

Reducing the risk of Covid-19

In the interests of getting back to Country Dancing again, we need to make a number of changes to minimise the chance of spreading Covid-19. These changes follow the guidance from the RSCDS and Sport-Scotland. The intention is that the changes are temporary and the old-style Monthly Dances will be restored as soon as possible.

Please check this website before travelling.

Please note the change of venue for Friday 1st October, which is now:
Northesk Parish Church Hall, 16 Bridge Street, Musselburgh, EH21 6AG.

The precautions to prevent spread of Covid-19 are:

If you have been in contact with Covid-19 in the recent past, or if you have any symptoms of it, we ask you to stay away until you are in the clear.

If you have **not** had a second covid vaccination at least two weeks before the dance, then we would request that you perform a lateral flow test in the 36 hours before the dance, and stay away **if** it is positive. Test kits are available free from pharmacies or by ordering online from [gov.scot/communitytesting](https://www.gov.scot/communitytesting) .

We will not be supplying a hot drink, squash or a biscuit at the interval. You should bring your own flask / water bottle / snack etc.

You are asked to bring a mask with you. You are not required to wear the mask when dancing, but you are asked to wear it when not dancing e.g. when sitting out or during the interval. The same rule applies to musicians.

You are asked to bring your own hand-sanitiser, to use it frequently and to wash your hands regularly. We will provide hand sanitiser too, but it will be easier all round if everyone has his/her own.

We will be recording contact details when you arrive, for contact-tracing purposes, to include musicians and visitors.

A card reader for contact-less payment will be available. The cost will be unchanged: £8 for RSCDS members and £10 for non-members.

The hall will be well ventilated so you may wish to bring a coat, jumper or cardigan to keep warm.