



One
Dance
UK
Supporting
Dance

nidms
national institute of dance
medicine and science



RETURNING TO DANCE

What you need to know
to get back to the studio

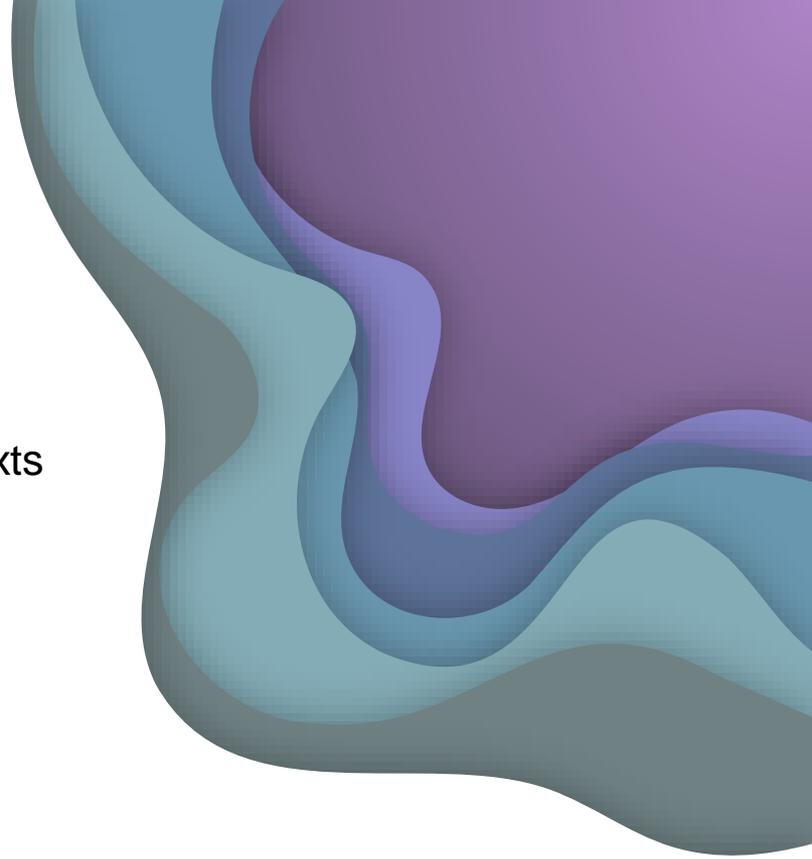
By the end of this webinar, we hope to

Address frequently asked questions on

- General considerations for different dance contexts
- Specific dance activities and risk
- class structure
- floorwork and contact

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.
- While this guidance applies to England, you should always consider whether there are local restrictions in place in your area. If so, you should first read the guidance relevant to your area as this may supersede guidance in this webinar.
- Government guidance will evolve with science
- No one has all the answers, as medical and scientific understanding of coronavirus disease is developing – we are learning with you!
- 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: Recommendations

We encourage you to take the following steps to support your return to dance planning

- **Read the relevant government guidance for your planned work. If you are unsure of which guidance to follow, please seek advice.**
- Use creativity as well as common sense to think about how you can address the requirements set out in the guidance for your work
- 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**



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



**Prof Emma Redding,
PhD**



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



**Alim Jadavji, BSL
Interpreter**



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
OF MUSIC & DANCE



UNIVERSITY OF
BIRMINGHAM



BIRMINGHAM
ROYAL BALLET



ROYAL
BALLET



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)

