

Deep Rhythm Covid-19 Protocols for Dancers - October 1st 2020 ❤️🙏

Information for Deep Rhythm sessions at Harberton Parish Hall with Jo Hardy and Christian de Sousa.

Introduction

We realise and appreciate there are wide ranging views on the nature of the pandemic amongst us. We want to offer a dance space that responds in an appropriate and flexible way to this new reality that we find ourselves living in. We realise It's impossible to try to meet everyone's needs and views but in the spirit of the deep connection, listening and unity that this dance offers us, it is our intention to create a dance space within accepted Covid Safety requirements. The bottom line is 'we will see how this goes'!

It is essential to respect the Covid Safety requirements of Harberton Parish Hall who we deeply thank for all they have done to enable the hall to be reopened as a 'Covid safe' environment. To come to a Deep Rhythm session it is now essential to book through our booking system and to agree to these **Deep Rhythm Covid-19 Protocols for Dancers**.

We will be practising social caring. That means we don't presume to know what somebody else's boundaries are. We encourage you to respect everybody's space with sensitive listening, just as we listen to our own needs and our own hearts. This means please do not make assumptions about other people and what they feel comfortable with. If in doubt give space. The bottom line is we need all to agree to maintain social distancing at all times when in the hall.

This is an open invitation for you to come move and dance. If you don't feel entirely safe or if you feel it's too much for you, for what ever reason, then please listen to this. You can always come dance when you feel ready.

In accordance with the new coronavirus 'law of six' that came into force on September 14, our dance spaces are allowed to go ahead. For reference, see the document [Coronavirus \(COVID-19\): Meeting with others safely \(social distancing\)](#) halfway down the page "There are exceptions where groups can be larger than 6 people. These include...exercise classes".

Guidelines

- Harberton Parish Hall is being cleaned in accordance with Covid cleaning protocol before and after the dance.
- We have reduced the maximum number of people in the hall, so that each person can have 2 meters space around them there will be a maximum of 22 dancers in the space + 2 helpers and a space holder = 25.

- We ask you to avoid dancing in close proximity. For example, you can dance side-by-side, facing away from each other, or having at least 2 meters when face to face. Unless you are in a bubble with the person or people you are dancing with.
- More airflow through the dance space – windows and doors will be kept open where possible.
- Whilst on the dance floor you are exempt from wearing a face mask - see government guidelines [Face coverings: when to wear one, exemptions, and how to make your own](#) half way down the page “if it would negatively impact on your ability to exercise or participate in a strenuous activity”.
- We ask you to ideally wear a face mask in the entrance hall and as well as possible to be socially distanced.
- Hand sanitiser is available at the door for use on entrance and exit and we recommend both hands and feet being sanitised - in many traditions foot washing is a beautiful ritual taken before entering sacred space, we offer this as a viewpoint. You are welcome to bring your own sanitising gel / wipes should you wish.
- To reduce the possibility of contact through sharing water jugs, it is now essential to bring your own water bottle. If you are new to the dance it is really important to drink water and stay hydrated whilst dancing.
- Please come in clean dance clothing with limited belongings. Ideally these are fresh clothes that have not been on the streets.
- Place your outdoor shoes in the entrance hall and your outdoor clothes in a pile around the edge of the dance space along with any bags and your personal water bottle. Please do not leave anything other than your outdoor shoes in the entrance hall.
- So sorry but we need to ask you to avoid breaking social distancing requirements such as hugging and huddles inside the venue.
- Please bring your own tissues so if you need to cough or sneeze and take your own tissues away with you.
- We have a reduced crew of volunteers both on the entrance and in setting up before the dance and clearing up after the dance, allowing more space between people.
- Reducing the possibility of contact through fliers, there are now only our own fliers on display.
- Only the downstairs disabled toilet will be available for use. Please always wash your hands and sanitise with the hand sanitiser offered in the toilet.
- We are now using a booking system (www.bookwhen.com/deeprhythm#focus=ev-spti-20201015193000) with NO payments taken on the door. This ensures essential

agreement to **Deep Rhythm Covid-19 Protocols for Dancers** and minimal contact around transactions.

- Pre-booked tickets mean we can meet legal requirements to have details of who is in the class + email and phone number, should a 'Test and Trace' situation be necessary.
- Your information will be handled in strict confidence. This means your details will remain on our confidential booking system (only accessible by Christian and myself) for 21 days and would only be shared with NHS Test and Trace ([NHS Test and Trace: how it works](#).) IF anyone at a Deep Rhythm event tests positive for Covid + you were registered at that same event + the positive person declared their presence at that Deep Rhythm event. In this case we are required to share your name, email addresses and phone number with NHS for Test and Trace and this could possibly mean you might be asked to quarantine for two weeks.
- 'Self-isolation if you have symptoms' means you and all household members must remain at home. If you are shielding or are in contact with people who are shielding we ask you not to come.
- For all these safety measures you come and dance at this Deep Rhythm session at your own risk.

Any questions please contact Jo at johardy@freeuk.com.