

SINGING HANDS: COVID19 PROTOCOLS

Singing Hands have put in place numerous new protocols to reassure our families that we are running Covid-Secure sessions to keep you, your family and our team safe throughout the term.

IMPORTANT: If at any point during the term you display the following symptoms of coronavirus (COVID-19) please DO NOT come to face-to-face sessions. The main symptoms to look out for are:

- 1. A high temperature – this means you or your child feel hot to touch on your chest or back (you do not need to measure your temperature)**
- 2. A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)**
- 3. A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal**

To protect others, do not go to places like a GP surgery, pharmacy or hospital if you have any of these symptoms. *Get a test to check if you have coronavirus and stay at home until you get your result.* We can send you the link for the online class so that you either join live on Wednesdays OR you can watch at your leisure during the week so that you don't miss out on that week's content (or the subsequent period if you need to self-isolate)

Here's the rest of the guidance for our classes this term:

- **Layout** – We've changed the layout of our classes/mats to little 'islands' spread 2m apart without facing each other. This mitigation ensures that every parent/child is safely socially-distanced from the next 'island/bubble'. Upon arrival, please find an island and remove shoes and leave next to the mat. As always, our mats will be cleaned before/after use – but you may want to bring a little blanket/muslin in addition if you want them to sit/lie on this too.
- **Face-coverings** - As the church halls are public spaces / places of worship, you will need to wear a mask/face-covering (unless exempt). The mandatory advice for our venues is now to **keep your face covering on at all time.**
- **Social-distancing needs to be maintained at all times** - Sadly, we are no longer able to encourage children to move around like we usually do (eg. To come forwards for the story, to hunt for Poppy puppet, or come together to share props). We will all need to try and stay on our mats for the duration of the class. Please do not get overly-stressed about this. We know that at some point in each class some little person will move – this is totally understandable but we'll endeavour to help you to return to your mat and have a play with your props bag. As a group we will all be understanding of whoever's turn it is to have a wriggler so don't in any way get too worried about this. We have no doubt that over the course of the term, your children will adapt to this new normal and will amaze you.
- **Class sizes** - This term's classes will be smaller due to new layout. Everyone in the room will constitute part of the headcount and we will be abiding by the room limits for each class. Unless you have arranged with the office to book in a sibling, your registration for this term is for **one child and one adult only**. As usual, we will be keeping a register (this will double up for the necessary Test & Trace purposes). If you want to bring a sibling please contact the office, we do offer a sibling/twin discount (info@singinghands.co.uk / 020 8288 1706)
- **Cleaning Protocols** - We have numerous new cleaning protocols over and above our regular cleaning protocols. This includes **70% Hand sanitiser will be available for use on arrival for**

each adult, and alcohol-free wipes and gel for the children to clean their hands too. All parents and children need to use this before entering the hall.

- **Singing** – the guidance on live singing/performances came out on 13th August <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/performing-arts> The research behind this announcement gave the ‘green light’ for singing to restart. However, there are still limitations and the audience / participants (ie you parents) are advised to only **sing quietly along** to minimise the combined aerosol generated. Likewise, to ensure the tutors aren’t singing too loudly, where possible we will sing along to our own Singing Hands vocal tracks for the time being rather than our regular bespoke backing tracks.
- **Props** – This is our biggest and continued change. We will bring props along to our classes to show your children and demonstrate the signs, but we still want to err on the side of caution and not hand these out. You will be given individual red drawstring bags this term. This will be your bag to keep. In this bag we will include your own ribbon rainbow (as you MUST have a ribbon to swish!) and we’ll include some little laminated Makaton symbols for you. In this little bag, we will just ask you to bring along a few bits and bobs from your toy box that’ll correspond the songs we’ll be singing each week. Don’t worry if you don’t have everything. Upon booking, you’ll receive an email with a list of props suggestions for each week of the term. We will have enough shakers / instruments & scarves for everyone to use (these will be cleaned before/after use), or you may prefer to bring your own in the red bag for the moment.
- **No biscuit / drink routine at the end of class** – We are not going to be able to offer drink, biscuit and mingling time at the end of our toddler classes. Hopefully in the future we can do this again, but at the moment it’s too high risk for both hygiene and maintaining social-distancing.
- **Buggies** – We are very sorry, but this term these will not be able to be stored inside the hall at either venue. Please remember to bring a raincover to store them outside, bring in your valuables and you may wish to use a buggy lock. For any buggies left outside, Singing Hands cannot be held responsible for any losses. If you are travelling by car, there are some spaces at Holy Trinity and we can use the playground for parking at Teddington Methodist as their playgroup is no longer running.
- **What if I miss a class?** We will be running online sessions on Wednesdays. In the case of you missing a Tue/Thur class, you will either be able to join the Wednesday class LIVE with Tracy or we’ll give you access to the footage from that class to watch at your leisure within the following week. The online link will be available for 7 days.
- **What if classes must close suddenly?** In the case of classes needing to shut down (eg if there is another lockdown or the venue has to close) we will contact you so please ensure we have your up to date email address and contact number.

Despite all these restrictions & limitations to our classes, we will do our absolute utmost to ensure that you and your family have a lovely time learning Makaton signing with us.

We look forward to you joining us.

Best wishes,

Suzanne & Tracy