance from those they do not live with wherever possible. Social interactions should be limited to a group of no more than two households (indoors and out) or up to six people from different households (if outdoors).
- It is against the law for gatherings of more than 30 people to take place in private homes (including gardens and other outdoor spaces).



COVID-19 Secure

- Businesses and venues following **COVID-19 Secure guidelines** can host larger groups.
- This is also the case for events in public outdoor spaces that are organised by businesses, charitable or political organisations, and public bodies, provided they take reasonable steps to mitigate the risk of transmission, in line with COVID-19 Secure guidance and including completion of a risk assessment.
- Any other gathering in an outdoor space must not be any larger than 30 people

Risk mitigation

The performing arts guidance requires:

- Maintaining 2 metres social distance, wherever possible, or 1 metre with robust risk mitigation (where 2 metres is not viable).
- You should consider and set out the mitigations you will introduce in your risk assessment.
- Mitigation does not include basic measures such as good hand and respiratory hygiene, the compliance with which should be universal and is assumed.

Reducing transmission

Where the social distancing guidelines cannot be followed in full, in relation to a particular activity, organisations should consider whether that activity needs to continue for it to operate, and if so, take all the mitigating actions possible to reduce the risk of transmission between their staff, participants and visitors.



Further mitigations

Further mitigating actions include:

- **increasing the frequency of hand washing and surface cleaning**, including disinfection of high footfall areas or common touchpoints with particular attention to toilets/restrooms.
- **keeping the activity time of any activity where social distancing cannot be maintained as short as possible**
- **using screens or barriers** to separate people from each other
- **using back-to-back or side-to-side working** (rather than face-to-face) whenever possible
- **reducing the number of people each person has contact with** by using 'fixed teams or partnering' (so each person works with only a few others)

[Note further restrictions on Singing and Brass/Wind instruments]

Social distancing in performing arts environments

Where the social distancing guidelines cannot be followed in full in relation to a particular activity, organisations should consider whether that activity needs to continue, and, if so, take all the mitigating actions possible to reduce the risk of transmission between staff, workers, participants and audiences. Mitigating actions include:

- Further increasing the frequency of hand washing and surface cleaning.
- Keeping the activity time involved as short as possible.
- Using back-to-back or side-to-side positioning (rather than face-to-face) whenever possible.

Social distancing in performing arts environments

Mitigating actions include:

- Reducing the number of people each person has contact with by considering the use of 'fixed teams, groups or partnering' (so each person works with only a few others).
- For example, where social distancing may be impractical due to the degree of proximity required (such as intimate/fighting scenes in theatre, dancing, costume fitting, hair and make-up).

Social distancing in performing arts environments

Fixed teams could be operated as follows:

- **Grouping individuals into fixed teams** that work together throughout a production or project or for specific periods to minimise the risk of transmission beyond these fixed teams
- **Minimising transmission risk between fixed teams when they mix** outside their team during a rehearsal or performance and during breaks or moving around a premises or venue
- **Ensuring that there is no swapping between designated fixed teams.** This is to reduce the risk of whole team impact in the event of a worker contracting COVID-19
- **Including any support workers for disabled workers or performers as a member of the fixed team**

Note that it is unlikely that this fixed team approach will be possible in non-professional environments or where professional performers work with more than one group or organisation simultaneously

Social distancing in performing arts environments

fixed teams could be operated as follows:

- Using screens where feasible to separate individuals or fixed teams from each other where they cannot achieve social distancing. It is not recommended for non-professionals to consider activities that require social distancing to be compromised.

Social distancing in performing arts environments

Social distancing applies to all parts of a premises or venue, not just the place where people spend most of their time, but also entrances and exits, break rooms, dressing rooms, canteens, foyers and bars, and similar settings. These are often the most challenging areas to maintain social distancing.

Assessing the capacity of any space to be used and appropriately managing this to maintain social distancing.



