

Return to Dance Guidance

Webinar 4 'What you need to know to get back to the studio – part 2'

One Dance UK & NIDMS Expert Panel

24th July 2020

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Live Q&A

1. Time Point: 36:23

Q. Are temperature checks essential for dancers when entering the studio?

A. [AH] Temperature checks would be advised, but are not mandated in the government guidance.

[RW] There is no direct requirement to carry-out temperature checks - many people may be carrying the virus for several days and yet still have a normal temperature, therefore having a normal temperature doesn't exclude the possibility of having the virus.

Temperature checks would be recommended where possible.

[AH] Some dance companies have implemented these checks – this is a good indication that someone may not be well.

2. Time Point: 38:50

Q. Should adult students and participants be wearing face masks?

A. [AH] This will not be stipulated as mandatory in government guidance.

[RW] There is clear evidence to suggest that face masks don't cause harm. Using a face mask will help to mitigate risk, as it ensures that exhalation is passed out from the mask sideways, as opposed to directly towards whoever may be facing you. Face masks should not be used as an alternative to social distancing, but where this is not possible, masks will be beneficial. Unless you're exercising at extremely high intensity, face masks will not affect your ability to get oxygen into your system. Wearing a mask may bring with some psychological anxiety - spend some time getting used to wearing a mask before you do in classes.

[ER] Face masks will not currently be required at Trinity Laban – our main focus will be on social distancing and hygiene (cleaning of hands, kit and floors). If any students or teachers would prefer to wear a mask, they would be welcome to do so. The use of face masks at Trinity Laban will be reviewed regularly.

[JC] Professional companies have been working in masks very successfully with no issues – it's just a case of getting used to them. There are papers available, namely on US research about this.

3. Time Point: 43:11
Q. Is contact allowed in fixed groups within a professional company during a rehearsal and for the performance?
A. [AH] Yes, close contact is allowed. Other mitigation measures should be considered here, one of which is fixed groups.
4. Time Point: 44:04
Q. When working in Higher Education – are fixed bubbles of students still limited to 15? As with the out of school guidance?
A. [ER] Trinity Laban is a HE institute, but are also considered as a professional training context – we are therefore adhering to government guidelines on returning to dance for the performing arts.
[AH] The out of school settings guidance refers to the age range of 5-18. If students are over the age of 18 (as within HE) then the limit of 15 students doesn't apply. You should think of your space and a major consideration, and how many can safely socially distance, travel around and enter and exit.
5. Time Point: 46:09
Q. Regarding bare feet and high contact areas
A. [ER] We have spoken about the use of socks in contemporary dance, but this adds an additional injury risk. At Trinity Laban, we are allowing bare feet and ensuring that our floors are cleaned between classes.
6. Time Point: 47:06
Q. When teaching groups in community settings, am I able to use the fire exits to improve ventilation?
A. [AH] You will have to consider the fire regulations of the building.
[RW] The more air you can get flowing through a room, the less risk there is of the virus hanging around. This is an issue of heightening the risk of fire but minimising the risk of COVID - this should be discussed with the fire officer of the building and they can make an informed judgement. Make the best use of every opportunity to ventilate a room in which dance activities are taking place.
7. Time Point: 48:50
Q. Who will be responsible for cleaning the floors? The teacher, students, cleaners? How much time is required between classes?
A. [ER] At Trinity Laban, the teachers will be taking some responsibility for cleaning where staff may be lacking, particularly if we have been using pieces of equipment, for example, teachers will contribute responsibility. Our facilities colleagues will be supplying the cleaning materials and equipment needed, however.
8. Time Point: 49:44
Q. If social distancing is maintained in all classes rather than working in 'fixed groups', if one

student tests positive does that socially distanced group still need to self-isolate or is that only applicable where social distancing has not been maintained, e.g. within a household? If a teacher has been working with a student has since shown symptoms, does that teacher need to isolate?

A. [RW] If you are in a dance class and you can ensure that everyone is socially distanced, then this is a mitigating factor. A contact tracer would ask the person with symptoms about that. A contact tracer would be concerned if a bubble of 15 students had been working together in a socially distanced way but there had been a very high amount of movement – it would be best to err on the side of caution.

9. Time Point: 53:12

Q. With teachers working in many different venues there is the issue of floor cleanness in non-dance studio spaces - especially where there is carpet? What is the advice on floor-work - that is for stretching etc as well as dance on such surfaces? Will mats be enough to reduce the risk? Where hall management require their users to clean/wash the floor after each session, who is responsible for cleaning these surfaces?

A. [AH] If you're hiring a venue, the venue is obliged to have carried out a risk assessment and to have carried out thorough cleaning. You too need to carry out a risk assessment for your specific activities within the space. If you have a number of different groups using the space, you will need to be cleaning floors and high contact surfaces properly in between classes.

[RW] A smooth mats or a flat level surface of some kind may be less likely to carry/hold the virus, and maybe better than a carpet when it comes to cleaning.

[ER] Lino, mats, or wooden floors over a carpet, for example, would be easier to clean than a carpet. At Laban, we have considered asking students to bring their own yoga mats. Perhaps if you are working on a carpet, consider keeping shoes and have less skin-carpet contact.

10. Time Point: 57:01

Q. Regarding contact work for non-professionals

A. It is currently not recommended for non-professional dancers to come into close contact. Non-professionals should follow the guidance for households.

11. Time Point: 57:43

Q. Regarding vulnerable adults returning to the studio. Is it the individuals' choice to make their minds up about this for themselves when they are to return or do we hold off until social distancing ends?

A. [AH] For definitions on vulnerable and clinically vulnerable individuals, see slides. It is recommended that employers consider this. The guidance here varies depending on whether the environment is professional or a social class activity.

12. Time Point: 59:25

Q. I run classes whereby parents dance alongside their toddler. With regards to headcounts, do you count the parent and toddler separately or as one entity?

A. [JC] Everybody is breathing and therefore everybody in the space should be considered.

[RW] Household guidance should be considered – having a maximum number of 6 households in any one space. You may, therefore, need to take into account how many children are with each parent.

Time Point: 1:00:34

Q. I am a little uncertain of the guidance for floorwork, is this best avoided in a non-professional environment, e.g., children's dance classes?

A. [AH] You should be considering high contact points and your circumstances with regards to the type of floor you are using and how you can be cleaning it.

[ER] Trinity Laban is focusing on the aerosol spread and droplet transmission, and how we can mitigate this risk through social distancing and hygiene. As long as regular cleaning is taking place we are allowing floor work – many dance genres require dancers to come in and out of the floor. We should also consider dancers with physical differences who may have different amounts of contact with, or who may be working closer towards the floor. Students will be asked to take their shoes off before entering the studio and then wash their hands before entering.

[RW] As there is evidence that COVID can also be carried on the feet and footwear, we may also consider cleaning the feet as well as the hands to mitigate risk further.

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