



COVID2021 compliance

BDF Hall Green classes - Sep 2021

Hands-Free dancing

For the foreseeable future, we've chosen particular dances that will maintain 2m social distancing. These dances have been selected by regulars, and have proved to be good fun. As we get more confident about our continued safety, then we may introduce couple dances, and eventually we hope to return to our group dances.

For your own safety:

- **Consider taking a lateral flow test** before attending
- **Attendees should be double jabbed**
- **Anyone with symptoms** (temperature, continuous cough, loss of smell) should stay away
- **One way system** - enter through front main doors, and exit from rear side door
- **On arrival, attendees may be temperature checked** (with a head thermometer)
- **Turn up 'session ready'** as there will be no changing facility
- **Personal belongings** should not be brought into class, other than a personal water bottle and keys
- **Wearing of masks recommended for entering and leaving the building;** optional when dancing or seated
- **Use hand sanitiser** - a sanitising station will be placed in the foyer
- **Sign the register** on arrival
- **Socially distance** as much as is reasonably possible when inside
- **The toilets** are available on a one-in-one-out basis
- **Bring your own water bottle** as there will be no access to drinking water on site

We aim to keep you safe, so we ask you to do your part. If you've not used before, lateral flow test kits are readily available from your local chemist, or you can order online: [Order NHS self-test pack](#) Although there is some initial reading before the first test, they are very simple to undertake, and an effective and essential part of our Covid-free strategy.

Clinically Extremely Vulnerable persons should avoid the classes for the moment.