Social distancing in performing arts environments for non-professionals

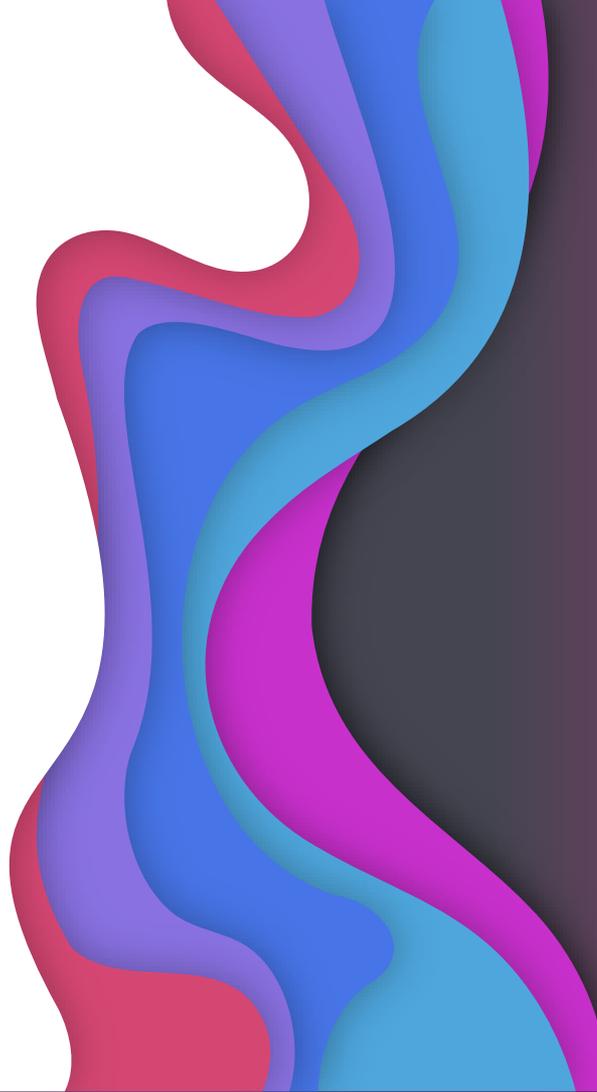
Guidance on meeting people outside your household says

You should only meet people you do not live with in 3 types of groups:

- you can continue to meet in any outdoor space in a group of up to 6 people from different households
- single adult households – in other words adults who live alone or with dependent children only – can continue to form an exclusive ‘support bubble’ with one other household
- you can also meet in a group of 2 households (anyone in your support bubble counts as one household), in any location – public or private, indoors or outdoors. This does not need to be the same household each time.

It remains the case – even inside someone’s home – that you should socially distance from anyone not in your household or bubble. Those who have been able to form a support bubble (which is those in single adult households) can continue to have close contact as if they live with the other people in their bubble. This should be exclusive and should not change.

Face coverings and masks



Face covering

While **the use of face coverings is not mandated** in the various guidance relevant to the dance sector, ^{1,2} 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 never for children under the age of 3
- Exemptions on face coverings might apply to
 - children under 11
 - those with a physical or mental illness, impairment, or disability that means they cannot put on, wear or remove it ³

- Are face coverings compulsory for indoor exercise?

¹ Performing arts working safely guidance, section 7.2, ² Grassroots sport and gym/leisure facilities, section 7, ³ <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#exemptions-face-coverings>

