

## RSCDS Glasgow Branch - Return to Dancing 29 August 2021

RSCDS HQ issued new guidance on the Return to Dancing on August 9th. as soon as Scotland moved to level 0. You can find the full guidance at the following link:

<https://mailchi.mp/rscds/return-to-dancing-in-scotland-f988r6qpna-582650?e=72463b1e46>

I would just draw your attention to certain details from the guidance, supplemented by advice from Alistair Raeburn's risk assessments. Please also note that the management of each venue has their own guidelines. We will provide any additional requirements for dances on a venue-by-venue basis. RSCDS teachers have also been provided guidance for their individual class venues and will update you when classes begin.

### COVID-19 guidance

- \* Risk assessments have been conducted for all class and dance venues.
- \* Under the new government guidelines, we will be able to dance without social distancing and without masks. However, we would ask dancers to wear masks when not dancing.
- \* Please remember that, although the likelihood of contracting the virus does not seem to be particularly specific, the consequences are very age related and depend on whether you have been vaccinated and if you have other underlying medical conditions. The consequence will increase proportionately with non-vaccination and/or age, all other things being equal. If you would like information on how to assess your own individual risk, please see the following links:
  - 1) <https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health/how-to-find-out-your-risk-when-it-comes-to-coronavirus>
  - 2) <https://qcovid.org/> When you reach the website, you have to accept the licence, after which you will be directed to the risk calculator.
- \* The Branch will ensure that the permitted capacity of each venue is not exceeded and indeed we will cap attendance at a lower level for as long as COVID-19 is being spread in the community.
- \* The Branch will ensure that all venues are well ventilated, and that air-conditioning is switched off because the virus thrives in cold air.
- \* Some dancers who come as a group may wish to dance as a "bubble." However, it is appreciated that this is somewhat impractical at dances and is not insisted upon. This may be feasible for classes and your teachers will give guidance accordingly.
- \* Hand sanitizer will be provided at all events, but dancers may also wish to bring their own, and should wash and sanitize their hands regularly, preferably between each dance.
- \* It would be best that dancers use only one chair and avoid touching other surfaces as much as possible. Sanitize the chair before use if not already done.
- \* Regrettably for now, RSCDS Glasgow Branch will not be providing any refreshments for the first and probably several subsequent dances. Similarly, refreshments will not be provided at classes. Therefore, please bring your own until such time as we are able to do so. In the future, when we can provide hot drinks again, please remember to bring your own mug.
- \* For payment, please try to bring the exact money or pay by cheque
- \* At all dances and classes an attendance register with contact details will be collected and held confidentially for the purpose of contact tracing should any dancer subsequently contract COVID-19.

### Physical preparation

RSCDS HQ provide the following useful information in their guidance:

- \* While many of us have been dancing at home through the RSCDS and Branch online classes and events, we should also be preparing for a return to full dancing by ensuring we are in good condition physically. If you haven't danced for a while - and even if you have - start to do some daily warmup exercises and stretches to avoid any tweaks or stiffness when you start dancing in person. There are lots of RSCDS online classes available for tips on how best to warm up.
- \* Teachers might consider a gradual build-up to dancing in the first few classes, including additional warm-up activities and perhaps fewer dances, interspersed with some social time.
- \* Branches and Groups know the ages, skill levels and capabilities of their members - so they can give specific guidance on what physical activities could help members prepare physically for the return to dancing. Consideration could be given to balance, stamina, flexibility, strength, mobility and endurance.

Now I hope I have not put you off by listing all these precautions! I will be at the first dance, as will almost all of RSCDS Glasgow Branch Committee members. I think it will be great fun!