

## COVID-19 Protocols Document - last updated 27 July 2022

National Youth Ballet is committed to creating an environment where our staff and young people always feel safe. With regard to COVID-19, National Youth Ballet will at all times be aware of the latest [UK Government Guidance on Living Safely with Respiratory Infections, including COVID-19](#) and will continue to undertake appropriate levels of risk assessment and have a risk management plan in place to ensure we deliver our activity safely in line with guidance.

We take a 'best practice' approach to all our activities and we consult with our stakeholders to ensure that we model a behaviour which will keep our team and participants safe. There are still cases of COVID-19 in England and in accordance with guidelines around learning to live safely with respiratory infections including COVID-19, there are actions we can all take to help reduce the risk of catching and spreading illness to others.

The main symptoms of COVID-19 as listed on the government website are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell

The risk of becoming seriously unwell from COVID-19 and other respiratory infections is very low for most children and young people, but NYB understands some people are at higher risk of becoming seriously unwell from a respiratory infection, including COVID-19, including:

- older people
- those who are pregnant
- those who are unvaccinated
- people of any age whose immune system means they are at higher risk of serious illness
- people of any age with certain long-term conditions

NYB recognises that it may well be the case that COVID-19 cases appear in the course of NYB activity. No situation is without risk, and those members of our community who are at higher risk of infection need to be aware of our own COVID-19 protocols in order that they can make the best decision in their own best interest in terms of potentially exposing themselves to infection. NYB will continue to make best endeavours to act in a responsible way to protect its community but also to protect the overall RPC Company and our overall product and performance. To that end, NYB is committed to creating a space which will protect our overall ability to deliver in-person activity, including all our rehearsals and live performances.

The preventative steps we are taking to create this environment is as follows:

### **Ventilation**

The risk of catching or passing on COVID-19 is greatest when someone who is infected is physically close to, or sharing an enclosed and/or poorly ventilated space with, other people. NYB will ensure that there is adequate ventilation in our studios and will let fresh air in to reduce the risk of catching or spreading COVID-19.

### **Good hygiene**

The basic rules of good hygiene will help to protect our community and others from COVID-19 as well as many other common infections. Good hygiene means:

- cover your nose and mouth when you cough and sneeze
- wash your hands
- clean your surroundings

We will continue to sanitise barres at the end of each day. Young people will be advised to wash their hands after every session.

#### **Face coverings**

Whilst there is no longer a legal requirement to wear a face covering in England, should NYB participants still prefer to wear a mask during activity this is of course your choice and will be supported.

#### **Lateral Flow Tests**

Rapid lateral flow testing is no longer available free of charge. Where practicable, NYB is encouraging all our staff and our young people to take a rapid lateral flow test on the first day of activity to try to manage the overall risk of spreading COVID-19 and protect our company, but we recognise that this might not be feasible for all our community. NYB does have a limited supply of Lateral Flow Tests which we can administer during our residential should we feel it necessary.

#### **Vaccines**

NYB encourages those who are eligible to take the vaccine but as a community we understand that there may be reasons why this is not possible and therefore nobody will be excluded if they have decided not to take the vaccine.

#### **COVID-19 Risk Assessment**

NYB will undertake a general COVID-19 risk assessment as per guidelines.

#### **Travel**

NYB advises all staff and young people to continue to sanitise their hands regularly and wear a mask on public transport to protect themselves and others. Please refer to the Government guidelines for safer travel.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/991060/coronavirus-safer-travel-easy-read-guidance.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/991060/coronavirus-safer-travel-easy-read-guidance.pdf)

#### **Venue Regulations**

In addition to our own policies we will be following the COVID-19 policies of all the studios and performance venues we use.

#### **COVID-19 Process**

In line with the Government's **Plan to Living with COVID-19**, since Thursday 24 February 2022 :

- You will no longer be legally required to self isolate if you test positive for COVID-19.
- You will no longer be legally required to self isolate if you are an unvaccinated close contact and will no longer be advised to test for 7 days if you are a fully vaccinated close contact

That said, we will treat all potential cases of COVID-19 and other similar respiratory illness in a responsible way and will encourage that person to take responsible measures to ensure their own

wellbeing as well as that of others, in discussion with our Head of Pastoral. Such measures may include:

- resting, minimising activity
- wearing a well-fitting face covering or a face mask which can be supplied by NYB to help reduce the spread of COVID-19 and other respiratory infections
- potentially moving bedrooms to allow for self-isolation during the first 48 hours of symptoms, to give time for symptoms to reduce

Further details of how COVID will be managed during the residential performance company can be found in Appendix A.

**NYB respects that everyone has the freedom to make personal choices which can help reduce the risk of catching or spreading COVID-19. NYB continues to be mindful of taking a cautious approach thus allowing us to create a comfortable space to reduce risks where possible. In this way, we hope to protect our community, our company and our performance.**

## Appendix A - COVID management during the RPC

If a COVID-19 case is suspected, the dancer's parents/ carers will be contacted and the dancer offered the opportunity to perform a lateral flow test. If a positive lateral flow test is identified, the dancer will be offered a number of options;

1. they will have the opportunity to go home and return to the company when symptoms have abated / they are feeling well enough to participate.
2. Alternatively they may stay at Elmhurst, but may be asked to move to the sick bay. They will be asked to wear a mask to rehearsals or be given the opportunity to attend remotely (via zoom) if they do not feel able to participate in person. Dancers will be able to return to group rehearsal when they have been assessed to be physically well enough to do so without putting themselves at risk. Decisions regarding a dancer's fitness to rehearse will be discussed with the dancer, their parents / carers, Head of Pastoral and Artistic Director RPC.

### COVID Management

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National Youth Ballet