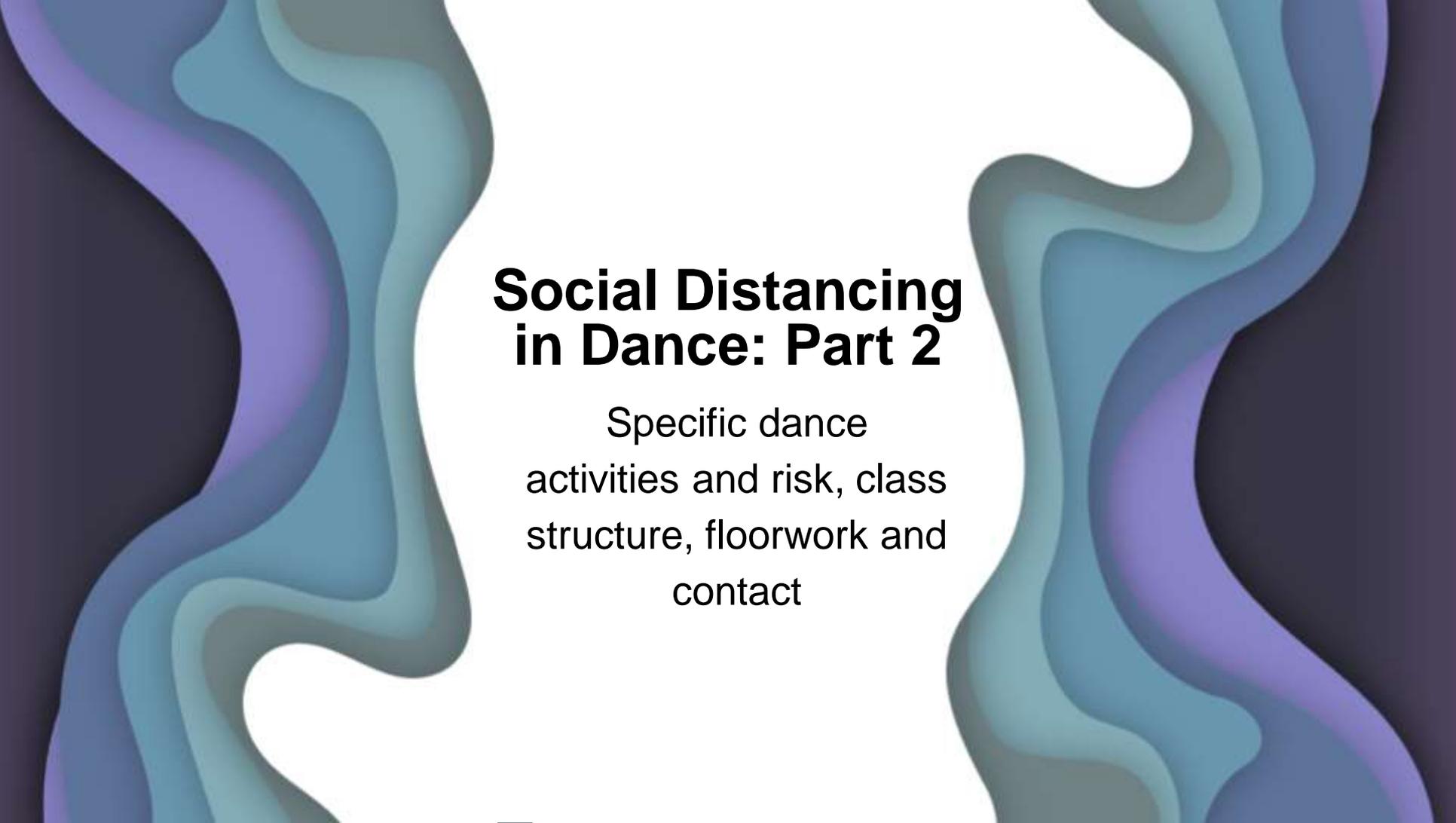
Risk assessment

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 2

Specific dance
activities and risk, class
structure, floorwork and
contact

Three sources of guidance

There are differences in guidance between professional dancing, participatory dance, dance in education and dance in the community

- Professionals working in the performing arts are permitted to return to their activities in line with the **PERFORMING ARTS GUIDANCE**.
- 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, and the relevant guidance for your setting and activities:
 - **GRASSROOTS SPORT AND GYM/LEISURE FACILITIES**
 - **OUT OF SCHOOLS GUIDANCE**
 - **MEETING PEOPLE OUTSIDE YOUR HOUSEHOLD**

[1 Working safely during coronavirus \(COVID-19\) Performing Arts](#)

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

[3 Protective measures for out-of-school settings during the coronavirus \(COVID-19\) outbreak](#)

[2 Meeting people outside your household](#)

Returning to dance studios

Dance studios in England can fully open on Saturday 25 July following the guidance on

- **GRASSROOTS SPORT AND GYM/LEISURE FACILITIES**
- **OUT OF SCHOOLS GUIDANCE**
- **MEETING PEOPLE OUTSIDE YOUR HOUSEHOLD**

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

[Protective measures for out-of-school settings during the coronavirus \(COVID-19\) outbreak](#)

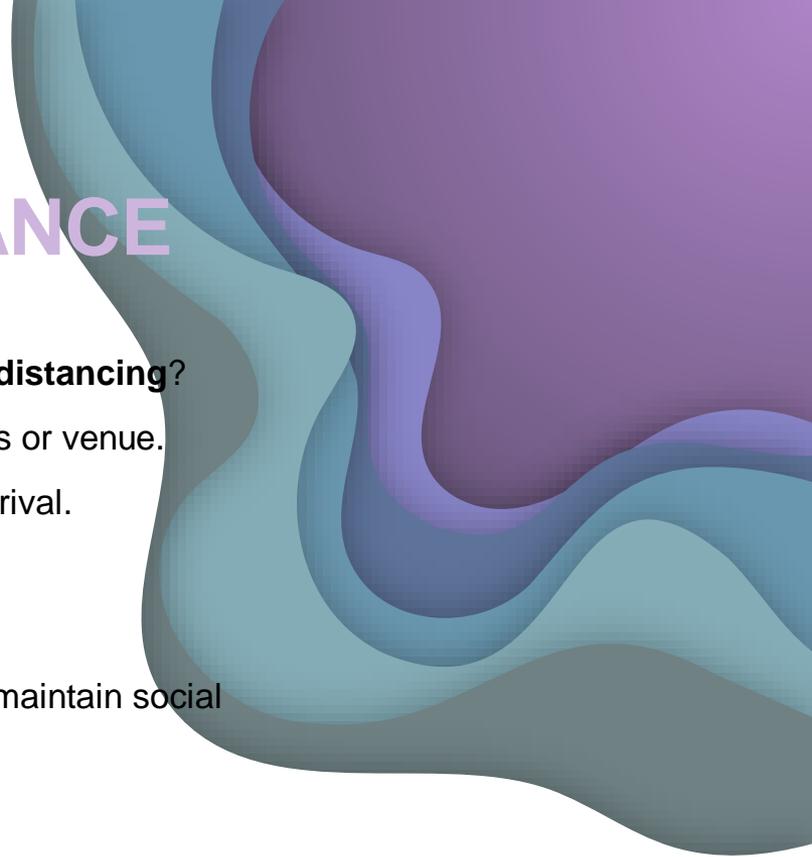
[Meeting people outside your household](#)

Considerations

PERFORMING ARTS GUIDANCE

Have you **reimagined how you are working to maintain social distancing?**

- by limiting the number of people able to access the premises or venue.
- on arrival and departure and enabling handwashing upon arrival.
- while people travel through premises or venues.
- between individuals when they are at their workstations.
- by reducing transmission due to face-to-face meetings and maintain social distancing in meetings
- while using common areas.
- by minimising the risk of transmission in changing rooms and showers.
- by prioritising safety during incidents.

