



Autumn 2020

Changes to Procedures and Uniform List

As I am sure you can appreciate, we have had to make some changes to our Procedures and Terms from September 2020 to work safely within the Government Guidelines. All teachers have undertaken Covid-19 Awareness Training and our Risk Assessments have been completed by Alex Ralls Stage & Production Management in line with Government Advice. Full T & C's can be found on the website. Thank you

Please read this document carefully and make your son/daughter aware of changes and new procedures! Thank you



Your son/daughter must not attend classes if they feel unwell. The main symptoms of coronavirus are:

- a **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- 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)
- 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

You must contact NVSDD immediately if your child or anyone in your family tests positive for Covid-19.

Entrances and Exits have changed but will be clearly signposted and must be used. Please do not block.

Students must sanitise their hands when they enter and leave the building.

Parents may NOT ENTER the buildings – parents must remain socially distanced at drop off and pick up. Do not block parking or doorways.

Students must arrive ON TIME and READY TO DANCE – changing rooms will NOT BE OPEN!

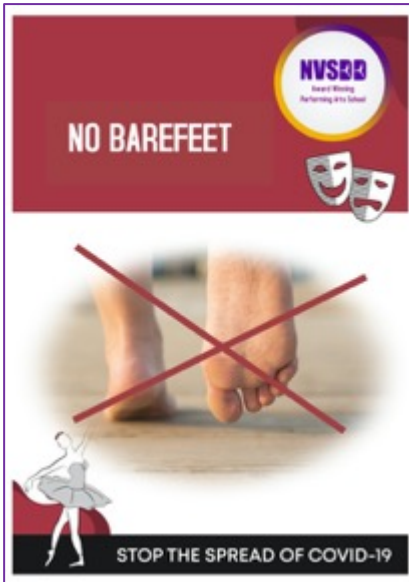
Use the toilet at home before class, if possible.

Saturday Students taking CONSECUTIVE classes will be escorted to their next class by NVSDD Assistants.

There will be a break between classes to clean and re-set.

Students/Siblings will no longer be able to wait in the Studio to watch a class or in the Changing Room and must be collected between classes if there is more than a 10 minute break.





NO BAREFEET for ANY classes

Due to Covid-19 restrictions we will now have a NO BAREFEET policy.

Students **MUST** wear either **Jazz shoes, Ballet Shoes, Tap Shoes, Blochsox or Socks with grips.** (Normal socks are not allowed, for safety reasons).

Visit www.thewardrobe.dance to order Dance shoes or dance socks.

Hair – Due to Covid-19 hygiene procedures, we ask that **all girls must wear their hair in a tight Ballet BUN or French Plaits.** This is very important so that students limit the amount they touch their hair/face.

NO Jewellery.

The correct uniform must be worn for all classes. Ballet socks/tights must be worn with Pointe Shoes. Only NVSDD Hoodies/Sweatshirts/T-Shirts/Vests may be worn in class. Please see the Uniform List BELOW.

“One Dance UK”, the Governing Body for Dance, advise that Dance Uniform should be washed after every class.



All uniform can be ordered through The Wardrobe (Our Uniform Shop) at www.thewardrobe.dance New “personalized” Dance Uniform can be ordered from www.rockthedragon.co.uk/nvsdd/

We will not be selling any second-hand uniform at the moment. We will restart our second-hand shop asap.



What to bring to the studio? A **SMALL** Bag containing Dance Shoes or Dance Socks, a Water Bottle and own tissues/sanitiser. (We will have lots of sanitiser, but for speed in some lessons, such as GCSE and Contemporary, students should bring their own and keep it to hand with their water bottle.) Saturday students attending multiple classes should wear shoes which are “easy and quick to put on” such as Crocs. No laces.

Please do not bring jackets/coats etc unless it is really cold/wet! We will have no Changing Room space. No food or drink, other than a water bottle.



Socially Distanced Dance/Drama The students will be socially distanced throughout. There will be no contact work or hands-on correction at the moment. Hand-Sanitiser will be available at all times and students should use them on entry/exit from the building. They should also use sanitiser after any floorwork. (For convenience, they should bring their own personal sanitiser, which they should keep to hand with their drinks bottle.)

