



# Returning to class: Guidelines for dancers, parents & guardians

June 2020





Dear dancers, parents and guardians,

Cumann Rince Náisiúnta (CRN) has set up a COVID-19 Working Group to help guide the organisation on adjusting to life after the COVID-19 pandemic in the safest way, at dancing classes and at all our events.

The safety of our dancers, parents, guardians and teachers is paramount.

The working group has been working alongside the Executive committee to identify the risks and develop mitigation solutions to ensure that dancing classes can reopen safely, with a longer-term goal of returning to competitions.

As we all step into this uncharted territory, the working group has gathered extensive information from across the current membership and this has been developed into a toolkit for teachers, as well as this set of guidelines for you.

These guidelines are our suggested steps for you to take, to help us follow the Government rules and insurance restrictions which need to be adhered to in the first instance.

It is important that we are sensible, thorough and adopt a cautious position as we begin to map out and take steps on the road ahead. With careful planning and by working together, we will get through this as a stronger organisation.

We hope you will find this document useful. The information in this document is accurate as at 28<sup>th</sup> June 2020.

Ní neart go cur le chéile.

*CRN COVID-19 Working Group*

*We are here for you*





# Guidelines for returning to class

As we begin to settle into a new normal way of living and our classes can look forward to re-opening, there are many considerations for dancers, parents and guardians.

This document will provide you with suggested steps to take before, during and after class, and will also give you information about what might be different in your class.

By following these guidelines, you will be playing your part in returning to dancing class safely.

Appropriate Government guidelines should be consulted in the first instance and the suggested steps outlined are in line with government restrictions as at 28<sup>th</sup> June 2020.



# DANCERS

## *What to know, do and expect*

### BEFORE CLASS

- Class timetables, including length of classes, might be different
- Expect less people in your class
- Do not enter the hall/studio until your designated class time
- Prepare dance bag in advance, can pack personal hand sanitiser
- Wash and clean your hands before class
- Go to the toilet at home before coming to class
- Know where your drop off and collection points are
- You may be required to use certain doors entering the dance hall
- Arrive to class wearing your dancing clothes
- Wait outside the hall until told to enter the hall by your teacher

### DURING CLASS

- Your teacher might take a roll book
- Clean your hands during class
- Keep social distancing throughout class
- There may be grids on the floor for you to dance in
- If you feel ill in class, you should let your teacher know
- Keep your belongings together
- No ceili or team dancing is permitted at present
- Do not share water bottles with other dancers
- If you need the toilet. let your teacher know as there may be restrictions in place

### AFTER CLASS

- Exit through designated doors
- You will be collected you from the collection point
- Wash your hand after class



**YOU SHOULD NOT ATTEND CLASS IF YOU FEEL ILL OR HAVE EXPERIENCED SYMPTOMS OF COVID-19 IN THE 14 DAYS PRIOR TO CLASS**



# PARENTS & GUARDIANS

## *What to know, do and expect*

### BEFORE CLASS

- Due to restricted number of dancers and increased cleaning procedures, class times may be different
- Prepare dance bag in advance, can pack personal hand sanitiser
- Check that child's hands have been cleaned before class
- Be aware of the drop off and collection points
- Tie your child's shoe laces before class if they are unable to do so themselves
- Wait outside the hall until your child has been asked to enter the hall by the teacher.
- If your teacher asks you to complete a waiver form, then read it carefully and return it to the teacher before class
- Drop students at the entrance to the building and do not enter the premises unless necessary
- Check about other changes to the class with the teacher

### DURING CLASS

- Do not wait in the hall or waiting hall during the class
- If contactless / electronic payments are available, then this should be the preferred method of paying for class, rather than cash
- If your child feels ill in class, they should let the teacher know and you should collect them as soon as possible

### AFTER CLASS

- Wait for and collect your child at the collection point after class. You should not enter the hall or premises
- Ensure your child washes their hand after class

**YOU SHOULD NOT SEND YOUR CHILD TO CLASS IF THEY ARE UNWELL, IF YOU OR ANYONE IN THE SAME HOUSEHOLD HAVE SYMPTOMS OF COVID-19, OR IF YOU HAVE COME INTO CONTACT WITH ANYONE WHO HAS HAD SYMPTOMS OF COVID-19, IN THE 14 DAYS PRIOR TO CLASS**

# Coronavirus COVID-19



## Help prevent coronavirus



Wash your  
hands



Cover mouth if  
coughing or sneezing



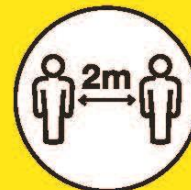
Avoid touching  
your face



Keep surfaces  
clean



Stop shaking  
hands and hugging



Keep a safe  
distance

The virus spreads in sneeze and cough droplets, so regularly taking the above measures helps reduce the chance of it spreading.

**Visit HSE.ie**

For updated factual information and advice

Or call 1850 24 1850

Protection from coronavirus.  
It's in our hands.



Rialtas na hÉireann  
Government of Ireland



	Link
<b>How to tie soft shoes</b>	<a href="https://www.youtube.com/watch?v=IIUOn8JRbbE">https://www.youtube.com/watch?v=IIUOn8JRbbE</a>
<b>Ombudsman for Children's Office (OCO)</b>	Information for children and young people <a href="https://www.oco.ie/childrens-rights/coronavirus-information-for-children-and-young-people/">https://www.oco.ie/childrens-rights/coronavirus-information-for-children-and-young-people/</a>
<b>Irish Dancing Magazine</b>	Resources for parents <a href="https://www.irishdancing.com/index.php/customer-service/covid-19-resources/for-parents">https://www.irishdancing.com/index.php/customer-service/covid-19-resources/for-parents</a>

## Coronavirus latest information

**Australia:** <https://www.australia.gov.au/>

**Canada:** <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

**England:** <https://www.gov.uk/coronavirus>

**Ireland:** <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>

**Netherlands:**  
<https://www.government.nl/topics/coronavirus-covid-19/tackling-new-coronavirus-in-the-netherlands>

**Scotland:** <https://www.gov.scot/coronavirus-covid-19/>

**Wales:** <https://gov.wales/coronavirus>

**United States of America:** <https://www.usa.gov/coronavirus>





# Checklist



## Actions

## Completed?

*Check with your dancing teacher about any changes to the class timetable*

*Check with your dancing teacher about any other changes there might be in the class*

*Understand the social distancing rules in place*

*Understand the procedure if a dancer becomes unwell in class regarding collecting*

*Know where the drop-off and collection points are*

*Where possible, be prepared to make electronic payment for classes*

*Practice tying your dancing shoelaces (for those that cannot do so)*

*Prepare dancing bag in advance of class, with optional personal hand sanitiser*

*Stay aware of government guidelines regarding wearing face masks and any other rules and restrictions*

*We are here for you*

