



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

# 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



# 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

**Chair: Andrew Hurst**



**Nick Allen, PhD**

**Kim Hutt**

**Prof Emma Redding,  
PhD**

# How to use this webinar

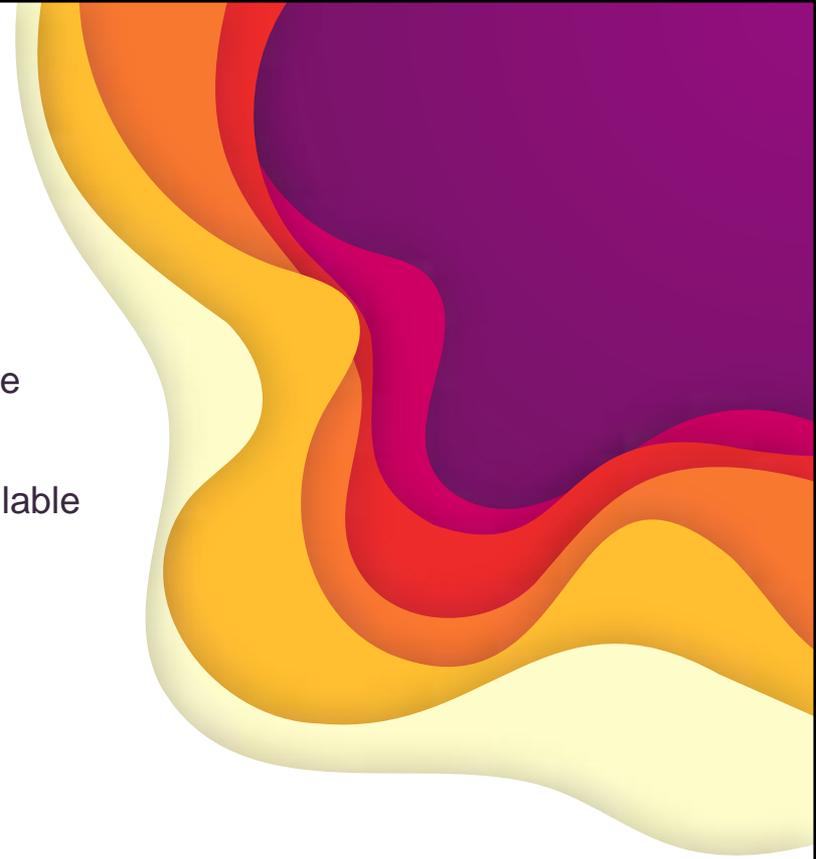
- We will try to address as many questions as possible live during the session
- All questions will be answered in writing and will be available on One Dance UK's website for everyone to access following the session