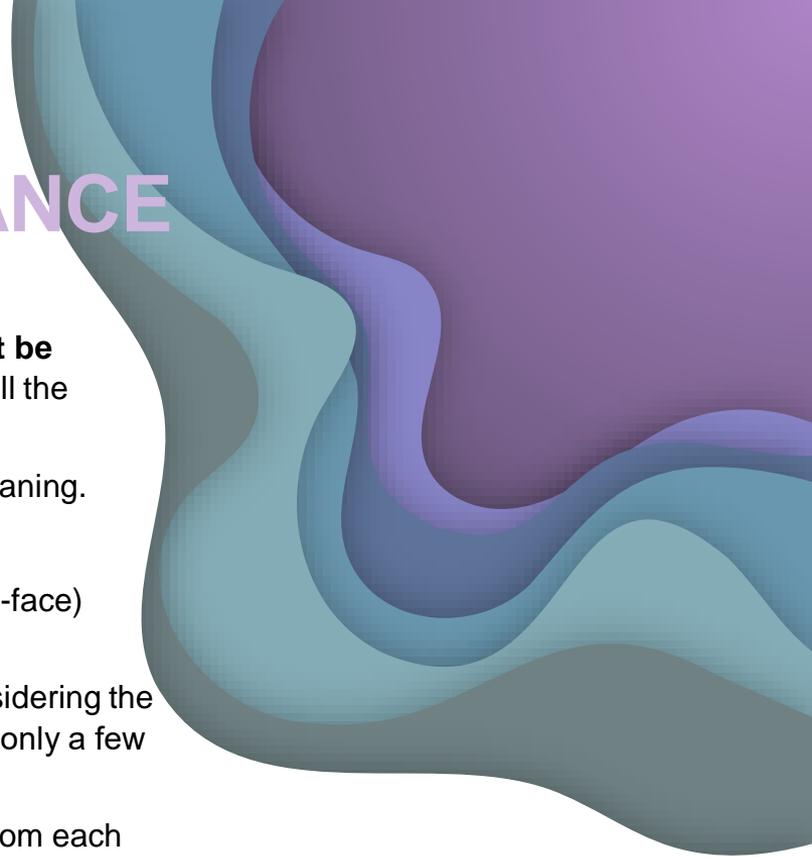


Considerations

PERFORMING ARTS GUIDANCE

Have you **considered where the social distancing guidelines cannot be followed** in full whether that activity needs to continue, and, if so, take all the mitigating actions including:

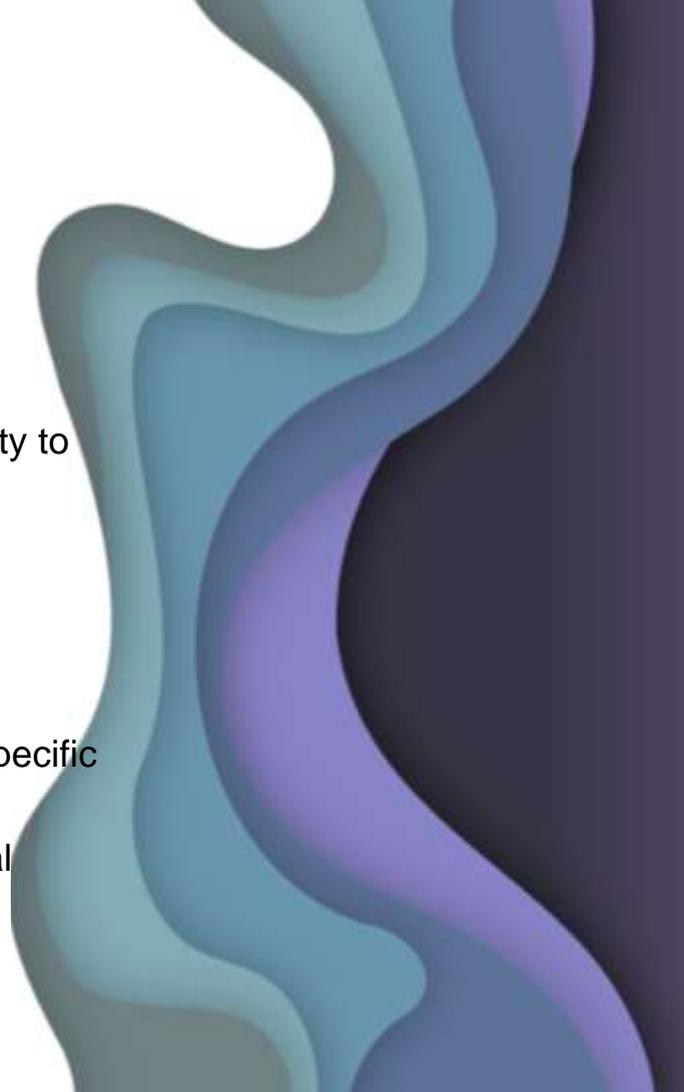
- Further **increasing the frequency of hand washing** and surface cleaning.
- Keeping the **activity time involved as short as possible**.
- Using **back-to-back or side-to-side positioning** (rather than face-to-face) whenever possible.
- Reducing the number of people each person has contact with by considering the use of 'fixed teams, groups or partnering' (so each person works with only a few others).
- 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.



Considerations

GRASSROOTS SPORT AND GYM/LEISURE FACILITIES

- Have you done a **risk assessment** of both the venue and activity to manage social distancing and effective infection control?
 - To minimise contact with surfaces within facilities or while participating
 - To ensure distancing is possible by limiting the number of customers able to access the facilities
 - To ensure activities and spaces can be undertaken and specific measures to ensure social distancing and cleaning
 - To ensure additional needs of any customers with physical disabilities



Considerations

GRASSROOTS SPORT AND GYM/LEISURE FACILITIES

Have you ensured social distancing during your activity, including

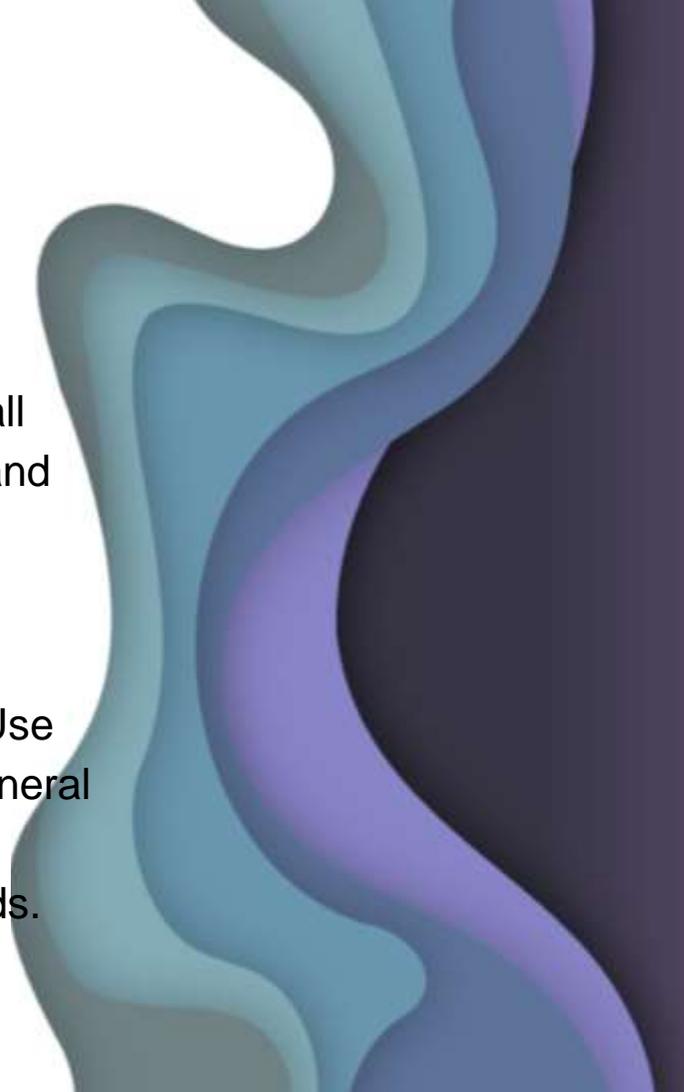
- Suspending or modifying activities that are not permitted or cannot be undertaken without contravening social distancing guidelines within available facilities.
- **Indoor spaces can remain open for use as long as the activities can be modified in such a way that social distancing can be maintained throughout the activity.** Where weather and space permits, use of outdoor spaces for individual, team or group activities. Considering where applicable government guidance on social gatherings.



