

Return to DanceSport - Guidelines



Introduction

After successfully ‘flattening the curve,’ Australia is navigating the return to normal life post COVID-19 isolation. DanceSport Australia has prepared some general guidelines to assist RTFs in returning to dance safely, in accordance with the Federal Government’s Framework and the AIS Framework for Rebooting Sport.

Current Timeframes

In accordance with the [Federal Government’s Framework](#) and the [AIS Framework for Rebooting Sport](#), the staged return for indoor sport and recreation facilities is summarised as follows:

Stage 1	Stage 2	Stage 3
<ul style="list-style-type: none">● Indoor facilities to remain closed● Outdoor activities can resume for up to 10 people● Non-contact, 1.5 metre distance between participants● No sharing of communal facilities● No spectators unless required (e.g. parent or carer)	<ul style="list-style-type: none">● Indoor and outdoor facilities can resume for up to 20 people● 1 person per 4m² allowed indoors● Non-contact, 1.5 metre distance between participants● Contact allowed with members of same household (subject to State government restrictions)	<ul style="list-style-type: none">● Indoor and outdoor facilities can be open with up to 100 people● 1 person per 4m² allowed indoors● Competition can resume, with the above conditions met

RTFs will likely be required to complete a COVID Safety Plan before resuming lessons and classes in the studio. This plan is aimed to protect everyone who enters the studio and will assist in complying with contact tracing requirements and all COVID related safety recommendations. RTFs should complete their plan and have it on hand at the studio for inspection if required.

It is also recommended that each RTF complete a Risk Assessment of their business to ensure all risks are identified and managed. Some helpful resources to assist with this process can be found towards the end of this document.

State Specific Timeframes – as at 21 August 2020

DISCLAIMER

It is important to note that each State has published its own guidelines and timeframes for transitioning between each stage of the Federal Government's Roadmap. A summary of what we currently know about each State is detailed below, however this is subject to change at any time.

Whilst DSA's Guidance Document may provide general recommendations for RTFs for each stage of returning to dance, it is imperative that RTF owners refer closely to their relevant State guidelines for more specific information. Links to each State website can be found at the end of this document.

	QLD	NSW	ACT	VIC	TAS	SA	WA	NT
Stage 1	16 May	15 May	15 May	6 Aug	18 May	11 May	27 April	1 May
Stage 2	Noon 1 June	13 June	17 July		3pm 5 June	1 June	18 May	15 May
Stage 3	Noon 3 July	1 July	10 Aug		Noon 26 June	29 June	6 June	5 June
Stage 4							27 June	

Indoor studios closed				1				
Indoor studios open	2	2	2		2	2	2	2
Max 10 attendees								
Max 20 attendees	2	2 [◇]			2		2 [◇]	2
Max 50 attendees								
Max 75 attendees						2 ^{◇*}		
Max 100 attendees	3		2				3 [◇]	
Max 250 attendees					3			
No limit on attendees						3	4	3
1 person per 4m ²	2	2	2		2	2	2	2
1 person per 2m ²					3	3	3	
Non-Contact	2	2				2	2	2
Contact same household only	2						2	
Contact allowed	3	3	2		3	3	3	3
Spectators allowed	3	3			3	3	3	3
Competitions allowed	3	3	3		3	6 July	4	3
Use of toilets	2	3	2		2	2	2	
Use of showers/change rooms	3	3	2		3	2 [^]	3	
Use of shared equipment	3	3	2		3		3	
COVID-Safe Plan required	2	2	2		2	2	2	2

◇ coaches/instructors are not included in the number of attendees allowed in the venue.

* A COVID Marshal is required to be present to supervise operations.

^ Showers must not be used.

Preparing to Return

1. Before you Re-open

- Check your relevant State Government COVID-19 website to confirm the date you can open your studio and whether any specific restrictions apply (e.g. number of people, non-contact).
- Complete your relevant State COVID Safe Plan if required.
- Review the scheduling of your lessons and classes to minimise contact between groups. Make scheduling changes and stagger class times if required to limit contact and to allow time for shared facilities to be cleaned between groups.
- Check the condition of equipment and facilities to ensure everything is fully functioning.
- Review insurance cover and requirements of your insurer under the relevant State restrictions and timing for return to the studio.
- Ensure workers and volunteers have been informed and trained about the conditions and restrictions of recommencing at the studio.
- Communicate effectively to ensure participants, parents and carers have been informed about the conditions and restrictions of recommencing at the studio, for example:
 - One parent/carer for drop off and pick up
 - Change in activities (non-contact, group sizes etc)
 - Changes of studio practices (handwashing, equipment access, allocated areas)