CHAT

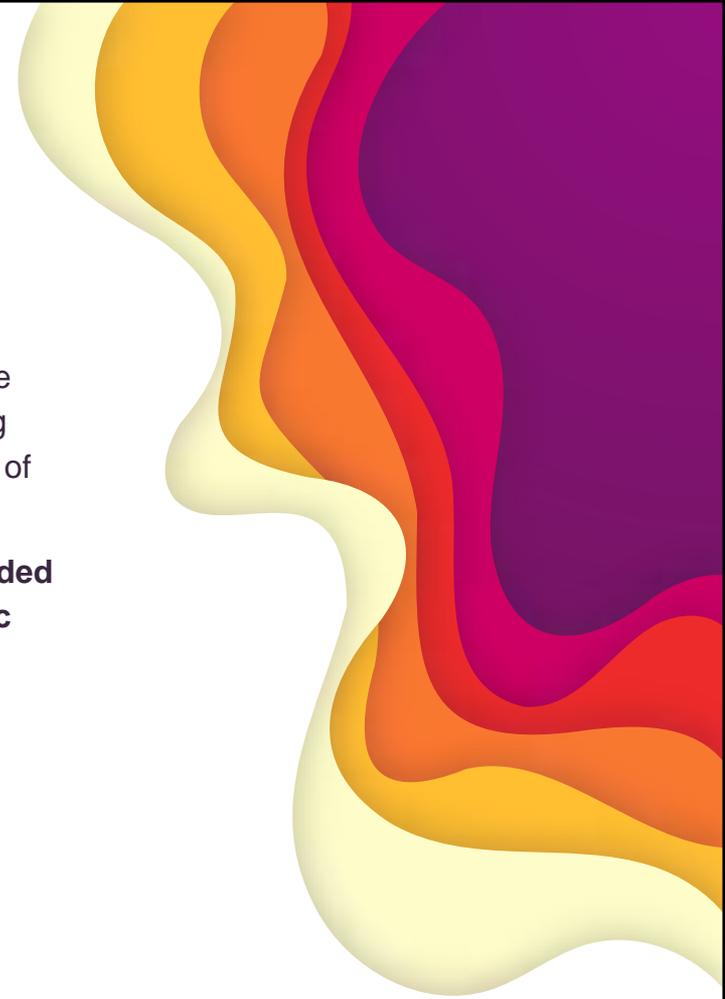


QUESTIONS



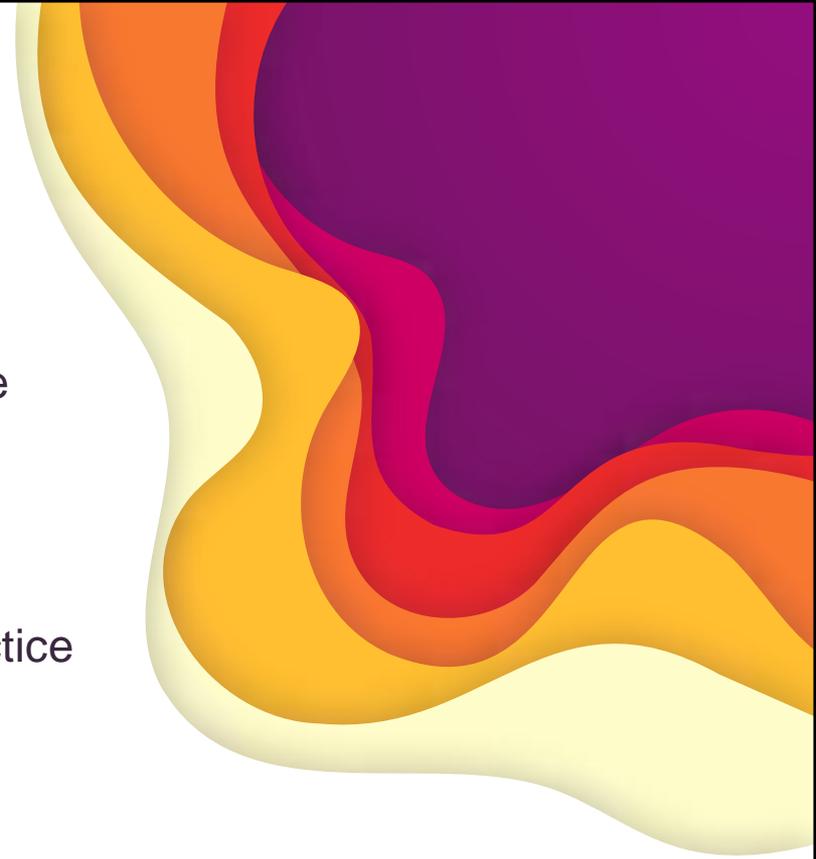
# By the end of this webinar, we hope to:

- Address frequently asked questions on returning to dance activity,
- Give background on the virus,
- Provide an introduction to government guidance.
- Provide an opportunity to ask questions
- Subsequent sessions will be themed for different working contexts and different parts of the sector.
- **All webinars will be recorded and available to the public following the live session.**



# Context of these webinars

- Government guidance will evolve with science
- No one has all the answers
- We aim to:
  - Provide a space to consult experts, raise questions, identify issues and share practice
  - Support practical implementation of government guidelines across the dance sector to help everyone return to dance safely



