



Precautions to help prevent the spread of Covid-19 – Guidance for Parents or Guardians of Lynden Students

Please read carefully

This guidance has been produced as part of the risk assessment carried out by Lynden prior to re-starting its classes in Basingstoke. The full risk assessments (one per venue) are available on the Lynden website at <https://www.lyndendance.co.uk/>.

Staff & Student Travel to/from Lynden

1. Parents and students should limit their use of public transport to/from classes. Where possible, children and young people should be encouraged to walk or cycle to their classes.
2. Parents, children and young people to follow the [Coronavirus \(COVID-19\): safer travel guidance for passengers](#) when planning their travel.
3. Parents may not wait inside the building while their child's class is in progress. Parents should either wait in their cars or drop off and pick up.
4. At the Sports Centre, parents may need to accompany younger children to the studio door, but this should be limited to one parent and please time this to be no more than a few minutes before the start and finish of your child's class. Parents must wear a face covering while they are inside the building, observe 2 metre social distancing and observe the no socialising policy.
5. We cannot allow gatherings of parents or students outside of the studios, so please ensure that your child arrives and is collected promptly to time. Please enter and exit swiftly to avoid adult to adult contact.
6. We will remind children that they must not leave the building until they can see their parents. Parents should also remind their children of this.
7. Anyone who is deemed vulnerable (eg new and expectant mother, elderly) should not attend any sessions.
8. The NHS Test and Trace poster bearing a unique QR code will be available at the entrance to each building. Adults and children over 16 years who enter the building are encouraged to scan the QR code with the NHS Test and Trace App on their Smart Phone to assist the NHS services.

Use of Studios/gyms

9. Lynden will be carrying out a thorough clean of the studio, its high-touch points and equipment before the start of each class.
10. Students may not enter the studio until their teacher says the studio is ready. (Previous students have left, and the studio has been cleaned – although students with back-to-back sessions in the same studio will be permitted to remain in the studio during the cleaning.)
11. At venues other than the Sports Centre, students should wait outside of the building and maintain social distancing until their teacher invites them in.



12. At the Sports Centre, students should arrive no more than a few minutes before their class and wait outside of the studio, without socialising, until their teacher invites them in.
13. In line with Basingstoke Town Centre requirements, parents and students over 11 years old must wear a face covering while they are in the corridors and lobby areas or when they are moving from one class to the other at the Sports Centre; but students may not wear a face covering during their lesson. Please remind your child about not socialising at this time.
14. Children must arrive dressed ready for their class. There will be no onsite changing facilities available.
15. Please ensure that your child uses the toilet before coming to class. Although toilet facilities are of course available if a child is desperate, they must be cleaned after every use, so to avoid disrupting the class, we must keep this to the barest minimum. Please explain this to your child so that they understand the need to go before they arrive.
16. Bags and snacks are not permitted in the studios or gym. Students may bring a bottle of water into the studio with them.
17. Dancers in Little Tots, Prep or Primary, should wear their tap shoes into the studio and carry any other dance shoes that they require in their hands. All other dancers should wear appropriate shoes for their first lesson and carry all other required dance shoes.
18. If your child is unable to tie their own shoelaces, please replace their laces with elastic (not too tightly) so that they can be slipped off easily while they are still knotted.
19. Gymnasts and Contemporary dancers will need to wear trampoline/yoga socks that are snug fitting with grips on the sole. It is not permitted for the students to be bare foot. Yoga/trampoline socks can be purchased on Amazon. PLEASE ENSURE THAT SOCKS HAVE GRIPS ON THE SOLES.
20. Students aged 11 and over may also bring a **small** toiletry bag/purse for personal items. No other items can be brought into the studios or gyms.
21. Unless it is especially cold, students should not wear Lynden hoodies in the studios/gym.
22. All students will be required to use Lynden's hand sanitizer as they enter the studio/gym. Please note - it is important that Lynden's hand sanitizer is used to be sure that it contains the recommended percentage of ethanol or isopropanol.

Delivery of Classes

23. Lynden has taken steps to ensure students and teachers can maintain social distancing throughout all classes, which will result in fewer students being able to attend most classes.
24. Please explain to your child that they cannot have any physical contact or socialise with their classmates or teachers and must not share their drinks with others. In some studios/gyms we will mark out studio space for an individual's use.
25. All studios/gyms will be sanitized daily, and we have allowed 10 minutes between each class to wipe down mats, ballet barres and all high touch surfaces with disinfectant. Please check the schedule of classes carefully so that you are sure of the exact start and finish times. We will be strictly adhering to the scheduled times.
26. The studio/gym doors will be propped open until all students have either entered or exited the studio/gym, to avoid the need to touch door handles or push plates.
27. Windows will be opened wherever possible for increased airflow.
28. Students may not wear a face covering during their lesson.



29. Where props are used in a class, these should not be shared, where possible, and will be cleaned at the end of each session. Some props and equipment will be given to the individual student to take home following the class – please ensure these are brought to the next class.
30. Students must leave swiftly after their class and the next class will not be permitted to enter until the previous class have left and the area has been cleaned. **It is vital that parents collect their children on time, please.** Students with back-to-back classes in the same studio will be able to remain in the studio during cleaning but may not socialise during these times.
31. Students and staff will be reminded to follow the Catch it, Bin it, Kill it advice. Tissues and bins will be provided in every studio/gym.

General

32. Please make sure Lynden has up-to-date contact details and address for you and the student in case of emergency or class disruption. These details can be updated via the Lynden App or the Lynden Customer portal.
33. Please do not send your child to class if they are unwell or if they or any of their household are displaying any Covid-19 symptoms: High temperature, new cough, loss of smell and or taste.
34. Students should not attend any sessions if a member of their household is shielding.
35. If a teacher believes that a student is unwell, their parents will be called immediately to take them home. Please do not be offended if you are called even if you believe your child's symptoms are minor or vague; we are only doing our best to keep all our students, teachers and their families safe.
36. Any students that a teacher believes may be unwell, will be immediately isolated from the rest of the group until their parents collect them.
37. If any student or member of their household tests positive to Covid-19, parents must inform us immediately so that we can follow current government guidance to protect other students and teachers that they have been in contact with. Parents must ensure that the student and other family members, follow current government guidance regarding social distancing.
38. Lynden will comply with NHS Test and Trace requirements to provide on request the following information from our database for each student or staff member that attended a particular class: their name, their contact number, the date, time and location of the class and the Lynden staff members in attendance. This is in line with the General Data Protection Regulations. No information will be collected from students or parents specifically for NHS Test and Trace requirements, but we do encourage all parents and students over 16 years to use the NHS Test and Trace App on their Smart Phone
39. Student's dance/gym clothing should be washed after every class (or daily after multiple classes).