

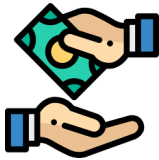










Dance with Sandra COVID RULES

<p>When deciding to come back to class, you are doing so at your own risk. The rules below are to help you make an informed decision.</p>	
	<p>Classes must be booked in advance by contacting me. You cannot just show up on the day. Classes will be smaller and in 'bubbles'. Please bear this in mind when booking. Households should remain in the same bubbles. Non-dancers welcome to come and sit as long as the room allows (please ask for more details)</p>
	<p>Different venues will have different length classes. This is due to the sizes of the rooms and the number of people allowed in each room based on government guidelines and the length of time the room is hired for.</p>
	<p>Classes must be paid for in advance or on the day. No change will be given. £5 notes only or bank transfer/ PayPal details on request. Fees will still apply if you do not attend.</p>
	<p>You must fill in a track and trace form for every class you attend. This must be completed before or during your first class. (This is available on my website or by email on request)</p>
	<p>On arrival please wait in your car until you are signalled to enter the room. Please do not queue up outside.</p>
	<p>Upon entering the building, please use hand sanitiser provided and please adhere to any one-way systems that may be in place.</p>
	<p>If you require a chair, please bring your own (except Ellesmere).</p>
	<p>If dance 'spots' are in use, please start each dance from here. If tape is not allowed at your venue, you will be told how many people are on each line and you will have to approximate 2m social distancing. Please stay in your chosen spot for the whole session (no wondering!)</p>
	<p>Please take smaller steps to continue to adhere to the 2m social distancing guidelines. If you make a variation, please be considerate of those around you. Please do not leave the dancefloor part way through a dance.</p>
	<p>Face coverings/ masks are optional.</p>
	<p>Please bring your own drinks as tea and coffee will not be available (except Ellesmere).</p>



Only use the allocated toilets (usually disabled). Please use the wipes provided to wipe down any surfaces after use.



Music will be played at a lower than normal level to discourage any talking / singing/ chanting in accordance with government guidelines.



Once your class is over, please leave as quickly as possible through the designated exit. If you wish to chat this will need to happen outside as the room will need cleaning before the next class. (Thank you for the offers of helping with cleaning, but to avoid cross contamination of 'bubbles', I will need to do all cleaning myself.)



I know classes won't be normal, but please still try to have FUN!
This will not be forever, only while social distancing guidelines are in place.