# COVID-19

- Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus
- The most common symptoms are
  - A high temperature
  - A new continuous cough
  - A loss or change to sense of smell or taste

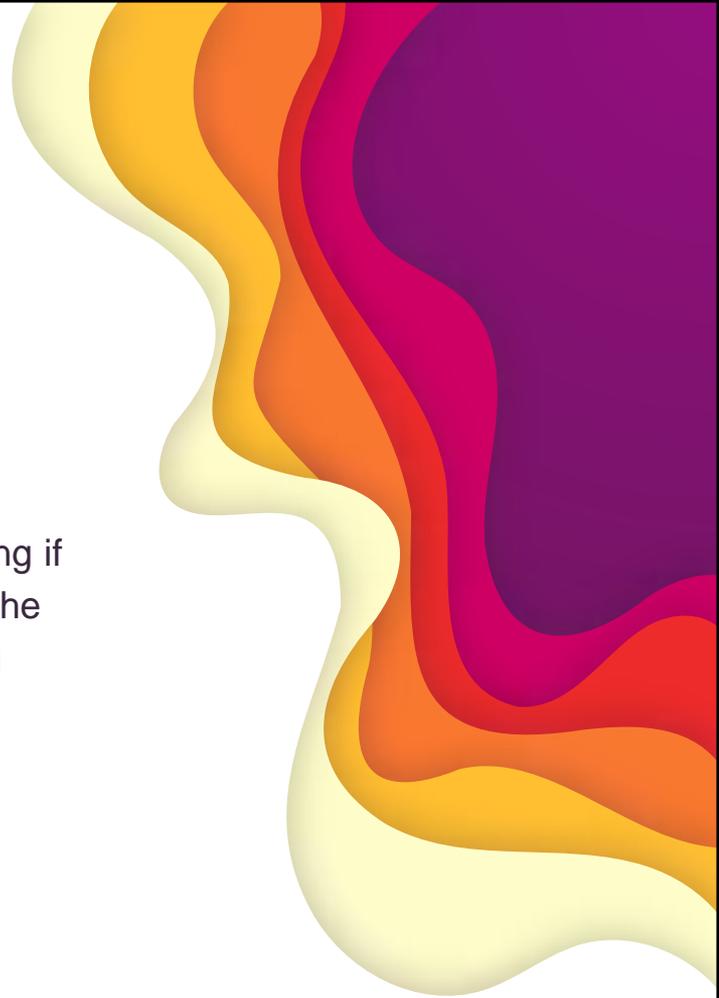
# Symptoms, self isolation and testing

If you notice any symptoms before you leave home, you should

- Stay at home, and self-isolate for at least 7 days. Anyone in your household should isolate for 14 days
- Contact 111, arrange to be tested, and follow NHS guidance around Test & Trace

Two types of tests

- Antigen Testing: All UK residents are eligible for COVID-19 Antigen testing if they have experienced the outlined symptoms. You can access this via the NHS if you become symptomatic.
- Antibody testing: Not necessarily to indicate immunity



# Managing Risk

## 5 Steps to Safer Working Together

- Carry out and share results of **COVID-19 risk assessment** with people working
- **Cleaning, handwashing and hygiene procedures** in line with government guidance
- Take all reasonable steps to **help people work from home**
- Take all reasonable steps to **maintain social distance in the workplace**
- Where social distance cannot be maintained, do everything practical to **manage transmission risk**



