



South East Herts Scottish Country Dance Society

Precautions to minimise the risk of coronavirus infection and transmission

We are very much looking forward to welcoming you back to dancing with SEHSCDS. However, following the lifting of restrictions, we all need to take personal responsibility for minimising the risk of spreading Covid. We would therefore like to draw these points to your attention.

1. Please do not attend if you have Covid symptoms (high temperature, new continuous cough, change to sense of smell or taste) or if you have been told by NHS Test and Trace to self-isolate.
2. Please notify the SEHSCDS Secretary – Chay Smith on sehscds@hotmail.com if you test positive or develop Covid symptoms within 48 hours of the event.
3. We will take names and contact details for everyone attending.
4. Wearing a mask during exercise is generally not advised by the World Health Organisation. It is however up to you if you choose to wear a mask while dancing or sitting out.
5. Please bring your own hand sanitiser (SEHSCDS will also make hand sanitiser available).
6. Please bring your own food, refreshments and mugs. SEHSCDS will not be serving any refreshments nor providing mugs etc.
7. Please avoid close contact as much as possible while dancing and maintain physical distancing when not dancing.
8. Whilst many dancers may have been double vaccinated it is currently not a requirement. We cannot and will not ask your vaccination status.
9. We would be pleased if you are willing to take lateral flow tests on a regular basis, but this is not a requirement, and we will not ask if you have done so.

Many thanks

Chay Smith

Secretary, on behalf of South East Herts Scottish Country Dance Society