

# **Protocol Chassé dance classes outside during COVID19 Pandemic**

**By Teun van Welbergen, secretaris/intern SDV Chassé**

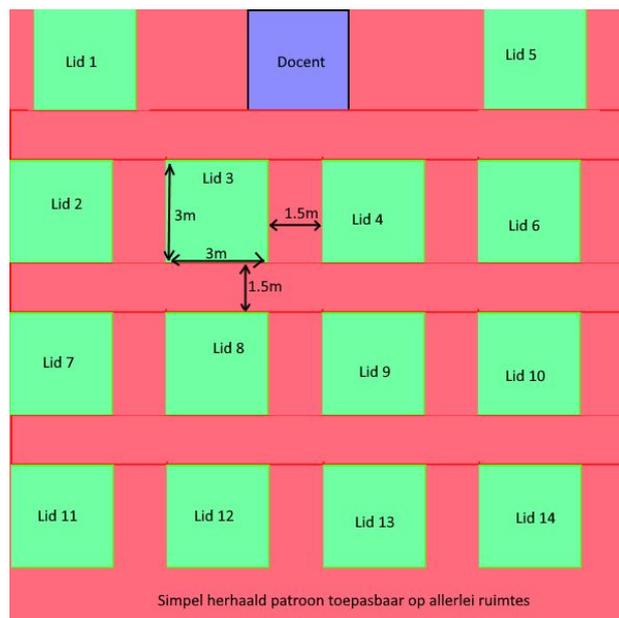
## **Guidelines of the Dutch RIVM and hygiene measures are our basis.**

1. We follow the guidelines of the RIVM consistently. These guidelines are frequently changed. To get the latest guidelines, check [www.government.nl](http://www.government.nl)
2. When members do not comply with this protocol they can be asked to leave the dance lesson.
3. We hold the following hygiene rules:
  - a. Stay at a minimum distance of 1.5 meters from other people, not just during but also before and after dance lessons;
  - b. Do not shake hands, hug, or have other physical contact;
  - c. Wash your hands at home before and after every dance class. Do this for example with disinfecting hand gel containing at least 70% alcohol;
  - d. If you have any health complaints, such as cold symptoms, coughing, or hay fever (where you cough or sneeze) then you do not come to the dance class. (even if you don't have a fever). If you develop symptoms during the class, you stop dancing, tell the association responsible person, and go directly home;
  - e. Stay home and do not come to the dance class if you have any roommates who had a fever in the last 48 hours;
  - f. If you've had contact with someone who's positively tested for COVID19, then you may not come to the dance classes up to 14 days after the last contact;
  - g. If you blow your nose, you use paper towels. Paper towels are used once and then thrown in a trash can;
  - h. If you sneeze or cough, you do so in your elbow;
  - i. Touch your face as little as possible;
  - j. If you as a member belong to one of the risk groups, then you are personally responsible for deciding if you should go dancing in the first place. This also counts for if you have a roommate, partner, or are the caretaker of someone that belongs to a risk group. If you, a roommate, or partner is in a vital profession, then you should also reconsider coming to a dance class. For designated risk groups, see the appendix;
  - k. Travel to and from the dance class separately, do not travel in groups;
  - l. Changing clothes is only allowed at home, the same is true for using the toilet;
  - m. Wearing shoes is mandatory; there can be no dancing on bare feet due to the risk of infection by the floor;
  - n. As long as we dance outside you must not touch objects outside. Think about stair railings, benches, bike racks, door handles, and street lanterns.
4. Surrounding the dance class:

- a. At the start of the class, everyone will be asked to do the health check. (See appendix). In addition, the association responsible person will notify members of the marked areas and measures;
  - b. Members must sign up for each dance lesson before the dance lesson. This can be done on the website at the place where previously there was a sign-off option. There is a maximum of 20 members per dance class, including the teacher;
  - c. Members need to stick to the planning; if you are late then you cannot join the dance class;
  - d. Before the dance class areas will be marked to dance in. The size of these areas is variable but the distance between each area is at least 1.5 meters. This creates 1.5 meter boundaries between the areas to guarantee the distance of 1.5 meters during dance class;
  - e. Every member is expected to bring their own water bottle, there can be no sharing of material during the dance class.
5. Organizational matters surrounding the class
- a. The dance class is 60 minutes per group with the following planning:
    - i. 5 minutes walk-in (including checking sign-up)
    - ii. 50 minutes dance class (determined by the teacher)
    - iii. 5 minutes exit
  - b. Members are asked to not travel together to the dance class, to not meet up before dance class. Always and therefore also during arrival it is necessary to keep the 1.5m distance. The same holds for departure. Departure can happen in groups of 4, and not all at once.
  - c. During the walk-in each member will be checked for if they have signed-up. If they did, then they are assigned an area to dance in during the class;
  - d. During the walk-in, the association responsible person does the health check. See appendix
  - e. During the dance class members must stay in their assigned area, surrounded by 1.5 meter wide boundary areas to guarantee the distance.
  - f. The designated areas will be marked at the latest 5 minutes before the dance class by the organization (Board, Teacher, supporting committee). This will be done responsibly. For hard surfaces such as stone or concrete this will be done with chalk. For soft surfaces such as grass this can be done by cones or plastic ribbon. See the map below for an example of a possible division, please note that this is however location-dependent.
  - g. When material is used (such as cones) then it must be cleaned before the start of the evening and at the end of the evening using disinfecting cleaning supplies.
  - h. Because no material is touched during class, there should be no cleaning necessary between groups.
6. Board and/or Teacher