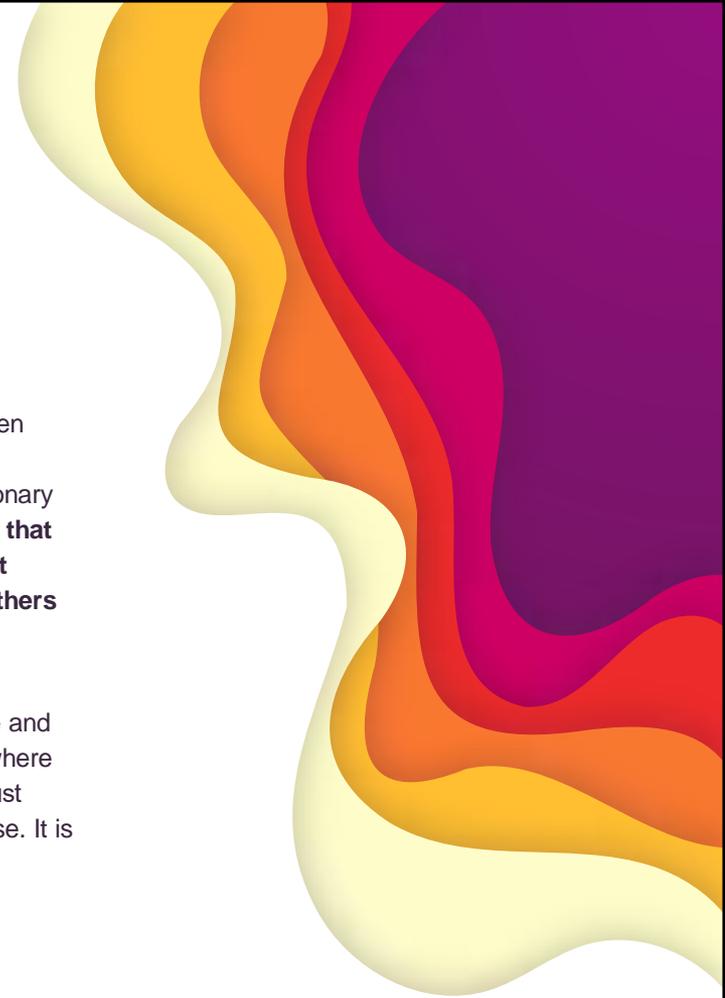
# Personal Protective Equipment (PPE) and face coverings

## PPE

- Protects the user against health or safety risks at work.
- Where you are already using PPE in your work activity to protect against non-COVID-19 risks, you should continue to do so.
- Workplaces should not encourage the precautionary use of extra PPE to protect against COVID-19 outside clinical settings or when responding to a suspected or confirmed case of COVID-19.

## Face Coverings

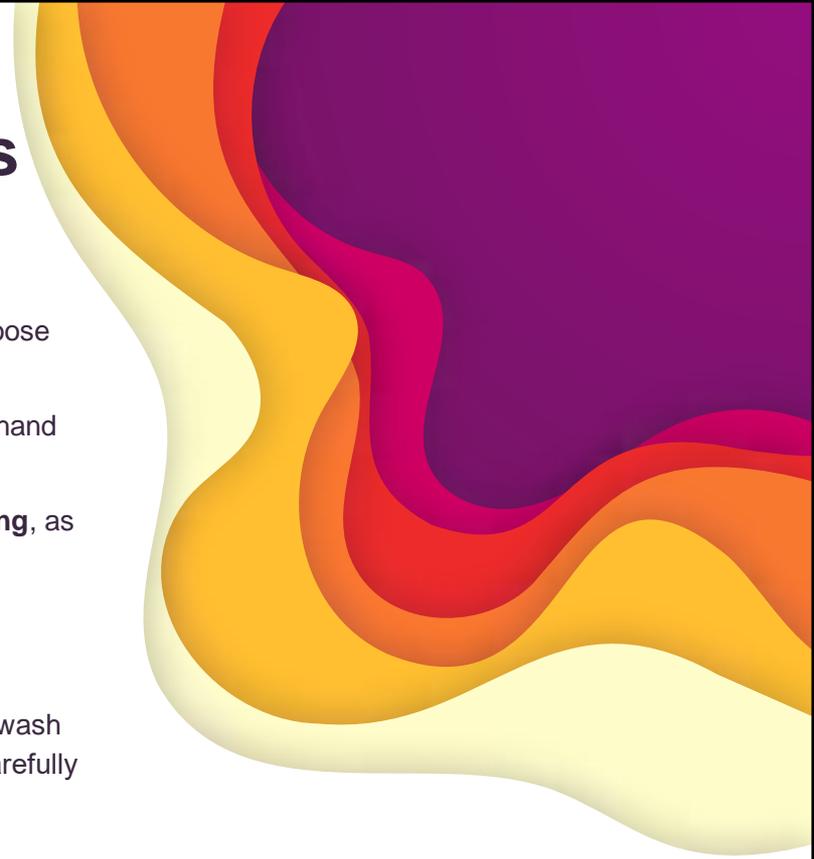
- There are some circumstances when wearing a face covering may be marginally beneficial as a precautionary measure. **The evidence suggests that wearing a face covering does not protect you, but it may protect others if you are infected but have not developed symptoms.**
- A face covering can be very simple and may be worn in enclosed spaces where social distancing isn't possible. It just needs to cover your mouth and nose. It is not the same as a face mask