Considerations

GRASSROOTS SPORT AND GYM/LEISURE FACILITIES

- Have you **clearly communicated to participants, volunteers and workers** to ensure that they can take all reasonable measures to comply with social distancing and hygiene measures at all times, before, after and during physical activity?
- Have you **encouraged attendees to arrive in kit and where possible to travel home to change/shower?** Use of changing rooms and showering facilities should in general be avoided where possible, although these must be available for participants with disabilities or special needs.



Considerations

GRASSROOTS SPORT AND GYM/LEISURE FACILITIES

- Have you ensured that steps are taken **to avoid people needing to unduly raise their voices to each other**, including but not limited to - refraining from playing music or broadcasts that may encourage shouting, including if played at a volume that makes normal conversation difficult. This is because of the potential for increased risk of transmission - particularly from aerosol and droplet transmission.

Additional detail on social distancing and sports at grassroots and community level can be found in the [outdoor sport and recreation guidance](#). Guidance set out here also applies to indoor activity.

Considerations

OUT OF SCHOOLS GUIDANCE

- Have you **carried out or refreshed your existing risk assessment** in line with the HSE guidance, identifying protective measures **in collaboration** with relevant staff members, the owner of the premises where your provision is being held, and/or your local authority, **to identify the risks, to determine protective measures to put in place and to establish who is responsible for implementing each protective measure?**

Protective measures for out-of-school settings during the coronavirus (COVID-19) outbreak



Considerations

OUT OF SCHOOLS GUIDANCE

Owners of shared spaces must continue to meet all existing health and safety obligations with regard to ensuring that their premises are safe for providers to hire and to operate from. It is also the **responsibility of the Out of Schools providers** that operate from these shared spaces **to ensure that they are implementing the protective measures.**

Protective measures for out-of-school settings during the coronavirus (COVID-19) outbreak



Considerations

OUT OF SCHOOLS GUIDANCE

- If your work is classroom based, have you **checked the Out of School Department for Education's Planning guide for primary schools** or **Guidance for secondary school provision** to determine how to carry out a risk assessment, depending on the age of the children you cater for?
- Dance activities for children should also refer to the guidance on [Working safely during coronavirus \(COVID-19\)](#) for providers of grassroots sports and gym / leisure facilities.

Protective measures for out-of-school settings during the coronavirus (COVID-19) outbreak

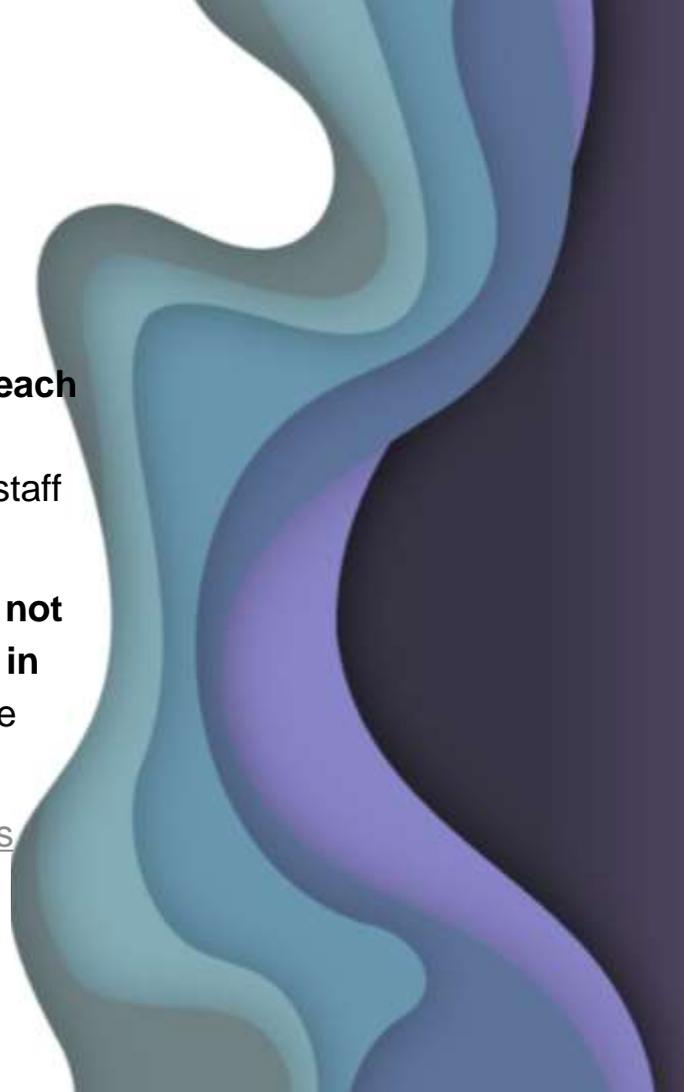


Considerations

OUT OF SCHOOLS GUIDANCE

- Have you aimed to **minimise the number of different people each child comes into contact with** (seeking to maintain small, consistent groups of no more than 15 children and at least one staff member)?
- Have you ensured, as far as it is possible, **groups should also not be mixing within the setting itself and used best judgement in creating and frequently reviewing groups** in order to minimise the amount of 'mixing'

