

SSV

THE BLUE TOES

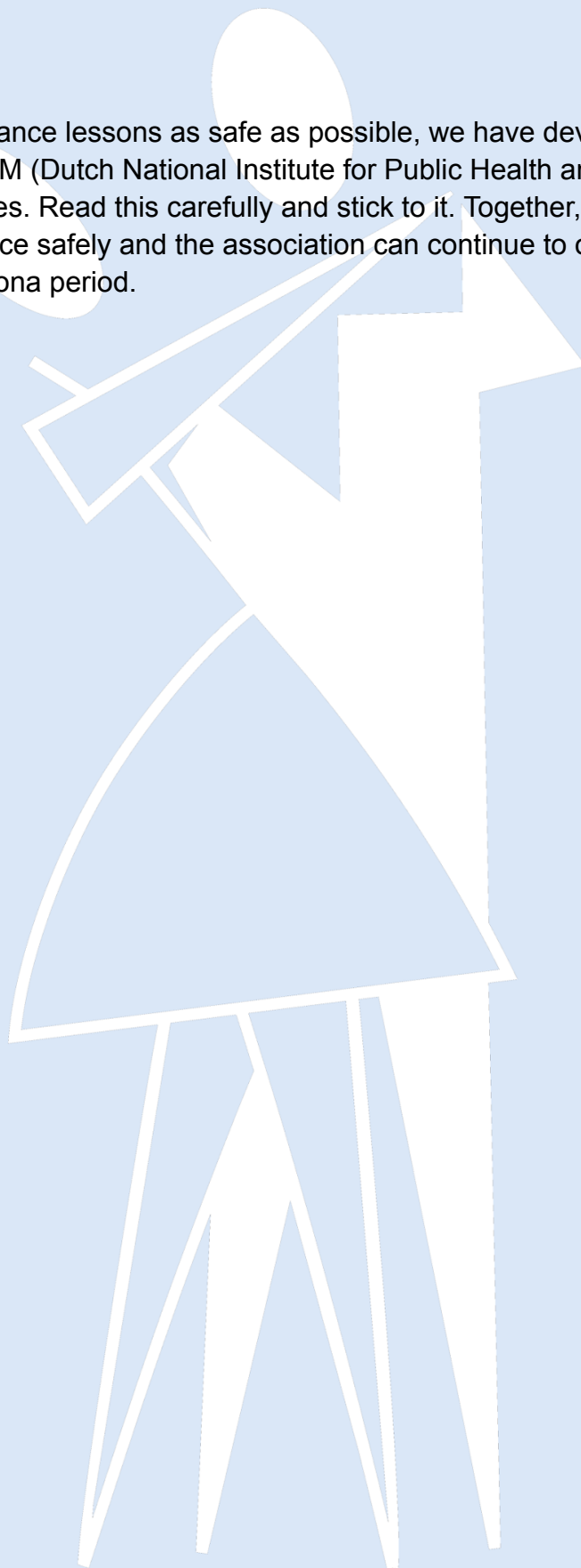


25/01/2022

Covid-19 protocol

Prologue

In order to make the dance lessons as safe as possible, we have developed a protocol based on RIVM (Dutch National Institute for Public Health and the Environment) guidelines. Read this carefully and stick to it. Together, we can ensure that everyone can dance safely and the association can continue to offer dance classes during the corona period.



General rules

First of all, everyone has to adhere to the general guidelines of RIVM. This means that you stay at home in case of symptoms of illness and that you follow the RIVM rules for self-quarantine (<https://quarantainecheck.rijksoverheid.nl/en>). If you need to sneeze or cough, you must do it in your elbow. The board and the dance teachers can send people home at all times when they still come to class with symptoms of illness or when they do not comply with the other measures.

Please wash or disinfect your hands before and after class. Antibacterial gel is present at the locations.

Also, keep 1.5 metres distance to others except when you are dancing. Wearing a mask is mandatory in the WAS-building and the ACLO Sports Centre. The mask may be removed when you are doing sports. The Dutch government advises to use a medical mask of at least type II.

When to stay at home

It is very important that you don't come to the dance class with complaints. Therefore, before the dance class, do the RIVM health check with yourself.

- Have you had one or more of the following complaints in the past 24 hours: coughing, a cold, fever, shortness of breath, and/or loss of smell and/or taste?
- Have you been diagnosed with the coronavirus in the last seven days?
- Do you currently have a roommate with (mild) corona related symptoms?
- Do you currently have a roommate who was diagnosed with the coronavirus?
- Are you currently in quarantine because you have been in close contact with a someone who has been diagnosed with the coronavirus or because you have been in a corona high risk area? (Do the quarantine check at <https://quarantainecheck.rijksoverheid.nl/en>)

When you can answer one or more of these questions with 'yes', you are not allowed to come to the dance class. In case of complaints, always get tested! Call the GGD (Municipal Health Services) at 0800-1202 or go to <https://www.government.nl/topics/coronavirus-covid-19/coronavirus-test> for more information on how to get tested.

Let your dance partner know if you can't come to the class because of symptoms. If you have complaints shortly after you have danced in class, please let your dance partner know and get tested. If it turns out to be COVID-19, please let your dance partner and the board know immediately by sending an email to bestuur@bluetoes.nl.

Dancehalls

The Sports Centre has tested all venues for ventilation capacity and determined the maximum number of people per venue at the same time. For the WAS dance hall this is 45 people and for ACLO hall 4 40 people. These numbers include the teachers. For everyone's safety it is important that these numbers are not exceeded. That is why you are only welcome in the course you are registered for.

QR-code

To take classes at the Blue Toes it is necessary to have a valid QR-code in the CoronaCheck-app. Besides the QR-code (on you phone or printed) you also need to bring your ID card to class. Without a valid QR-code and your ID card it is not permitted to enter the dance hall.

The only exception to this rule are the dance teachers. The teachers don't have you show a QR-code when they are teaching a dance class. This is in line with the policy of the ACLO.

During lessons

It is not mandatory to wear a face mask during class, but of course this is allowed. You can discuss this with your dance partner.

It is also possible to switch partners again during the classes. However, if you do not feel comfortable with switching, please inform your dance teachers or the board about this. It is not mandatory to switch partners.

Technique lessons

You don't have to sign up for the technique lessons on Wednesdays anymore. There is enough space for the members that want to come. So feel free to join this class! You can dance the technique lesson with a dance partner or dance alone. Again, for this lesson you stay at home in case of any symptoms.

Other activities

For other indoor activities for the benefit of SSV The Blue Toes where members are dancing or otherwise practising sports, there can be a QR-code check by board members. An example is demoteam practices.



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