



**Southern Ballet Theatre Trust**  
**Alert Level 2 Covid 19 Safety Control plan**

**Introduction**

During the current Covid-19 Pandemic, the health, safety and well-being of both our staff and students is Southern Ballet's top priority. We are following the advice from a combination of sources, including government, health authorities, Exercise NZ and DANZ, as well as our own best practice, to provide a safe environment by eliminating the possibility of transmission and have reinforced a number of measures to achieve this.

**Contract Tracing**

- Please download the Covid Tracking app and scan the QR Code on your way into the studios.
- Students will be recorded on class rolls. Anyone else entering our buildings for any purpose will need to provide the following details: Date, Time of arrival, Full name, Address, Phone, Email addresses, Time of departure.
- Guidance issued by the Ministry of Health requires that these details should be kept for four weeks, and that the information collected may only be used for the purpose of contact tracing at the request of the Ministry of Health or local district health boards.

**Covid 19 Contact or illness**

- Please do not bring students to the studios if they have:
  - Any flu symptoms
  - living with anyone sick or anyone waiting for results from a Covid-19 test
  - They or anyone they are living with has returned from International travel in past 14 days
- Anyone with flu symptoms during classes will be sent home
- If any student or staff member has a positive COVID 19 result we will follow all health guidelines, close for a minimum of 72hrs start contact tracing and advise all who attend the venue.

**Good health and personal hygiene practices**

- Look after the immune system – we encourage eating healthily and sleeping well.
- Avoid close contact with people who are presenting any Covid-19 (fever, cough and breathlessness) and cold/flu (runny nose, body aches, sore throat) like symptoms.
- Cleaning hands regularly and thoroughly with soap and water, and drying them thoroughly, or using hand sanitiser.
- Cough into elbow and don't touch your face

- Applying personal distancing of at least 2 metres at all times with those you do not know.
- Avoid shaking hands or hugging
- No eating in waiting areas or studios
- Students to bring their own filled water bottles
- Students are encouraged to go to the toilet and wash their hands before coming to the studios to minimize the use of these shared facilities
- Everyone to sanitise on entering and exiting the building, before and after class, between classes if doing several classes in a row and during classes if they do any exercises requiring them to put their hands on the floor

### **Cleaning and studio hygiene**

- Where practical, teachers will open and close doors to minimise touch points for students
- Regular cleaning/disinfecting of toilets, floors and surfaces
- Cleaning or disinfecting of barres, door handles and touch points between classes
- Regular deep clean by commercial cleaners

### **Physical Distancing**

- Keep 1 metre apart in the transition areas such as the café/foyer and toilets

### **Arrival, going into class and departure**

- Arriving time

Students are asked where practical not to arrive any more than 10 minutes before their class starts. They do need to be changed & ready on time to go into their class as a group with their teacher.

- Leaving Class

After class, students will put on their warm outer layer, sanitise, pick up their bag and leave the studio with their teacher as a group.

If parents are not waiting outside, students will be brought back inside to wait for their parents. No students are permitted to wait outside the buildings.

- Pick up

Parents are required to be on time to pick their child up after class. Where practical students should not stay in the building to wait for another class, preferably they are to wait in a caregiver's vehicle or be taken home and brought back at the appropriate time.

- What to wear to and from the studios

Students will need to wear shoes that fit over their ballet or jazz shoes and wear a warm outer layer that is quick and easy to take off and put back on after class. Ugg boot type slippers, slides or ballet booties are recommended. Please ensure these will be suitable for outdoor use as well.

- **Carlyle St**

After sanitising on the way into the building, students will be directed to their designated waiting area; the Café area if their class is in studio 2 or the lounge area if their class is in

studio 1. The one metre social distancing rule will apply in waiting areas. The teacher will come and get the group from the waiting area when the studio is clear. No students are permitted to leave the waiting areas until called into class by their teacher. Students will take their bag (with all belongings in it) into the studios with them and put their bag in a designated area.

- **Hawdon Street**

After sanitising on the way into the building, students will be directed to the waiting area at the back of the studio to wait for their class. When the studio is clear the teacher will ask students to move their bags to the designated area in the studio and take their place ready for their class.

### **Parents**

- Where practical parents should not enter the buildings, if they need to they must scan the QR Code or sign in and out of the contact tracing register and practice 1 metre social distancing.
- The exception to this is for students in the Pre-school and Beginners ballet classes where 1 (one) parent is permitted. Parents must fill in the Covid-19 contact register with full details.
  - No watching days

### **Facilities**

- Changing rooms available on a one in one out basis. No waiting in changing rooms.
- Students are asked to change prior to coming into the premises where possible.
- Toilets - One in one out rule and students will be required to wait at a 1 metre distance. Teachers will be allowed to go to the front of the queue if they need to use the toilets between classes.

### **NO CHANGING IN THE TOILETS PERMITTED**

### **Changes to classes, studio set up and equipment**

- Teachers to ensure students maintain appropriate distance during classes
- Teachers to avoid sharing equipment with others, including music, iPads etc.
- Teachers to sanitise barres and door handles after each class
- No equipment to be used other than barres
- Dancers to bring their own mats for conditioning and exercise classes
- Dancers to sanitise hands before and after any contact or floor work

### **Class contingency plan**

- If a tutor is unwell we will arrange a relieving teacher wherever possible
- If a tutor is well but unable to come in to teach studio classes due to others they live with being unwell we may either arrange a relieving teacher or the teacher may take the class from home via Zoom

### **Review**

- This plan will be reviewed regularly and updated as required during the period of Covid-19 Alert Level 2
- Document updated: 12 August 2020