2. Physical Distancing

- Place signs at entry points to instruct participants and visitors not to enter the studio if they are unwell or experiencing COVID-19 symptoms. Ensure the sign states that you have the right to refuse service and must insist that anyone with symptoms leaves the premises.
- Use signage and communicate separate entry and exit points, if possible. If this is not possible, stagger entry and exit times to minimise congestion. Separate participation space areas to minimise contact and maintain required physical distancing.
- Implement measures to restrict numbers on the premises, ensuring these comply with the relevant stage of your State Roadmap. For example, limit or discourage the use of waiting areas before, during and after class if possible.
- Place floor or wall markings to identify 1.5 metres distance between persons during class.
- Consider the use of physical barriers (where practical) in high volume interaction areas to promote physical distancing.
- Remove seating or space seating at least 1.5 metres apart.

- Provide contactless payment options.

3. Keeping People Healthy

- Promote and encourage all participants, volunteers, workers and visitors to sign up to the COVID Safe App.
- Maintain a detailed record of people in attendance at the studio.
- Request that everyone brings their own water bottle and personal towel.
- Set up hand washing/sanitising stations and practices for participants to easily wash hands before and after (and during if required) their lesson.
- Direct participants, volunteers, workers and visitors to stay home if they are sick, and to go home if they become unwell.
- Display signs and posters reminding everyone of the risks of COVID-19.
- Consider the requirements of vulnerable groups (e.g. people with disabilities, Indigenous people, elderly).
- Know the local protocols for notifying health authorities of suspected COVID-19 cases.

4. Wellbeing of Volunteers/Workers

- Read and implement the relevant State Work Safe guidelines for information and advice.
- Implement measures to maximise the distancing between volunteers/workers and participants to the extent it is safe and practical. Review tasks and processes that usually require close interaction and identify ways to modify these to increase physical distancing.
- Modify processes to limit workers/volunteers to be in close contact as much as possible.
- Establish first aid protocols that limit exposure (refer to Sports Medicine Australia, see Resources section).
- Postpone or cancel non-essential face-to-face gatherings and meetings where possible (i.e. staff meetings).
- Consult with workers/volunteers on COVID-19 measures and provide adequate information and education, including changes to tasks and practices and appropriate cleaning and disinfection processes.
- Where possible, ensure workers/volunteers undertake the [COVID-19 Infection Control Training](#).

5. Hygiene and Cleaning

- Instruct everyone to practice good hygiene by frequently cleaning their hands. Display signage that promotes the correct procedure for hand washing.
- Provide hand washing facilities including clean running water, liquid soap, paper towels. If hand washing facilities are not readily available, provide an appropriate alcohol-based hand sanitiser.
- Reduce the sharing of equipment and establish cleaning protocols or restrict use of shared equipment (e.g. music equipment, shoe brushes, water fountains).
- Close or limit the use of communal facilities such as change rooms and showers and ensure there is the appropriate number of people according to the relevant restriction stage. If these facilities are in the same space as the toilets, display signage or create a barrier to indicate these facilities are not in use.
- Implement cleaning protocols for communal facilities.
- Clean frequently touched areas and surfaces at least hourly with detergent or disinfectant (including music and other shared equipment, EFTPOS facilities, tables, counter tops and sinks). Surfaces used by participants, such as tables, must also be cleaned between participants.

6. DSV Addendum

Specific Guidelines relating to DanceSport Victoria Registered Teaching Facilities (RTFs)

- Dance studios and venues can be opened from 22 June with up to 20 people (plus teachers, assistants and support staff) allowed per separate enclosed space, subject to the four-square metre rule, with up to 10 people per group or activity (dance or exercise class)
- Dance and exercise activities are only allowed if you can keep your distance (at least 1.5metres apart) - Maintain physical distancing of 1.5 metres wherever reasonably possible.
- No shared equipment that cannot be effectively cleaned i.e. soft materials or clothing.
- Sound equipment must be cleaned after each use.
- Hand hygiene, frequent environmental cleaning and disinfection, use of own equipment where possible and minimise sharing of equipment.
- No use of communal showers or change rooms, however toilets can open.
- Parents or other people are required to keep a reasonable distance from groups in a dance studio and will be included in the group of 20.
- All dance activity and training must be non-contact (except for members residing in the same household or in a committed relationship (eg engaged).
- No competitions are to take place.
- Travel to dance studios must be minimised where possible.