- a. The supervisors (see appendix) will change between the board and the teacher. If there is no supervisor there will be no dance class. The supervisor will be communicated ahead of time to Culture&Events, will wear the recognizable vest, and do the health check. They are also responsible for checking the sign-up list and their name will be written on the sign-up list for that dance class.
- b. The board appoints one person per dance class to be the association responsible person. This can be a board member, instructie member, or the dance teacher. This person will wear the recognizable vest, and is responsible for contact with the Sports Centre during the class. Anything notable will be reported to the Sports Centre.
- c. This protocol will be provided to the members in Dutch and English.
- d. This protocol will be provided to and discussed with the teacher.
- e. The teacher avoids choreographies that use the floor as much as possible. Partially due to the floor (hard concrete or dirty grass), but also to avoid infection by the floor.

Example of the division of the areas:



- For non-rectangular spaces it's important that there is always a 1.5m boundary region between each designated area. This can mean that the areas have to be smaller (for example 2.5m by 2.5m), but the 1.5m boundary regions can never be smaller.
- The application of the markings must be finished at the latest 5 minutes before the start of the dance classes. If this is done with chalk then the chalk can't be shared.
- Measurements are done with a measuring tape brought by the organization (the board, the teacher, or the supporting committee)

- Chalks (and other cheap marking materials) are to be bought by the board or costs can be declared at the board. Cones for possible dancing on a grassy field are to be borrowed from the UT sports center.
- At the end of the dance classes the markings will be cleaned up.

#### Appendix (Risk groups and health check)

#### **What are the risk groups for the novel coronavirus?**

People that belong to a risk group are people that have a higher risk to get seriously ill when infected with the novel coronavirus. These are:

- People aged 70 and older
- Adults (older than 18 years) with at least one of the following conditions:
- People with chronic airway- or lung problems that are significant enough that they are under the care of a lung-doctor.
- Chronic heart patients that have significant enough problems that they are under the care of a cardiologist.
- People with diabetes with complications or badly set-up care.
- People with a kidney disease that must go for dialysis or are waiting for a kidney transplant
- People with a reduced immune system due to medicine used for an auto-immune disease and people that have had an organ donation or stem cell treatment. People without a spleen or a malfunctioning spleen or people with a blood disease. People with a reduced immune system due to using immune reducing medicine. Cancer patients within 3 months after chemotherapy and/or radiation therapy. People with significant immune disorders for which they require treatment from a doctor.
- People with a HIV infection that are not under treatment of a doctor (yet), or people with a HIV infection with a CD4 cluster or differentiation number under <200/mm<sup>2</sup>.
- People with a severe liver disease
- People with severe obesity (BMI Body Mass Index > 40).

If you are the roommate of someone with health risks, then it is important that you follow the measures as good as possible to prevent COVID-19 infection.

#### **Health Check**

Questions for the health check: if any of these questions is answered with a YES then you cannot join the dance class.

- Have you had one of the following symptoms (even mildly) in the last 24 hours: Cold symptoms, coughing, shortness of breath, and/or fever (38 degrees C or more)?
- Do you currently have a roommate or immediate family member with a fever or shortness of breath?
- Have you had contact with someone who has been positively tested for the coronavirus in the last 14 days?

### **Association coordinator and supervisors**

For every dance class there will be a supervisor (this may change if the primary supervisor is unavailable). The supervisor enforces the rules in this protocol.

The association coordinator will communicate with Culture&Events and other university departments, keeping in mind the sign-up list made before and checked during the dance classes.

*contact information deleted from this document due to privacy reasons, can be found in the official document provided to the members via email or by requesting it from the board*