Protective measures for out-of-school settings during the coronavirus (COVID-19) outbreak



Considerations

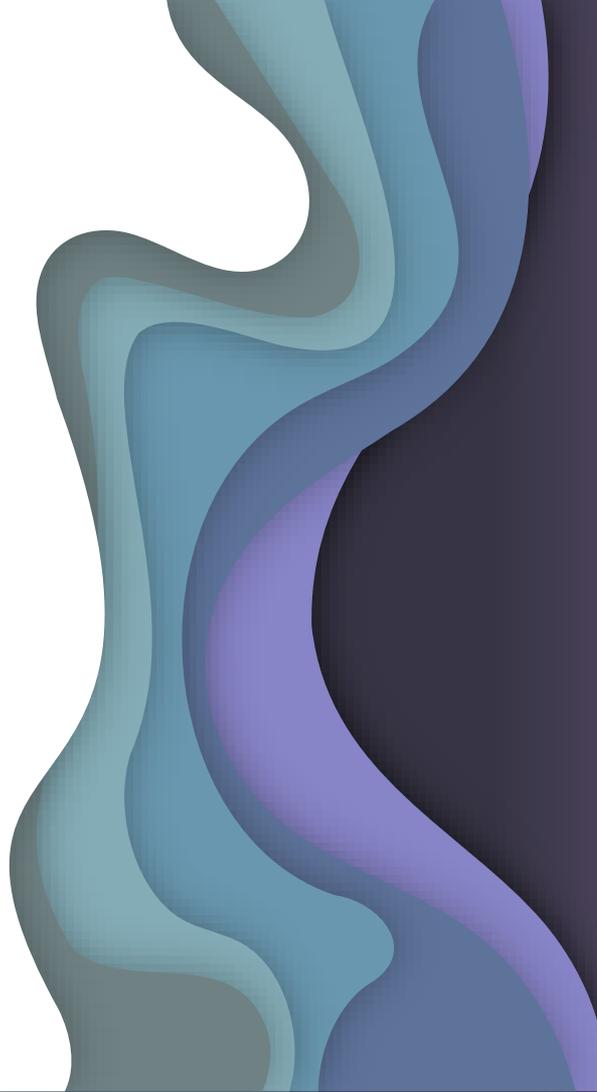
OUT OF SCHOOLS GUIDANCE

- Have you ensured that, as far as possible, **the children, parents and staff that attend your setting follow the current government guidelines on social distancing,** and that you have **effective infection protection and control measures in place** in your specific setting to reduce the risk of transmission?

Protective measures for out-of-school settings during the coronavirus (COVID-19) outbreak



Specific dance activities and risk



Marking out dance spaces

Question: Marking the floor out by 2m by 2m boxes – should we be leaving 2m between each 2m size box? What is the best way to do this?

- You should look at your space and think realistically about how many people can safely maintain social distancing. You need to think of how you can move in and out of/around the space safely



Maintaining social distances in motion

Question: If a 2 metre space is marked out in a dance space. Does each dancer need to stay in that space (say ballet not particular lying on the floor) or can they move around the room to another space as long as are still 2 m apart?

- Yes, they need to be able to move around but keeping social distancing will reduce risk

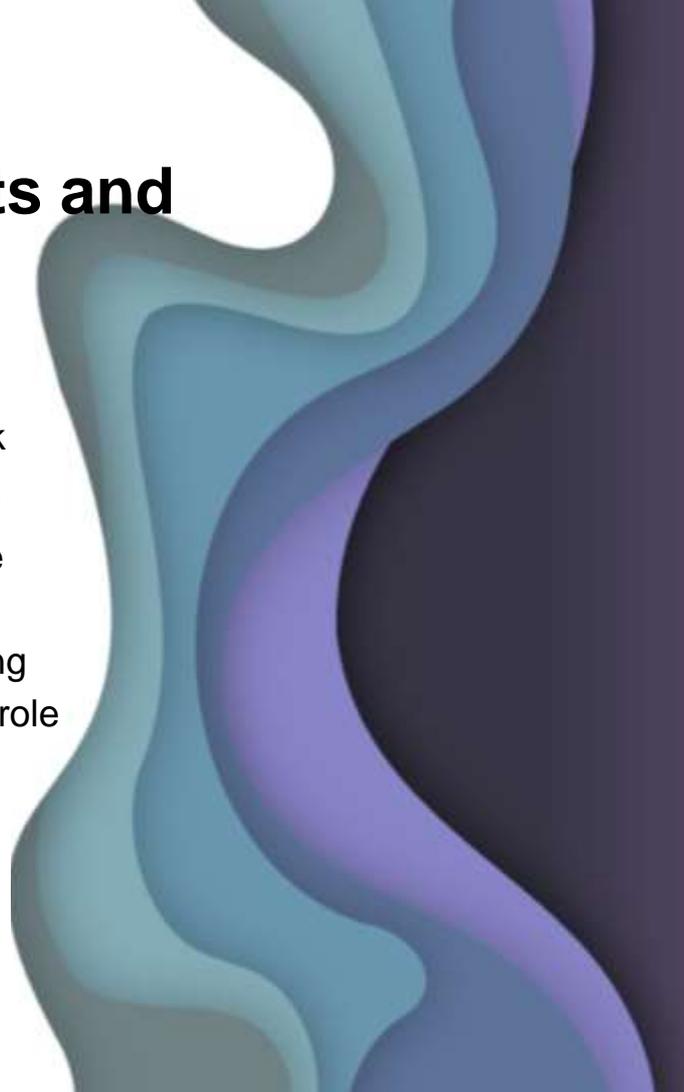


Have we had any guidance about community dance sessions with adults and older people?

- Clinically extremely vulnerable individuals have been strongly advised not to work outside the home during the pandemic peak and only return to work when community infection rates are low.
- Clinically vulnerable individuals, who are at higher risk of severe illness (for example, people with some pre-existing conditions), have been asked to take extra care in observing social distancing and should be helped to work from home, either in their current role or in an alternative role.

