



Guidance for the safe return to dance following COVID-19

Australia's response to COVID-19 evolves on a daily basis with the possibility of renewed outbreaks and clusters of infections having the potential to cause local and statewide community lockdown at any time. Early on in the recovery process RAD Australia put together some general guidance as a starting point for teachers to navigate the process of returning to the studio and a live teaching environment following COVID-19 lockdown. This guidance document reflects on the Federal Government's [National Roadmap to Recovery](#) which consists of overarching principles and refers teachers and studio owners to state government advice for particular information.

COVIDSafe Plans

Many states require a COVID Safety Plan which business must prepare before they re-open. This plan aims to protect staff and customers and ensure they comply with COVID safety requirements specific to their business and may include contact tracing requirements. The plan should be available for inspection by authorised officers. You can find a link to all State Government websites at the bottom of this document.

Dance studio owners and teachers should also consider completing/updating a risk assessment of their business to ensure all COVID-19 risks are identified and managed and that Government health advice is followed at all times, as well as ensuring child safety policies and procedures are in place. This [planning tool](#) from the National COVID-19 Coordination Commission may assist, as well as resources available from [Safe Work Australia](#), including a [workplace checklist](#), a [risk register](#) template with examples and downloadable [signage and posters](#) for use. You should also review your State website advice and use their templates if available.

Alongside your COVID Safety Plan and risk assessment you may wish to also consider and incorporate the below guidelines which RAD Australia has been developing for its own use as they relate more specifically to the dance studio environment. Please note these guidelines may change in response to Government updates.

Class participation and management

Before returning to the studio, teachers and owners should check individual state requirements regarding social distancing and class participation maximums. See the links below for the correct information in your state and check back regularly for updates.

If you operate classes in a community centre, church hall or similar, you should contact the venue management and check their guidelines for external hirers and adopt their COVIDSafe strategy into your own.

Alongside general Federal Government advice we urge you to refer to your State guidelines to see any potential variations to the national standards required at any given time. In support of these guidelines RAD Australia has developed some dance specific steps which you may wish to consider putting in place:

PREPARING TO RETURN

- Consider your timetable carefully as student numbers may be capped.
- If you choose to live stream during a class you are teaching with students in attendance, ensure you have the correct student media permissions in place before broadcasting.
- Plan your class to allow more time for students to demonstrate exercises in smaller groups to minimise proximity.
- Consider and adapt your class plans to factor in the impact of lockdown and isolation mentally and physically on your students e.g allow more time for explanations and instructions, slowly rebuild technique to avoid injury, allow for decreased fitness.
- Communicate with your students clearly demonstrating all the actions you have taken and measures you have in place to allay any fears or concerns about returning to the studio.
- Studio owners and teachers must ensure students are aware of the following through instruction and

relevant signage:

- Encourage regular hand washing and use of hand sanitiser. Hand sanitiser used pre and post class for all participants including teachers.
- Ensure coughs and sneezes are covered by a tissue or a flexed elbow; tissues should be disposed of in a closed bin and hands sanitised following sneezing/coughing.
- Do not share water bottles and all unclaimed water bottles will be disposed of.
- To speak up if a student or faculty member is feeling unwell.
- Class start times should be staggered and more time scheduled between classes to allow for cleaning and exit of students before others enter.
- Clear drop off and collection procedures should be put in place and communicated – parents/guardians may be required to drop students at the entrance to a building and not enter premises. Students should be directed not to arrive early and to wait outside until cleaning has been completed and instruction has been given to enter. Procedures for returning students to the care of their parents following the class should take both COVID-19 restrictions (minimising the risk of additional people in the building and close contact) and Child Safety policies into account.
- A management plan should be devised with clear policies and protocols for if a student becomes ill or shows signs of illness during class.
- Keep a record of all teachers, students and staff in the building for the purposes of identifying close contact with infected persons in the event of an outbreak of COVID-19.
- Staff should undertake training to ensure cleaning, class participation and management and record keeping protocols are in place at all times. You may choose for relevant staff to undertake the COVID-19 Infection control training - <https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>
- Communal showers and change rooms may need to be closed (check current state advice) but toilets can remain open with social distancing measures in place.
- Students should be advised to bring individual towels and water bottles

BEFORE CLASS

- Dancers should be reminded waiting in the studio or indoor waiting rooms may not be permitted
- Baggage and belongings should be kept as separate as possible to avoid contact with others – individual lockers are ideal but must also be cleaned between classes
- Dancers should be encouraged to come dressed for class to avoid the need for changing rooms.
- Where class payments are required, contactless or direct debit payments are advised

DURING CLASS

- Students may be required to socially distance
- Barres or the floor should be clearly marked to show appropriate distances. You may like to use tape to assist with this.
- Teachers should maintain the required distance from students.
- Refer to state guidance on the use of shared props and partner-work/physical contact
- Classes may be restricted to participants and teachers only (no audiences).
- If students go to the bathroom during class they should be instructed to wash and sanitise their hands before returning to the studio.

