**Post COVID Teacher Guidelines**

Dear Step Practitioner,

We are delighted to be recommencing your Step into Dance classes. In advance of re-starting classes, the SID has worked with the schools to ensure that the required government guidelines are in place to help you and your students stay safe and COVID-secure. We do however need your support in this effort when you are teaching classes. We have created this guide to inform you on how we can work together to do this. It is a bit of a long document, but it is vital that you follow the practices set out in order to protect yourself and others. Staying safe is very much a joint effort.

Ahead of any school placement, we will request the school’s risk assessment and share it with you. Where possible we will also arrange a meeting between you and the school you are teaching at to discuss not only the expectations of the classes themselves but also the COVID-secure procedures that must be followed.

Together, we aim to create the best possible COVID-secure environment for us all so that we may continue to enjoy our activities.

1. Please ensure you are well and it is safe for you to attend class by the latest government guidance: <https://www.gov.uk/coronavirus>
2. **Do not** leave home and **do not** attend class if you or anyone you live with has coronavirus or any of the following symptoms: a high temperature, a new continuous cough, a loss of, or change to, your sense of smell or taste.
**Please inform SID immediately you become aware of this situation.**
3. Check with the NHS if you have symptoms: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>
4. If you have recently returned from a foreign country, you must check the government guidelines as to whether you are required to self-isolate and are able to teach: <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>
5. You must check if you are living in a local lockdown area and are required to follow government guidelines: <https://www.gov.uk/government/collections/local-restrictions-areas-with-an-outbreak-of-coronavirus-covid-19>
* Before travelling to work, please check government guidelines regarding the use of public transport when planning your journey: <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>.
* Always wear clean, freshly washed clothes each day to class to avoid cross contamination from other activities or places where clothes may have been worn previously.
* Changing room facilities will probably be very limited so we advise practitioners to come dressed for class and ready to teach.
* Please wear outdoor shoes that are easy to remove on arrival at the dance space and only wear the footwear you need for teaching in the studio. Bare feet are generally discouraged.
* If possible, please travel home to change after your class.
* Please come to class carrying as little as possible and essentials only.
* We will work with each school in regards to if, and how, props may be used in their location. Many may not allow this.
* Unless you are exempt, make sure you have a face mask that may be worn if required to move about the building you are teaching in. In the dance studio, we recommend teachers wear a protective mask or visor; however, this is a personal choice. If the school dictates specific guidelines, you will be required to follow the specific rules for your teaching location. If this presents any challenges for you then please discuss this with the SID team before your first class.
* We are asking schools to confirm their routine for sanitizing all surfaces and equipment that you will interact with ahead of your arrival. However, we recommend that you carry with you some sanitizing wipes should you wish to reassure yourself that items such as sound equipment are indeed safe.
* Please ensure you bring a supply of water with you to keep hydrated as water fountains may be out of use.
* Please familiarise yourself with any arrival protocols at your school and allow a little extra time to proceed through them.
* Once you have passed the entry checks, please go as directly as you can to your dance space, bearing in mind there may be one-way systems in operation.
* If for any reason you are running late, please contact the school and the SID office so that all are aware of your situation.
* Once your class(es) have finished please collect all your belongings, change your shoes, and leave the building promptly.

* On your first day of teaching please arrive at the space early to familiarize yourself with how the room is set up and if there are any issues you need to resolve before starting your class.
* We are requesting schools provide us with details of how they have marked their floors for social distancing marks. However, there is no guarantee rooms will be marked as you would wish. We suggest you have a roll of masking tape with you in case you need to improvise. If you provide us with a receipt, we will reimburse you for the cost of the tape.
* On entry, you should advise students as to where you would like them to stand to start and where to store their belongings.
* Allow time to meet your students, find out what dancing they may have done over the closure, and give them time to get them comfortable with the new space and set up to understand how the class structure will run
* Be clear about how you wish to work with your students, in regards to how you will communicate, moving around the room, groupings, interactions with each other, what they need to do if they need to be excused during the class, etc.
* Understand any impact lockdown may have had on them, where appropriate
* Check that they are all feeling well and encourage them to speak up if they feel unwell at any time
* Unless you feel confident that adequate floor cleaning has taken place you and your students should, where possible, avoid contact with the floor, which includes sitting on the floor before, during or after class. Please consider this when planning classes to try to minimize contact where you can.
* If you believe that more ventilation is needed please check with your school if windows may be opened to allow fresh air to flow.
* Teachers should maintain the mandated distance from students as best they can at all times.
* You may find that you have to adjust your classes to accommodate social distancing.
* Please ensure you wash your hands, thoroughly, as soon as possible after class.

**With all the protocols we must follow, do not forget why you are there and what you wish to share with your students.**

* Be creative. New realities may release creative ideas of how to approach the work and to explore movement. This is a chance to re-visit different teaching styles
* Set achievable goals and try not to get distracted with the health and safety guidelines
* Please enjoy the experiences with your students