



# COVID safety guidelines

## for RSCDS London classes and dances

- We ask attendees to
  - keep up to date on any vaccinations offered
  - take a lateral flow test before coming (if free lateral flow tests available)
  - bring your own hand sanitiser and use in between dances
  - maintain social distancing when not dancing
  - leave if you feel at all unwell
  - bring your own water/flask
  - pay via card or online if possible (cash will still be accepted)
- We will
  - keep halls ventilated
  - accept contactless or online payment for classes
  - provide hand sanitiser in case people forget their own

We have tried to balance safety with freedom to dance but would be grateful for your support with the following additional constraints

- Stay away if you
  - feel at all unwell
  - have had a positive lateral flow or PCR test
  - are subject to a legal requirement to quarantine or isolate.
- Other
  - dancers are responsible for their own well-being including at the class/event and travelling to and from the venue.
  - all dancers must also consider the well-being of others
  - before attending a class/event, dancers should check the latest government guidance on Covid-19 which can found [here](#).