

Havana Salsa

Email: info@havana-salsa.co.uk
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COVID 19: Regulations set in place to protect you, our teachers and, our Salsa community

At Havana Salsa our mission is to create a fun enjoyable learning environment and we place the **utmost importance on the safety and wellbeing of our students and teachers.**

Upon returning to attendance based classes, we have introduced a range of new health and safety measures that seek to reduce the risk associated with the presence of COVID-19 that are in line with government advice and the requirements of local health authorities.

Some of the measures set out below may be clearly visible to you from the moment you arrive at one of our venues and others require consideration from students to help ensure everyone has an enjoyable Salsa experience.

Before You Arrive:

It is essential you have made your class booking online (for all classes). This includes pre-paying where possible and selecting the date and time of your class, at your chosen venue.

Those with pre-purchased vouchers or gift vouchers must also pre-book.

Before leaving home, please check our Facebook page or website for the latest information.

Please be ready to make on-site payments using a contactless bank card or phone, rather than cash.

Please bring a suitable face mask/covering. Where necessary, face masks will also be available at our classes should you require one (at a small cost)

We politely request that you refrain from visiting any of our venues should you start displaying any of the symptoms associated with COVID-19 or any other transmittable illness (not limited to: cold, flu, cough, sore throat, sneezing, aching etc). Please contact Havana Salsa directly should you need to amend your booking.

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On Arrival

We have significantly reduced the class capacities at all our venues to allow for social distancing and have the best possible learning experience.

Students will notice new information signage informing them of key safety messages and instructions.

No Member course cards will be issued, again to limit contact with teachers. Classes will all be on a pay as you go basis for the time being.

In addition to our teachers undergoing non-invasive temperature checks, we may also require our students to participate in such checks as a condition of entry. Any person who is displaying a high temperature associated with fever will not be permitted into the class. Please contact Havana Salsa should you have any concerns.

Hygiene Measures Within Our Classes

All our venues we also have their own Hygiene measures in place. They have introduced enhanced cleaning measures throughout the day, which seek to disinfect high-frequency touch points, such as tables and chairs, service counters, flush handles, door handles, etc.

We have introduced hand sanitiser dispensers at the classes for students to use.

As with our teachers, we politely request that all our students uphold the highest possible hygiene standards – whether it be when sneezing or coughing, through regular hand washing before and after classes or the frequent application of hand sanitiser.

Our teachers now participate in COVID-19 specific training programmes instructing them how to stay safe as well as how to keep our guests safe.

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Social Distancing Measures

We have introduced new arrangements for the social distancing during warm-ups and in class formations in accordance with social distancing measures.

We have introduced social distancing signs and floor signage to encourage everybody to adhere to these rules.

At venues where there are tables and chairs, they will have been reconfigured to ensure enough distance between seated parties.

We have introduced new teaching modules for Solo classes for the students who don't have partners.

Those students who do have partners can attend the partnered classes (there will be no changing of partners until notified otherwise).

Questions

Can Physical activity help against COVID-19?

Being physically fit is highly protective against a range of illnesses. It also boosts the immune system. COVID-19 particularly affects those with underlying health conditions, diabetes etc. and those overweight. Given that the virus is now considered to be 'endemic' within the community, it is more important than ever to maintain one's fitness.

Can you catch COVID-19 from sweat?

No, COVID-19 is not transmitted through sweat.

However, it is very important to regularly use hand sanitisers (60% alcohol +) and avoid touching your face as much as possible.