



**RSCDS Herts and Borders Branch**

**Scottish Dance Festival 2021**



### **Precautions to minimise the risk of coronavirus infection and transmission**

We are very much looking forward to welcoming you to one or more of our Festival dances in 2021. 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), if you have a positive test result or if you have been told by NHS Test and Trace to self-isolate.
2. Please notify the Branch Secretary – Ian Stewart on [rscdsherts@gmail.com](mailto:rscdsherts@gmail.com) if you develop symptoms or test positive for Covid within the specified period following the event.
3. We will take names and contact details for everyone attending the Festival.
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 (RSCDS Herts and Borders will also make hand sanitiser available).
6. RSCDS Herts and Borders hope to provide tea, coffee and cakes but otherwise please bring your own food and refreshments. .
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 one or two lateral flow tests in the days preceding the dance, but this is not a requirement, and we will not ask if you have done so.

Many thanks  
Ian Stewart, Secretary, RSCDS Herts and Borders Branch  
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