# Face Coverings – Considerations

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

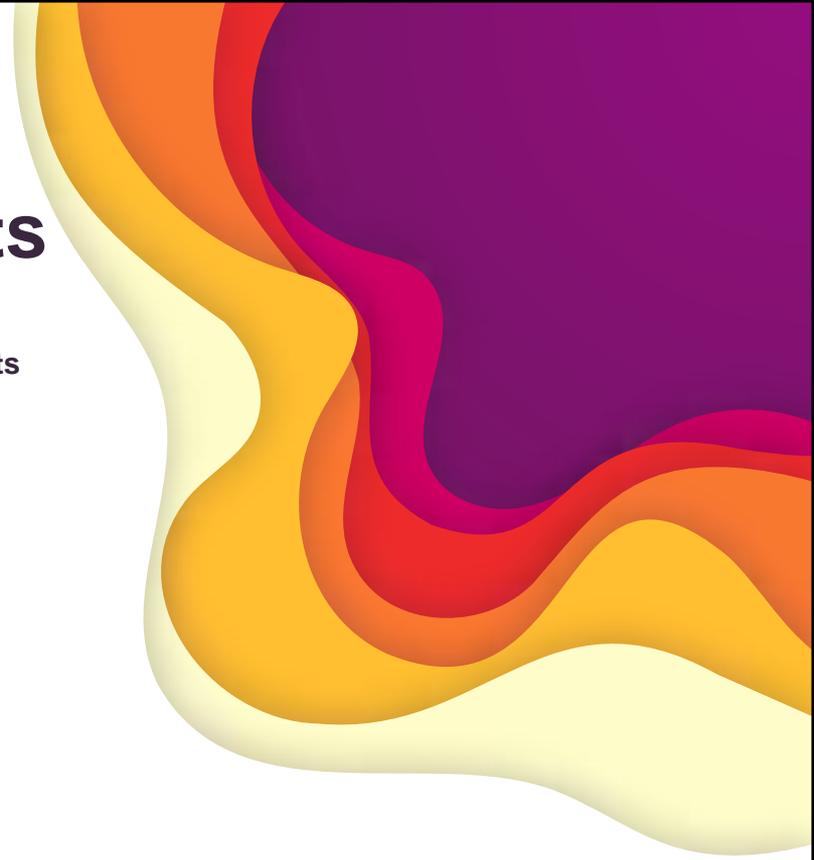
- **Wash your hands** thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on, and after removing it.
- When wearing a face covering, **avoid touching your face or face covering**, as you could contaminate them with germs from your hands.
- **Change your 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.