AFTER CLASS

- Studio owners and teachers must ensure the following procedures are adhered to:
 - Wipe down and disinfect barres between every class
 - Wipe down and disinfect door handles, balustrades and other high-touch surfaces on studio premises, including the floor.
 - Ensure availability of antibacterial hand soap in bathrooms and hand sanitiser in studios and other areas.
 - Ensure studios have appropriate and additional cleaning procedures of the premises in place.
 - Discard any unclaimed water bottles, hair accessories at the end of each day.
 - Encourage staff to regularly clean their own personal equipment including sunglasses, mobile phones, iPads and computers.

- Procedures for returning students to the care of their parents following the class should take both COVID-19 restrictions (minimising the risk of additional people in the building and close contact) and Child Safety policies into account.
-

Links to further information available for COVIDSafe requirements are below:

Australia wide

Australian Government – www.australia.gov.au

COVID Hotline – 1800 020 080

Safe Work Australia – COVID-19 Resource Kit – www.safeworkaustralia.gov.au/covid-19-information-workplaces

National COVID-19 Coordination Commission - www.pmc.gov.au/nccc

Ausdance - [Return to Dance principles and framework for restarting dance activities post covid-19](#)

Western Australia

WA Government website - www.wa.gov.au

WA Government Safety Plan for Sport and Recreation - [/www.wa.gov.au/government/document-collections/covid-19-coronavirus-sport-and-recreation](http://www.wa.gov.au/government/document-collections/covid-19-coronavirus-sport-and-recreation)

WA Roadmap to Recovery Phase 3 <https://www.wa.gov.au/organisation/departments/departments-of-the-premier-and-cabinet/covid-19-coronavirus-wa-roadmap#phase3>

Australian Capital Territory

ACT Government website – www.covid19.act.gov.au

ACT Government Theatre, dance and Circus FAQs <https://www.covid19.act.gov.au/what-you-can-do/faqs-changes-to-restrictions/arts-cultural-activities#Theatre-dance-and-circus>

ACT Government current restrictions cultural activities <https://www.covid19.act.gov.au/business-hub/restrictions-and-advice/business/entertainment-live-performance-arts-cultural-activities#restrictions>

ACT Government Business Resources <https://www.covid19.act.gov.au/resources>

South Australia

SA Government website www.covid-19.sa.gov.au

SA Government Create a COVID-Safe Plan <https://www.covid-19.sa.gov.au/recovery/create-a-covid-safe-plan>

Tasmania

TAS Government website www.coronavirus.tas.gov.au

TAS Roadmap to recovery <https://www.coronavirus.tas.gov.au/families-community/roadmap-to-recovery>

New South Wales

NSW Government website www.nsw.gov.au/covid-19

How to make your business COVID Safe Plan <https://www.nsw.gov.au/covid-19/safe-workplaces/employers#related-information>

Posters and Signage Templates <https://www.nsw.gov.au/covid-19/industry-guidelines/posters-and-signage-for-business>

Ausdance NSW Reopening Guidance Notes <https://ausdancensw.com.au/sites/default/files/RE-OPENING%20DANCE%20in%20NSW%20%20COVID-19%20GUIDANCE%20NOTES%20%2026%20June.pdf>

Victoria

VIC Government website <https://www.vic.gov.au/coronavirus-covid-19-restrictions-victoria>

VIC Restrictions information <https://www.dhhs.vic.gov.au/sport-cultural-and-recreational-activities-restrictions-coronavirus-covid19#which-recreational-facilities-are-restricted>

Creative Victoria Return to Business Guidelines and Resources <https://creative.vic.gov.au/coronavirus/return-to-business>

Sport VIC Return to Play <https://sport.vic.gov.au/our-work/return-to-play>

Queensland

Guidance accurate as at 21 July 2020

QLD Government website <https://www.covid19.qld.gov.au/>

QLD Roadmap to the Easing Restrictions <https://www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions/sport/fitness>

QLD Government approved COVID Safe Industry Plan

https://www.covid19.qld.gov.au/_data/assets/pdf_file/0009/130230/industry-covid-safe-plan-dance-physical-performing-arts.pdf

Ausdance Qld COVID Safe Resources <https://ausdanceqld.org.au/industry-covid-plan>

Northern Territory

NT Government website <https://coronavirus.nt.gov.au/>

NT Roadmap to the New Normal <https://coronavirus.nt.gov.au/roadmap-new-normal#section2>