[Working safely during coronavirus \(COVID-19\) Performing Arts](#)

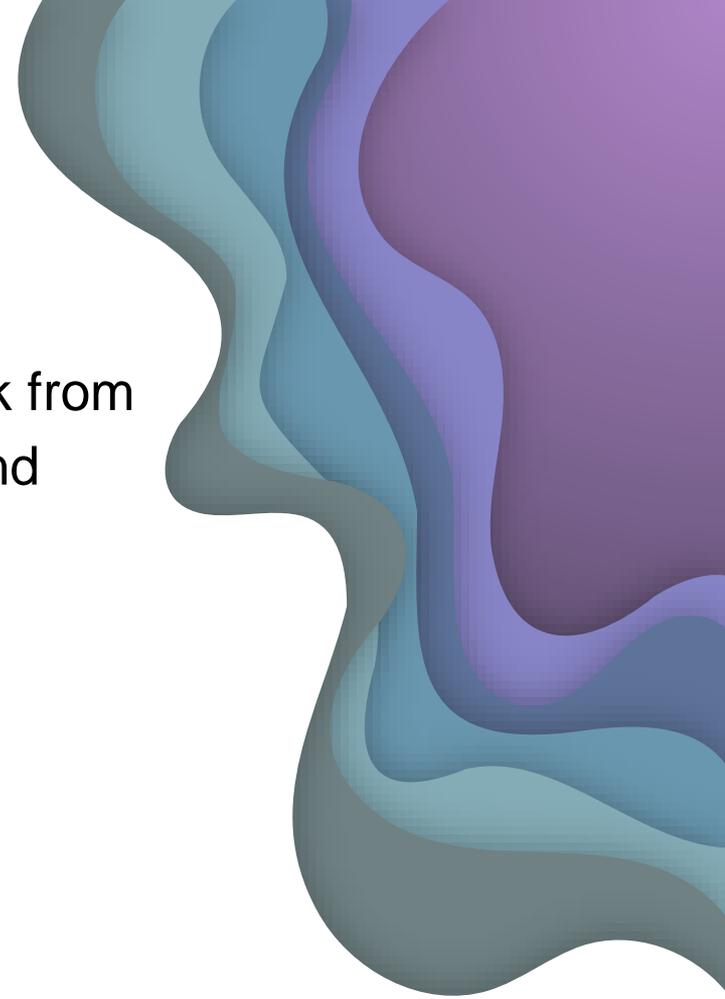
[Grassroots sport and gym/leisure facilities](#)



Who is vulnerable?

Clinically vulnerable people

Refers to people who may be at increased risk from COVID-19, including those aged 70 or over and those with some underlying health conditions.



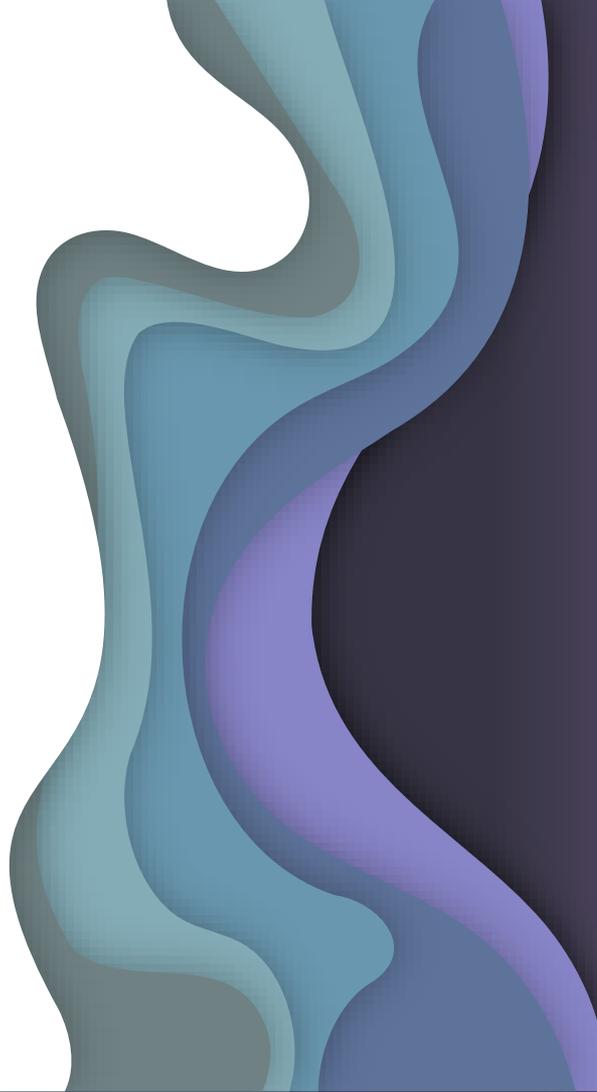
Who is vulnerable?

Clinically extremely vulnerable people

- Refers to people who have specific underlying health conditions that make them extremely vulnerable to severe illness if they contract COVID-19. Clinically extremely vulnerable people will have received a letter telling them they are in this group, or will have been told by their GP
- All children and young people currently identified as Clinically Extremely Vulnerable, and advised to shield, should continue to do so until 31 July, when the government will pause shielding for everyone.

[Guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19](#)

Class structure



How long should a class be?