# Social distancing in performing arts environments

**Objective: Maintain social distancing wherever possible in performing arts environments.**

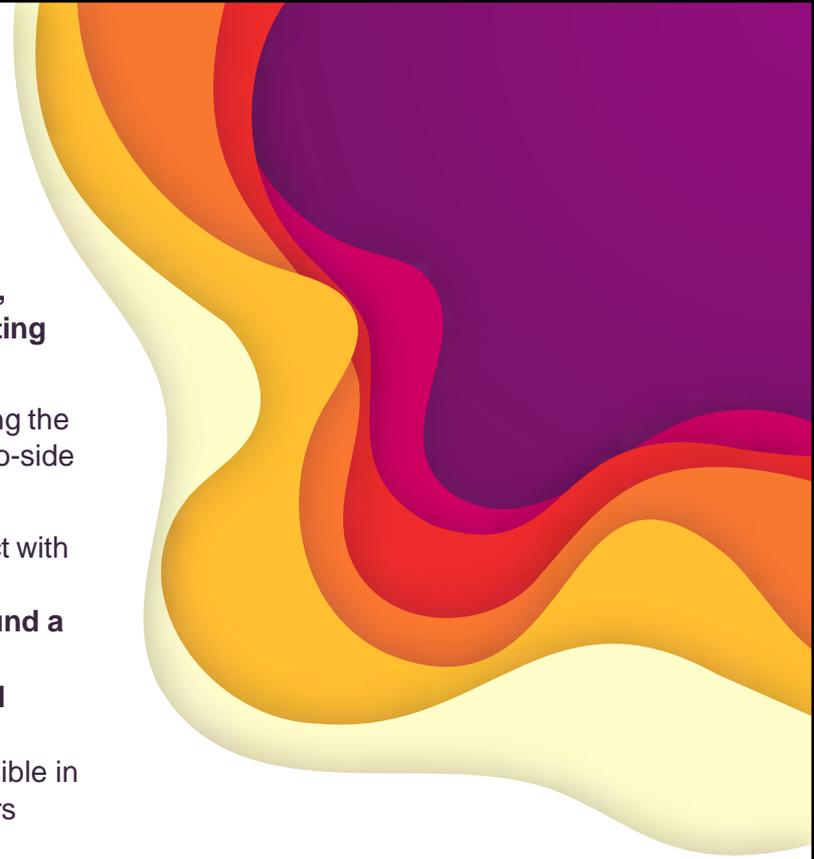
- by limiting the number of people able to access the premises or venue.
- on arrival and departure and enabling handwashing upon arrival.
- while people travel through premises or venues.
- between individuals when they are at their workstations.
- reduce transmission due to face-to-face meetings and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



# Social distance - considerations

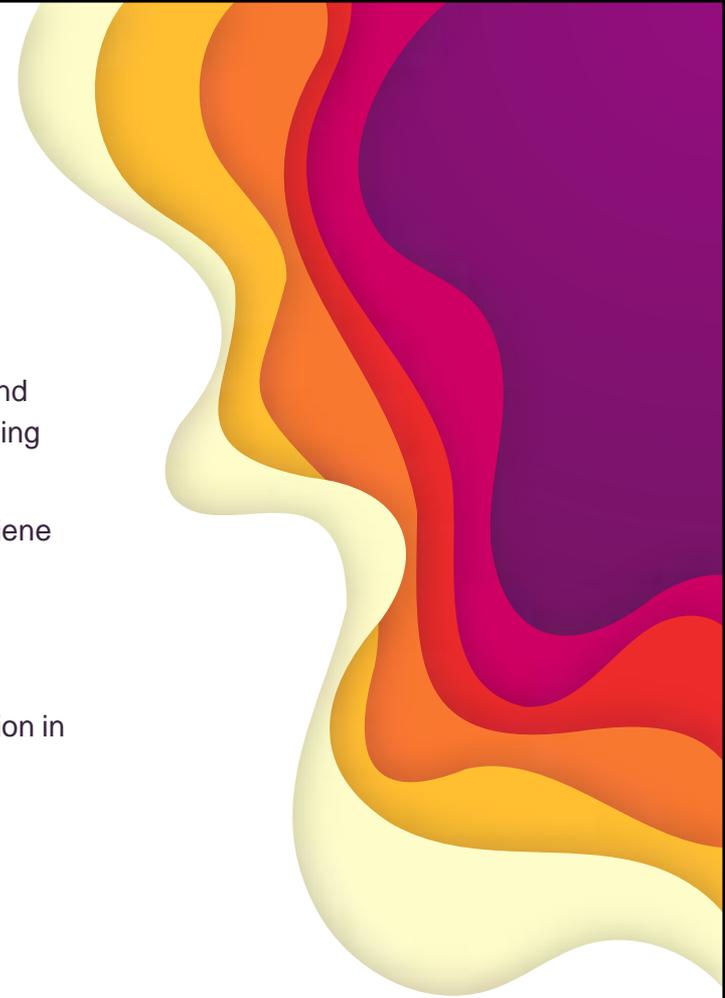
Any activity where social distancing guidelines cannot be followed in full, consider whether that activity needs to continue. If so, take all the mitigating actions possible to reduce the risk of transmission:

- 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.
- Fixed Groups: Reducing the number of people each person has contact with
  - Grouping individuals into **fixed teams** that work together
  - **Minimising transmission risk during breaks or moving around a premises or venue;**
  - Ensuring that there is **no swapping between designated fixed teams**
  - 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.
  - **Using screens where feasible** to separate individuals or fixed teams from each other where they cannot achieve social distancing.



# Cleaning objects, equipment and environments

- Before reopening Objective: To make sure that any premises, venue or location that has been closed or partially operated is clean and ready to restart, including:
  - An assessment for all or parts of premises or venues that have been closed, before reopening or resuming activity.
  - Cleaning procedures and providing hand sanitiser, before reopening or resuming activity.
- keep the environment clean and prevent transmission by touching contaminated surfaces
- help everyone keep good hygiene at all times
- reduce transmission through contact with objects.
- minimise the risk of transmission in auditoria



# Attend our upcoming webinars

## Return to Dance

Preparing to return

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

Wednesday 15th July 2020

1:00 pm

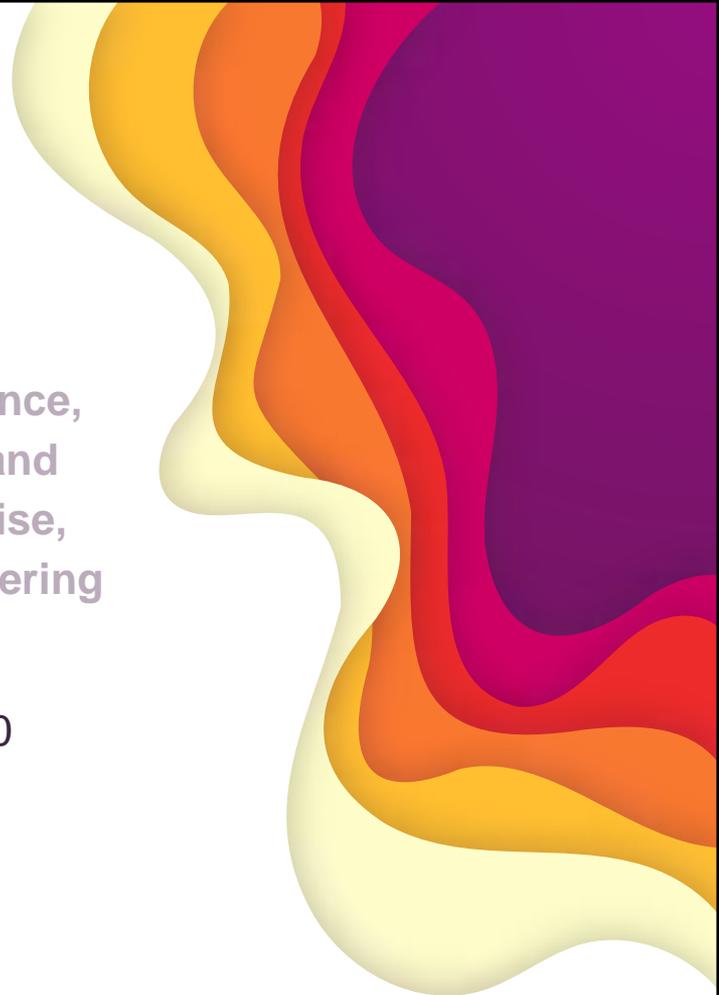


## Return to Dance

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

Friday 17th July 2020

1:00 pm





**THANK YOU**