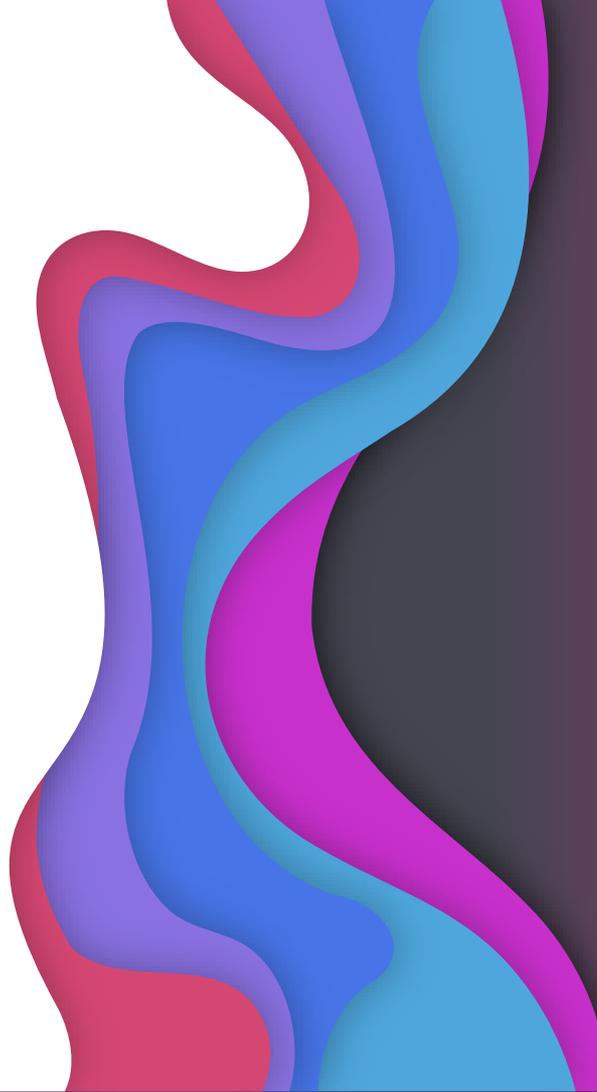
Face Coverings – Considerations

Employers should support their workers in using face coverings safely if they choose to wear one. This means telling workers:

- **Wash your hands** thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on, and after removing it.
- When wearing a face covering, **avoid touching your face or face covering**, as you could contaminate them with germs from your hands.
- **Change your face covering if it becomes damp** or if you've touched it.
- Continue to wash your hands regularly.
- **Change and wash your face covering daily.**
- If the material is washable, wash in line with Manufacturer's instructions. If it's not washable, dispose of it carefully in your usual waste.
- **Practise social distancing wherever possible.**

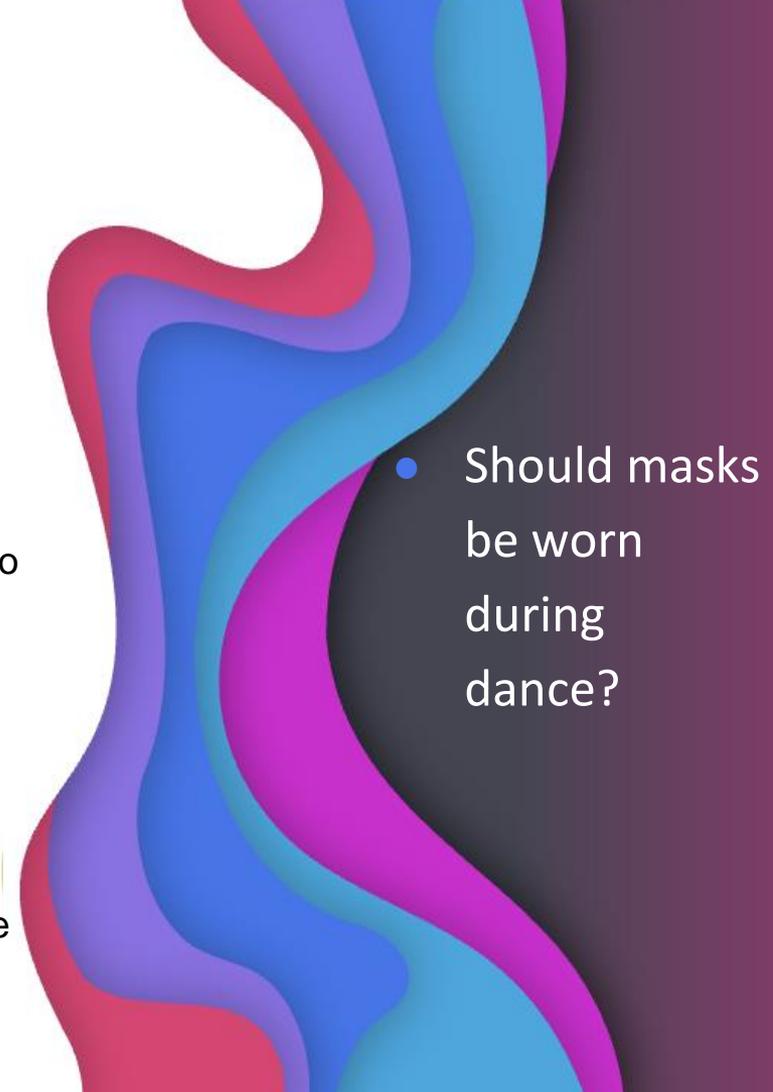


Indoor exercise



Exercise and wearing a mask

- WHO guidance is that masks are not recommended for exercise due to breathing difficulties.
 - Those with medical conditions or co-morbidity should have inhalers available, and consider whether participation in high intensity exercise is advisable
 - Anxiety around mask wearing during exercise needs to be addressed. Increase in personal risk should be explained to those unable to wear a mask, as well as risk to other participants if there is an asymptomatic spreader
 - Generally cardiorespiratory demands of class - length work time and intensity generally not enough to make this an issue - as work intensity increases the exercise time decreases

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- Should masks be worn during dance?

