



## *COVID2021 compliance*

### **BDF STIRCHLEY BATHS 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) must stay away
- **Arrive no more than 5 minutes prior to class starting**
- **Entrance will be via the Main Front Door**, on Bournville Lane
- **One-way system** - exit via the fire door in Main Hall
- **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 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 and Main Hall
- **Sign the register** on arrival
- **Socially distance** – the Hall will be marked for social distancing of 2-3m between each participant
- **The toilets at the back of the Main Hall** 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.