

Evening Dances at St Chad's Covid Safety Guidance

To keep everyone safe we are asking all attending either event to follow this guidance:

Covid symptoms and testing:

Remember that if you have been vaccinated you may have NO symptoms yet still be infected and able to infect others. Give a thought to other dancers and, if in any doubt, stay at home. Be aware of Covid symptoms listed here:

The current NHS guidance still gives the following: a high temperature, a new continuous cough, a loss or change to your sense of smell

However, the key symptoms have changed for the Delta variant:

If you are double vaccinated: headache, runny nose, sneezing, sore throat, loss of smell

If you have had a single vaccination: headache, runny nose, sore throat, sneezing, persistent cough

We suggest that you take a Lateral Flow Test (free from chemists) about three days before the event. If this is positive there will be time to confirm or negate it with the more accurate PCR test.

If you test positive, please do not attend.

We also suggest you take a LFT a couple of days after the event.

Although no longer a condition of booking the hall, because of the close contact and aerobic nature of our 'sport' we request you to:

Wear masks in small enclosed areas : toilets, lobby and corridors.

Wear masks whilst queuing to pay/register or for refreshments.

Sanitise hands when entering and leaving the hall.

Have maximum ventilation in the hall.

In addition, we ask you to:

Sanitise or wash hands between dances.

Space the sets well apart in the hall.

At the door:

To cut down on cash handling, payment by card is recommended. We can now take contactless payments .

Although no longer a formal requirement we will keep a register of all attendees' contact details for 3 weeks after the event as our own 'Track and Trace' system.

Other points:

Tea, coffee and wrapped biscuits will be served but please bring your water bottle.

By all means wear a mask or a face shield when dancing if you wish .

**Updated 10/10/21
RSCDS Leeds Branch**