Exercise and wearing a mask

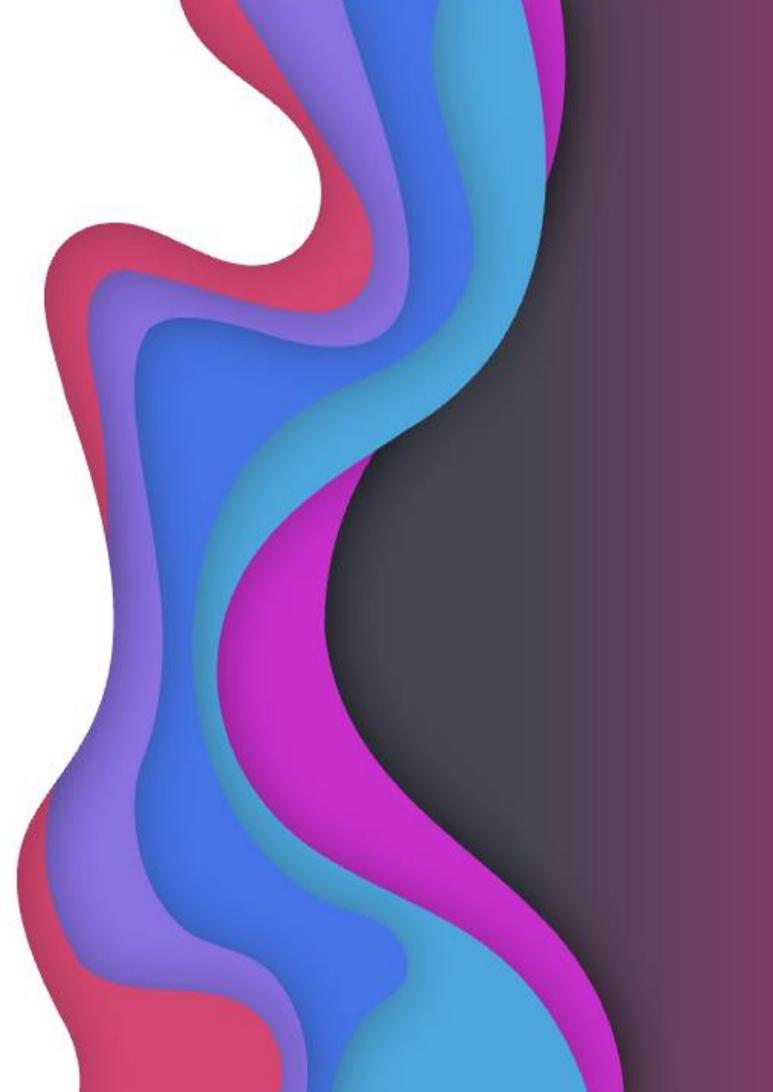
- Dance is usually anaerobic in nature
 - In relation to class, the longer parts of the class such as barre and most of centre, is at a lower physiological intensity
 - High intensity phases are generally short duration, and do not affect oxygen requirements
 - keep these to 20-30 seconds maximum, with a 1:3 or 1:5 work:rest ratio
 - Start slow gradually increase
 - There is no increase in demand, it just feels harder to breathe
- 
- Should masks be worn during dance?

