

Amber Rose Dance Academy Covid 19 Guidelines April 2022

In line with government guidelines everyone is encouraged to continue looking after their own health, the health of others around them and those in the community. There are safer behaviours we can all adopt to help reduce the ongoing risk of catching and passing on Covid-19. On this basis we encourage you to wear a face covering if you would feel more comfortable to do so. In line with government and public health requirements we:

- monitor Covid cases and follow all government updates
- provide adequate ventilation
- encourage regular hand washing and sanitising

What if I or my child experience symptoms of Covid-19?

- If you begin to experience Covid-19 symptoms, please follow the UK Government's guidance and do not attend classes or events at ARDA.
- Do not attend activities if you feel unwell, have any Covid-19 symptoms, or have tested positive within the last 5 days.

<https://www.gov.uk/guidance/reducing-the-spread-of-respiratory-infections-including-covid-19-in-the-workplace>