Studio Proprietors should understand that restrictions may be increased on instructions from the Victorian Dept of Health – any changes will be communicated to RTFs via email and displayed on the DSA Website for Victoria. Victorian dance studios registered with DanceSport Victoria as a RTF are bound by Covid rules as outlined by the Victorian Health Department

7. Review and Monitor

- Regularly review your systems of operation to ensure they are consistent with current directions and advice provided by health authorities.

Resources

Below is a table of resources you may find useful to assist in preparing your studio for return to dance.

AIS Framework for Rebooting Sport	https://ais.gov.au/_data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf
Ausdance Return to Dance Framework	https://static1.squarespace.com/static/5dba251d2c56d12c23c7b9cf/t/5ecc721ad02304239efb37bc/1590456986069/Ausdance+Return+to+Dance+Framework.pdf
COVID-19 Infection Control Training	https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training
Physical Distancing Posters – Dance Version	https://drive.google.com/drive/folders/1H8Z5iHNzQxsYUE5Zq3E24mVsHH8AnJS?usp=sharing
Safe Work Australia COVID-19 Resource Kit	www.safeworkaustralia.gov.au/covid-19-information-workplaces
Safe Work Australia Signage & Posters	https://www.safeworkaustralia.gov.au/doc/signage-and-posters-covid-19
Safe Work Australia Template COVID-19 Risk Register	https://www.safeworkaustralia.gov.au/doc/template-and-example-covid-19-risk-register
Sport Australia Template COVID-19 Safety Plan	https://www.sportaus.gov.au/return-to-sport# covid-19_safety_plan
Sport Australia Template Attendance Register	https://www.sportaus.gov.au/return-to-sport#attendance_register
Sport Australia Checklists	Detailed: https://www.sportaus.gov.au/return-to-sport#detailed_checklist Simplified: https://www.sportaus.gov.au/return-to-sport#simplified_checklist
Sport Australia COVID-19 Hygiene Guidance	https://www.sportaus.gov.au/return-to-sport# covid-19_hygiene_guidance

Links to Relevant State Information

Queensland

QLD Government website:

<https://www.covid19.qld.gov.au/>

QLD Roadmap to the Easing Restrictions:

<https://www.covid19.qld.gov.au/government-actions/roadmap-to-easingqueenslands-restrictions>

QLD Sport & Rec Return to Play:

<https://www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions/sport>

New South Wales

NSW Government website:

www.nsw.gov.au/covid-19

NSW Restrictions information:

<https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules>

NSW Office of Sport:

<https://sport.nsw.gov.au/novel-coronavirus-covid-19>

Victoria

VIC Government website:

<https://www.vic.gov.au/coronavirus-covid-19-restrictions-victoria>

VIC Restrictions information:

<https://www.dhhs.vic.gov.au/sport-cultural-and-recreational-activities-restrictionscoronavirus-covid19#which-recreational-facilities-are-restricted>

Sport VIC Return to Play:

<https://sport.vic.gov.au/our-work/return-to-play>

Western Australia

WA Government website: www.wa.gov.au

WA Government Safety Plan for Sport and Recreation:

www.wa.gov.au/government/documentcollections/covid-19-coronavirus-sport-and-recreation

Australian Capital Territory

ACT Government website:

www.covid19.act.gov.au

ACT Restrictions and Advice Business Hub:

<https://www.covid19.act.gov.au/business-hub/restrictions-and-advice>

ACT Return to play in a COVID safe environment Framework:

https://www.covid19.act.gov.au/_data/assets/pdf_file/0010/1547560/Return-to-sport_Framework_0.1.pdf

South Australia

SA Government website: www.covid-19.sa.gov.au

SA Roadmap for easing restrictions:

https://www.covid-19.sa.gov.au/_data/assets/pdf_file/0012/195879/FINALDPC_RoadMap_FINAL.pdf

SA Office of Rec, Sport & Racing:

https://www.orsr.sa.gov.au/events_courses?a=28302

Tasmania

TAS Government website:

www.coronavirus.tas.gov.au

TAS Roadmap to recovery:

<https://www.coronavirus.tas.gov.au/families-community/roadmap-to-recovery>

TAS Sport & Recreation:

<https://coronavirus.tas.gov.au/families-community/sport-and-recreation>

Northern Territory

NT Government website

<https://coronavirus.nt.gov.au/>

NT Roadmap to the New Normal

<https://coronavirus.nt.gov.au/roadmap-new-normal#section2>

NT Sports & Recreation:

<https://coronavirus.nt.gov.au/community-advice/sports-and-recreation>