Teachers and mask use

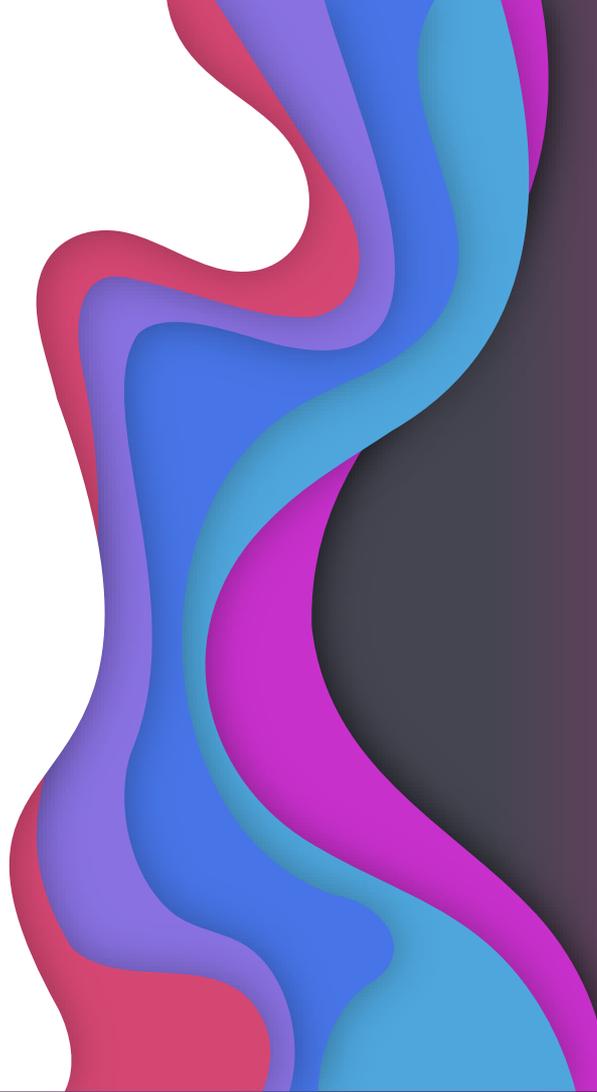
- Loud speech in an enclosed, stagnant air environment, means that droplets stay in the air between 8-14 minutes
- If teacher is not masked, all others need to be masked

Asadi, S., Wexler, A. S., Cappa, C. D., Barreda, S., Bouvier, N. M., & Ristenpart, W. D. (2019). Aerosol emission and superemission during human speech increase with voice loudness. *Scientific reports*, 9(1), 1-10.

Stadnytskyi, V., Bax, C. E., Bax, A., & Anfinrud, P. (2020). The airborne lifetime of small speech droplets and their potential importance in SARS-CoV-2 transmission. *Proceedings of the National Academy of Sciences*, 117(22), 11875-11877.



Ventilation



Aerosol dispersal and social distancing

- Q. Do the droplets get expelled further when doing exercise? So would the social distancing need to be farther than 2 metres?
 - Yes, they do, but wearing a facemask negates this issue
 - Aerosol research has shown that high intensity exercise (running and cycling) can increase SD to 5m

Mittal, R., Ni, R., & Seo, J. H. (2020). The flow physics of COVID-19. *Journal of fluid Mechanics*, 894.

Setti, L., Passarini, F., De Gennaro, G., Barbieri, P., Perrone, M. G., Borelli, M., ... & Miani, A. (2020). Airborne transmission route of COVID-19: why 2 meters/6 feet of inter-personal distance could not Be enough.



Aerosol dispersal and social distancing

Q. Any studies on how long droplets stay in the air? Would droplets stay in a "cloud", doing allegro or travelling phrase where dancers pass through different parts of the room? Is staying on one spot helpful for mitigation?

- Droplets take half a second to land on the ground
- Humidity above 40% (normal in dance studio) droplets stays in the air for longer
- However, all research has been done on empty spaces. Moving humans will increase the dispersal and time in the of aerosols – dancers become egg beaters

Mittal, R., Ni, R., & Seo, J. H. (2020). The flow physics of COVID-19. *Journal of fluid Mechanics*, 894.

Chen, L. D. (2020). Effects of Ambient Temperature and Humidity on Droplet Lifetime—A Perspective of Exhalation Sneeze Droplets with COVID-19 Virus Transmission. *International Journal of Hygiene and Environmental Health*, 113568.



Outdoor vs indoor ventilation

- Increased ventilation increases deposition area
- If ventilation is solely to the outside (e.g. open external doors and windows), this should be maintained throughout dance activities
- Internal ventilation (e.g. doors between rooms and corridors) should be opened following activity and perhaps not during for this reason

Grau-Bove, J., Strlič, M., & Mazzei, L. (2016). Applicability of a drift-flux model of aerosol deposition in a test tunnel and an indoor heritage environment. *Building and Environment*, 106, 78-90.