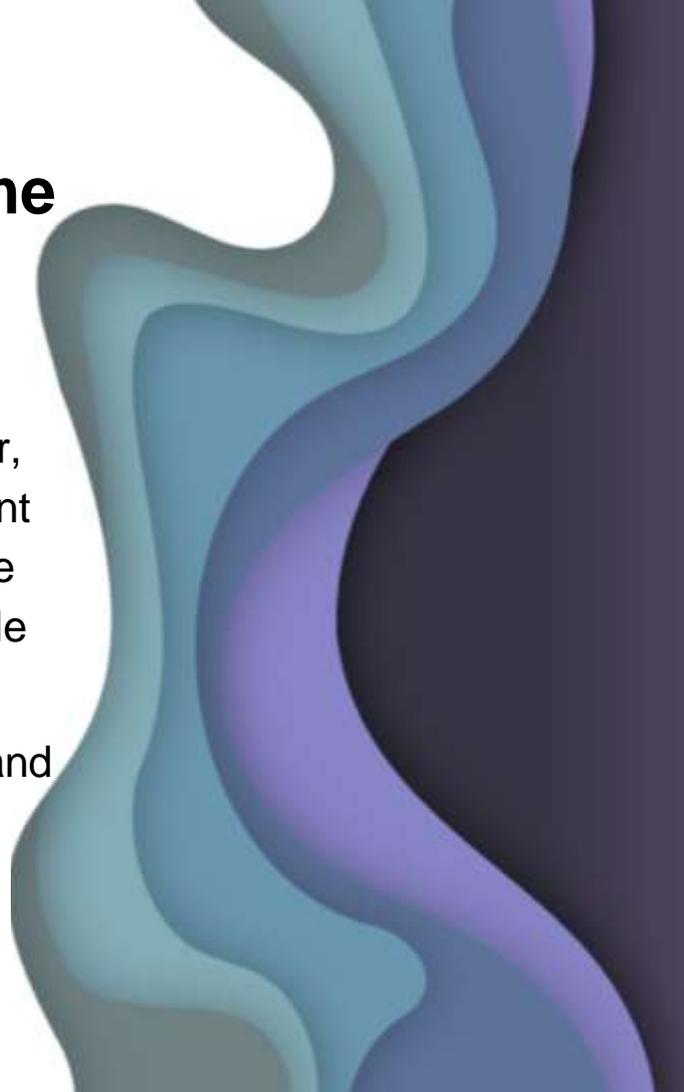
There are no restrictions published on class length. The shorter the class the less expiration of potential viral load, so an individual risk assessment may help. If you have more vulnerable dancers, you may do shorter classes.



Should we be shortening the class time for non-professional participants?

This is up to the creativity of the dance teacher. If you can make a dance class technically harder and physically easier, this would be helping the dancers. Think about how you want to engage and challenge your dancers in learning. If you are doing a higher intensity class, have a shorter one. Be flexible as you plan your classes.

A lot of dancers will have done a lot less during lockdown, and therefore having shorter classes will help them work their fitness levels back up more gradually.



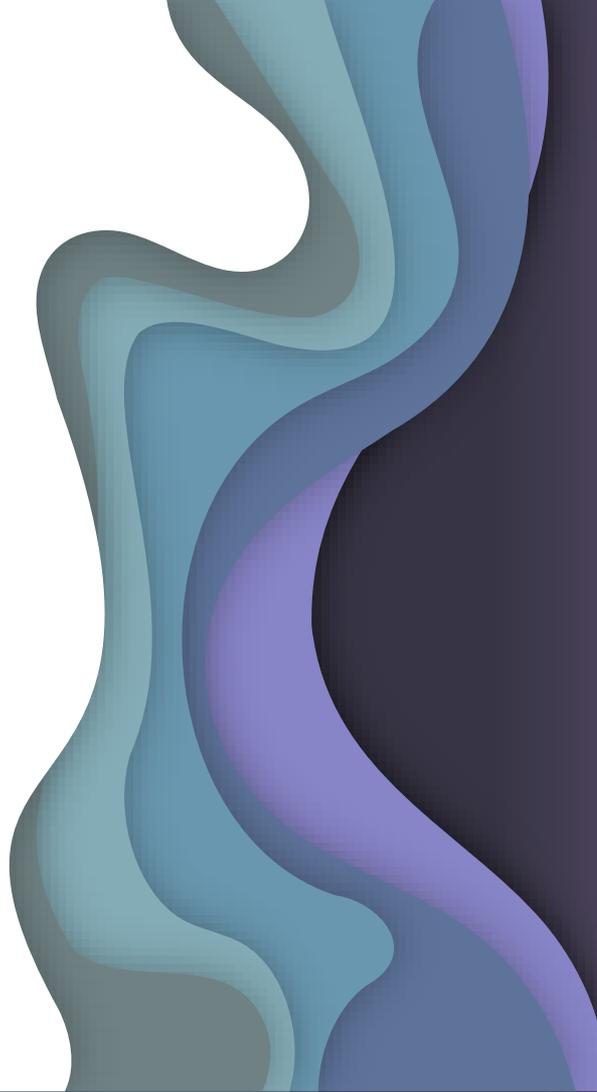
Corner work and dance phrases that move across the space

Wherever possible it is advised to **keep socially distanced** and to keep within floor markings. If you do introduce travelling in a socially distanced way, **there is some suggestion that one dancer should not go/follow on directly in line with another dancer**. In doing so dancers will be entering one another's slipstream and could potentially pick up droplets from the person travelling ahead of them. **Consider travelling side by side, or in another direction**. The more movement in the room, the more these droplets will be dispersed and not able to settle. Provide time between people travelling.

Droplets will land on clothing and therefore you should **consider how you are washing your clothes, and washing your hands during and after class**.

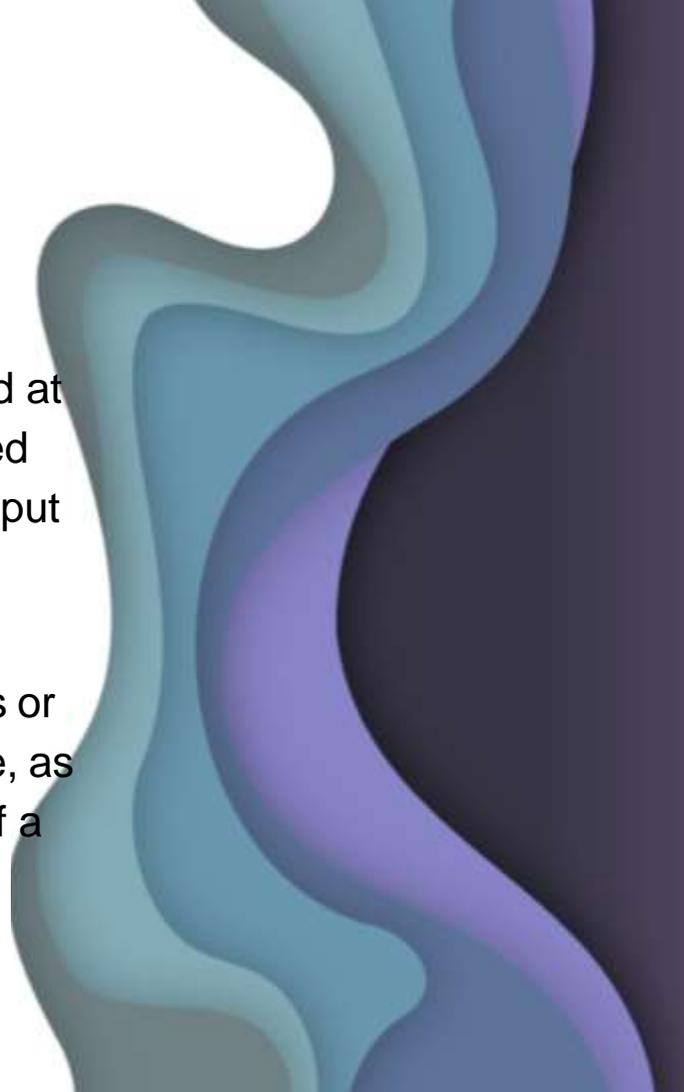


Contact and Floorwork



Is contact improv and partner work allowed?

