

FASH Workshops and Covid-19 - updated January 2022

We are still in the midst of a worldwide Covid-19 pandemic, but as most restrictions have been lifted we want to welcome you back to our Sunday workshops. There are of course still risks so we will have precautions in place.

The venues we use will be clean and we will in addition use antiviral cleaners on all touch surfaces before, during and after each workshop.

Windows and doors will be kept open during the workshops, unless severe weather makes that impractical.

Hand sanitisers will be provided or you might prefer to bring your own or use soap and water. You should avoid touching your face if you haven't just washed or sanitised your hands.

The most important precaution you can take is to be fully vaccinated - including the booster jab. We aren't going to check your vaccine status; we have to assume that you would not attend a dance workshop unless you had been vaccinated.

Please stay at home if you are at all unwell or have symptoms of Covid-19 – remember that the most common symptoms now are the cold-like ones of a runny nose, headache, fatigue (mild or severe), sneezing and sore throat.

Please would you do a lateral flow test during the 24 hours before coming to a workshop. You now need a collect code to pick up a free lateral flow test from a pharmacy, but it is easy to get the code online from www.gov.uk or by ringing 119.

The current Covid restrictions allow us not to wear face masks while dancing, singing or eating, but they should be worn at other times. Of course, if you wish to wear a mask while dancing, that will be fine too. We must all respect other people's choices. FFP2 or FFP3 certified masks are the most effective.

If you prefer to stay with the same partner and if you would rather use a cross hand hold for swinging rather than a ballroom hold, please let people know. Again, we must all respect other people's choices.

You will be asked to sign in when you arrive, with your full name and contact details – email if possible and telephone number. These details are required for Track and Trace purposes and will only be kept for 2 weeks.

If you test positive for Covid-19 within 10 days of attending a workshop please let us know immediately so that we can assist you to comply with the Track and Trace regulations.