



COVID Safe Dance Class Saturday 1 August 2020

This class has come about because the Branch already had a booking at NCBC for a Young Dancers social. To cater for as many dancers as possible and ease our return to dancing, the Branch has decided to offer two short classes for both young dancers and Branch members. At this stage it's a one-off arrangement, and we hope to resume regular Wednesday evening classes at St Andrews before long.

Evening outline

This evening will consist of two sessions of one hour duration:

Session 1 7:15 – 8:15pm

Session 2 8:30 – 9:30pm

The venue will be North Canberra Baptist Church hall, 17 Condamine St. Turner, and the teachers will be Kira, Julia, and Laura.

Each session will have the same content: a good warm-up and cool down to bookend a series of dances which will be easy on your body and brain. You can walk a bit more, ease into skip change or skip the whole time. As this will be our first time back dancing together since March, the dances will not be fast, furious or strenuous – rather it will be fun and social: think *Catch the Wind* and *New Year Jig*, for example. We'll aim to only do one or two walkthroughs to maximize dancing time in this shorter format.

If you wish to attend, booking is essential, and subject to the conditions below and requirements of the Branch COVID-19 Safety Plan

In line with our COVID Safe practices, all dancers are required to:

- **Read our COVID-19 Safety Plan**
- **Signal you agree to uphold the COVID Safe practices in the above Plan by completing and returning your Declaration**
- **Forecast your attendance in advance by e-mail to kira.rscdscbr@iinet.net.au indicating which session you would like to attend (Session 1 or Session 2, but not both).**

Please note that due to spacing requirements in the hall, places are limited. Spectators and other non-dancing attendees will not be permitted inside the venue in order to maintain maximum possible social distancing.

COVID-19

On 30 June, after commencement of Stage 2.2 of the ACT Recovery Plan, the Branch received approval from the Minister for Health to resume SCD in the ACT. Stage 2.2 of the plan is still in place, and a further easing to Community Sport was granted on 17 July. The Exemption for Community Sport allows full-contact training and competition for all sports.

At the date of this notice (Sunday 27th July, there is no known community transmission of COVID-19 in the ACT, there is one active case (in home quarantine) and we have gone over two weeks without reporting a new case.

If the situation changes between now and Saturday, the Branch committee will review and re-evaluate arrangements for this event. If necessary it may be cancelled at short notice. Up to date information will be posted on the RSCDS Canberra and District website as soon as possible.

Safety is everyone's responsibility, so please read our Safety Plan and familiarise yourself with the measures that we are implementing to make our classes COVID Safe. We also encourage you to review the latest health advice and assess your own risk profile when deciding when you would like to return to dancing.

If you have any questions about the Safety Plan, the measures to be implemented, the format of the evening, or anything related to COVID-19, please contact the Safety Coordinator (Kira Dowling, kira.rscdscbr@inet.net.au 0427 821 061