- In a **professional training environment**, this is allowed at this current stage but it is only to take place within a fixed group. In a professional environment we are allowed to put ourselves in positions whereby we are not socially distanced (including contact and pas de deux etc).
- If one dancer from a fixed group experiences symptoms or tests positive, their whole fixed group should self-isolate, as well as their residential/living partner if they are a part of a separate fixed group..

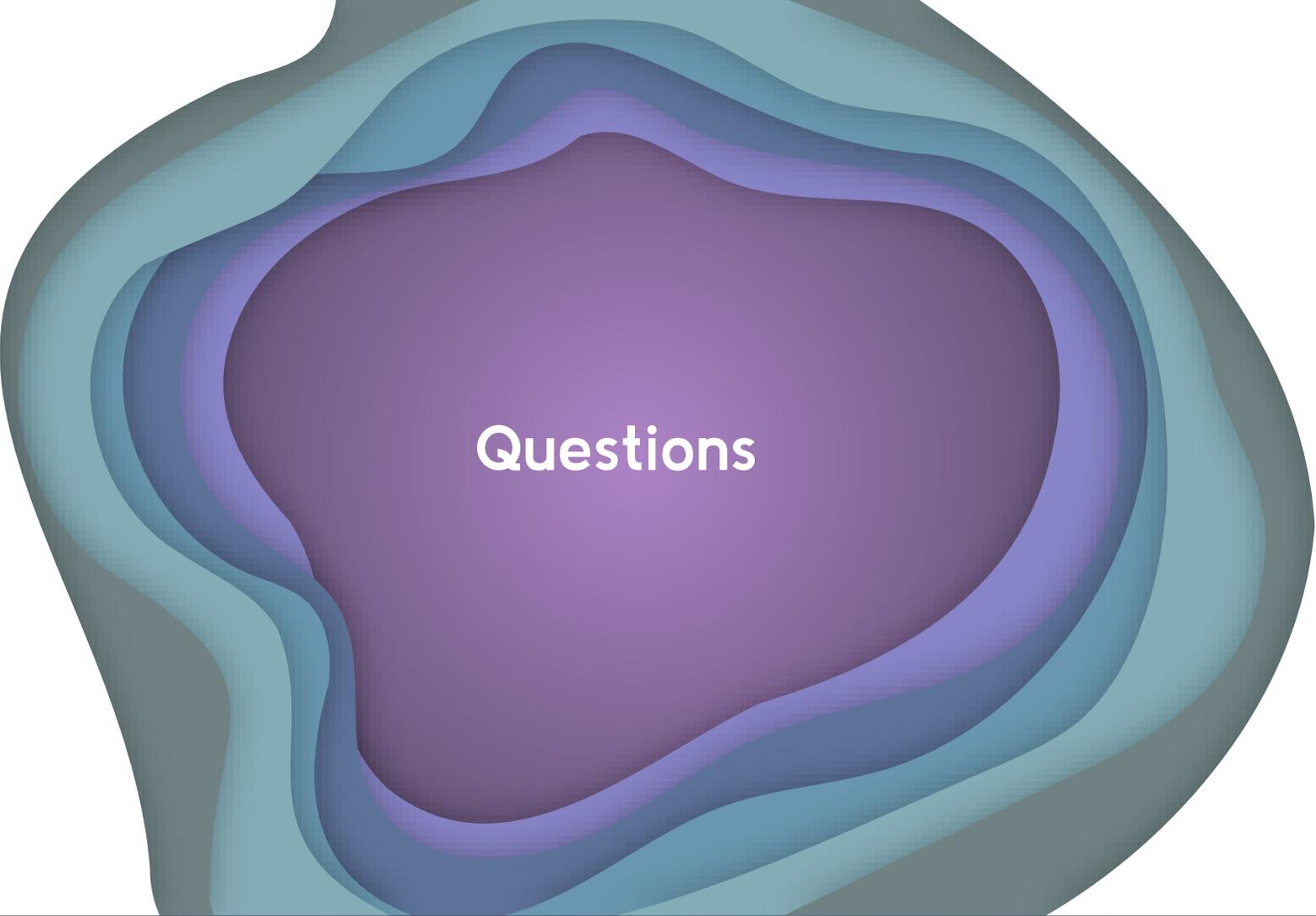


EXAMPLE APPROACHES

Regarding the designation of partners/fixed groups, is contact work possible?

- The current guidance for professional dancers recognises that dancers will need to be working closely together, and this is where the fixed group mitigation measure comes into play.
- **London Contemporary Dance School** will not be encouraging partner work at the beginning of term as this is something that we can avoid- we won't be partnering whilst social distancing measures are in place if at all possible.
- People will be working in partners at **The Place** however, as this would be considered a professional dance environment – one of the mitigation factors that will be implemented here is testing before those partners work together.



A stylized graphic of a head profile, rendered in various shades of blue and purple. The word "Questions" is centered within the head shape in a white, sans-serif font.

Questions

Attend our upcoming webinars

- Tuesday 4th Aug: Considerations for children and young people
- Thursday, 6th Aug: Physical and mental preparation for returning to dance: Part 1 Mental health and injury management
- Friday 7th Aug: Alternatives to face to face: outdoor activity, blended learning, and addressing digital poverty
- Friday 14th Aug Physical and mental preparation for returning to dance: Part 2 Nutrition and fitness

Future webinars will cover:

- Transport, touring, and travel

