

MAINSTAGE



PERFORMING ARTS

Mainstage Performing Arts is committed to ensuring the health and wellbeing of all students, staff and volunteers and will continue to follow the advice of the UK Government, NHS, Public Health England and our local Health Protection Team.

COVID-19 MEASURES. All Mainstage staff have received specific Covid-19 training.

- **Please do NOT bring your child to Mainstage if they are displaying any signs or symptoms of Covid-19. They should stay at home and follow public health advice.**
- **Anyone already at Mainstage that develops symptoms, however mild will be sent home and advised to follow public health advice.**
- **Individuals with no Covid-19 symptoms are NOT required to self-isolate if they live in the same household as someone with Covid-19, or are a close contact of someone with Covid-19, and any of the following apply:**
 - 1. Fully vaccinated - people who have had 2 doses of an approved vaccine.**
 - 2. All children and young people under 18 years and 6 months, regardless of their vaccination status.**
 - 3. People taking part, or have taken part in an approved clinical trial for a Covid-19 Vaccine.**
 - 4. People who are not able to get vaccinated for medical reasons.**

Instead, they will be contacted by Mainstage / NHS Test and Trace, informed they have been in close contact with a positive case and advised to take a LFD test every day for 7 days. Students can continue to attend classes as long as the daily LFD tests remain NEGATIVE.

- **Individuals ARE required to self-isolate if they live in the same household as someone with Covid-19, or are a close contact of someone with Covid-19 if they are over the age of 18 years and 6 months and have chosen not to get vaccinated.**
- **If a student tests POSITIVE for Covid-19 they MUST self-isolate from the day the symptoms started, or the day the positive test was taken (if they do not have symptoms.)**

People self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative on both day 5 and day 6 and do not have a temperature, from Monday, 17 January

Individuals who are still positive on their rapid lateral flow tests must stay in isolation until they have had 2 consecutive negative tests taken on separate days.

From Monday 17 January, people with COVID-19 in England can end their self-isolation after 5 full days, as long as they test negative on day 5 and day 6.

It is crucial that people isolating with COVID-19 wait until they have received 2 negative rapid lateral flow tests on 2 consecutive days to reduce the chance of still being infectious.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. If an individual is positive on day 5, then a negative test is required on day 6 and day 7 to release from isolation.

It is essential that 2 negative rapid lateral flow tests are taken on consecutive days and reported before individuals return to Mainstage, if leaving self-isolation earlier than the full 10-day period.

For instance, if an individual is positive on day 5, then a negative test is required on both day 6 and day 7 to release from self-isolation, or positive on day 6, then a negative test is required on days 7 and 8, and so on until the end of day 10.

Those who leave self-isolation on or after day 6 are strongly advised to wear face coverings and limit close contact with other people in crowded or poorly ventilated spaces, and minimise contact with anyone who is at higher risk of severe illness if infected with COVID-19.

The default self-isolation period continues to be 10 days, and you may only leave self-isolation early if you have taken 2 rapid lateral flow tests and do not have a temperature in line with guidance.

Parents are to inform Mainstage as soon as possible if their child has tested positive for Covid-19 within 48 hours of attending any of our classes.

- **No parents are allowed to enter any of our studios for any reason.**
- **At our weekday venues, plus QE Leisure Centre / Farthing Hall, students should continue to line up outside the venue and wait for the class teacher to let them in.**
- **Please arrive no more than 5 minutes before your lesson is due to start.**
- **Anyone aged 11+ entering any of our venues MUST wear a face covering unless exempt. Please make sure you are displaying proof of exemption if this applies to you. Face coverings can be removed by students/teachers once they are in classes but must be worn outside of studios/class rooms such as in corridors and communal areas.**
- **If possible, please avoid using public transport to travel to and from the studio. Travel via your own vehicle, bike or foot is preferred.**
- **Mainstage faculty and secondary aged children are advised to carry out twice weekly Covid-19 lateral flow tests 3-4 days apart as good practice.**
- **Mainstage are no longer required to socially distance students.**
- **Please can you make sure that your child uses the toilet before leaving home. This will help us to limit the number of trips needed to and from the toilet facilities on site.**
- **Hand-sanitising will continue to be required before, during and after each class.**
- **Student's should arrive in uniform and bring suitable dance shoes in a clearly named bag. BARE FEET IS NOT PERMITTED.**
- **Students should only bring what they require for their lesson into the studio. Please keep any personal belongings to a minimum.**

- **The Mainstage team will regularly clean frequently touched surfaces.**
 - **Students must bring their own water bottles with enough water to last them.**
 - **All studios will be well ventilated.**
 - **If your child requires any first aid treatment whilst in our care, this will be administered by 1 of the Mainstage first aiders. If you do NOT want us to treat your child should they need any assistance, please do make us aware via email at least 24 hours BEFORE your child is due to attend.**
 - **Please ensure that you are on time collecting your child. All students should leave the studio promptly.**
 - **At the end of each class, a member of the Mainstage team will safely see each child out to their parent/guardian.**
 - **All further protective measures that we have put in place can be found in our full risk assessment.**
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