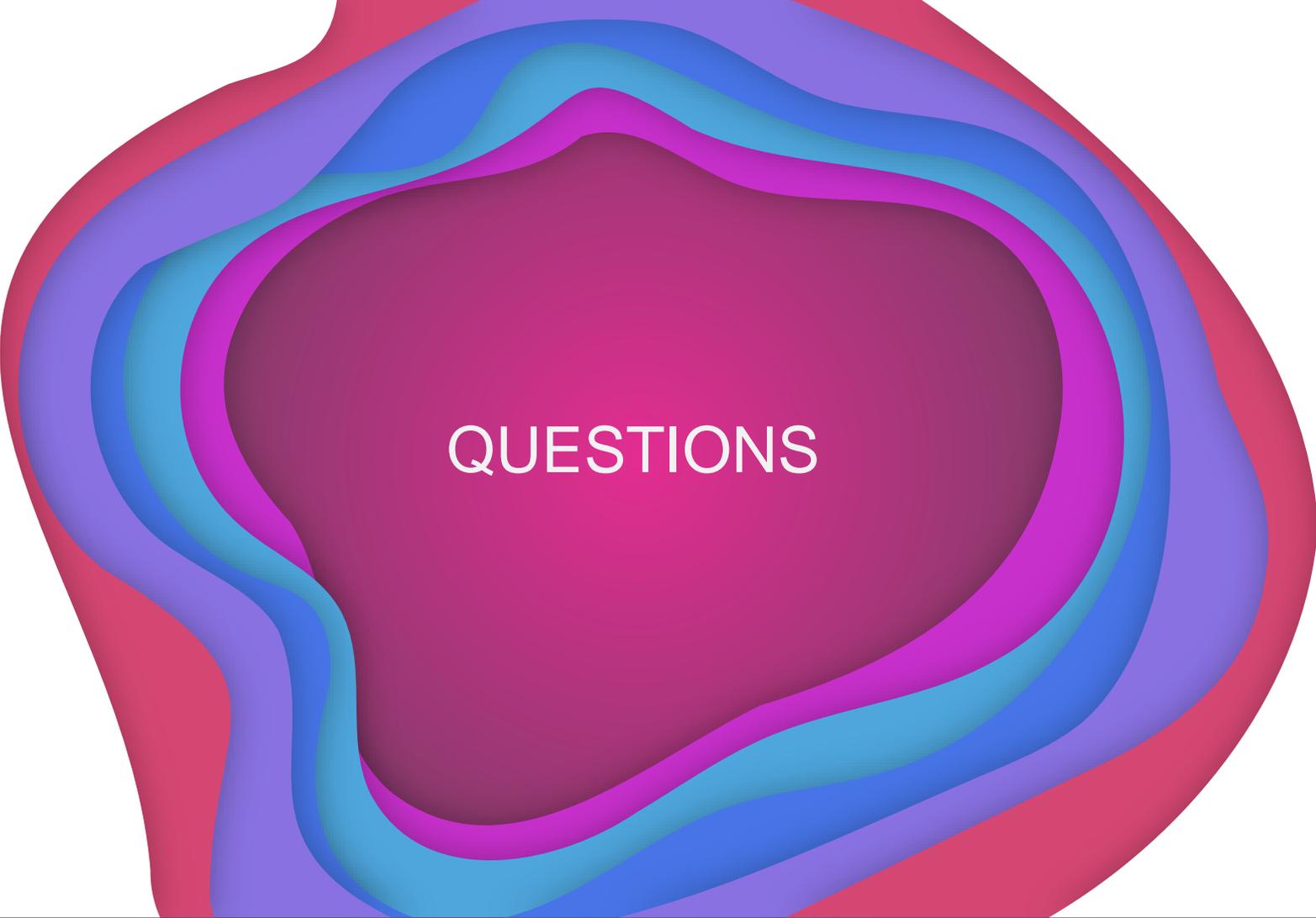


Ventilation and cleaning

- Walls cause air friction
- Cleaning should focus on walls and edges of floors near walls

Zhao, B., & Wu, J. (2007). Particle deposition in indoor environments: analysis of influencing factors. *Journal of hazardous materials*, 147(1-2), 439-448.





QUESTIONS

Attend our upcoming webinars

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