Windows and doors will be opened to provide ventilation in all studios.

There will be breaks between classes to clean and re-set.

Children must be collected on time. Thank you.

Class numbers have been restricted and many classes are now full, with waiting lists. Additional classes have been set up on a Saturday to maintain groupings.



Music! Chat! Noise!

Students will notice that Music will be played at a lower level, this is so that our teachers do not have to shout!

Students are asked to please respect this - we are all aware that Covid-19 can be spread by airbourne droplets. Students should refrain from “chat” – especially as teachers and students will be socially distanced. Students who do not comply, will be asked to leave the studio.

Acro Students (Monday and Saturday) MUST bring their own Yoga or Acro Mat to every lesson for the foreseeable future.



A MASSIVE thank you for your support & understanding.

We can't wait to see our fabulous students and to welcome our new boys and girls to the NVSDD Family!

Please do not hesitate to contact me if you have any queries.

natalie@ascot.dance

NVSDD Uniform List

Covid-19 Update (From September 2020)

<p>Pre-Primary & Primary Ballet and Warfield 4.00pm Ballet</p> <p>(Hair should be in a tight ballet bun or french plaits)</p>	<p>RAD Regulation Pink Leotard (Megan style) RAD Regulation Pink Wrap Skirt Pink Ballet Tights or socks. Pink Ballet Shoes. <i>Optional: Pink NVSDD Cross Over ballet cardigan. NVSDD T shirt and/or hoodie.</i></p>
<p>RAD Grade 1 Ballet</p> <p>(Hair should be in a tight ballet bun or french plaits)</p>	<p>RAD Regulation Pink Leotard (Megan style) Pink Ballet Tights or socks. Pink Ballet Shoes. <i>(RAD Black Character skirt & Character shoes – these items will not be required for the first half of the Autumn Term, due to restrictions on spacing etc. Parents will be informed when we are able to restart Character work)</i> <i>Optional: Pink NVSDD Cross Over ballet cardigan. NVSDD T shirt and/or hoodie.</i></p>
<p>RAD Grade 2-5 Ballet (Grade 3 & 4 Pointe & Conditioning)</p> <p>(Hair should be in a tight ballet bun or french plaits)</p>	<p>RAD Regulation Navy Leotard (Anna style - V neck, with ruche) Girls in Grade 3- 5 may also wear the Capezio Black cotton strappy leotard, style C123 Pink Ballet Tights or socks. Pink Ballet Shoes. <i>(RAD Black Character skirt & Character shoes – these items will not be required for the first half of the Autumn Term, due to restrictions on spacing etc. Parents will be informed when we are able to restart Character work)</i> <i>Optional: Coordinating Cross Over ballet cardigan. NVSDD T shirt, vest, shorts and/or hoodie/sweatshirt.</i></p>
<p>RAD Grade 6-8 Ballet (Pointe & Conditioning)</p> <p>(Hair should be in a tight ballet bun or french plaits)</p>	<p>Black strappy cotton Leotard (Preferred style = Capezio C123) Pink Ballet Tights or socks. Pink Ballet Shoes. RAD Free Movement Skirt Ballet sock or tights MUST be worn with Pointe Shoes <i>(RAD Black Character skirt & Character shoes & Free Movement Scarf – these items will not be required for the first half of the Autumn Term, due to restrictions on spacing etc. Parents will be informed when they are required)</i> <i>Optional: NVSDD T shirt, vest, shorts and/or hoodie/sweatshirt.</i></p>
<p>RAD Vocational Ballet</p> <p>(Hair should be in a tight ballet bun or french plaits)</p>	<p>Black strappy cotton Leotard (Preferred style = Capezio CC123) Pink Ballet Tights. Demi Pointes & Pointe Shoes <i>Optional: NVSDD T shirt, shorts, vest and/or hoodie/sweatshirt.</i></p>
<p>ISTD Modern Primary – Grade 2</p> <p>(Hair should be in a tight ballet bun or french plaits)</p>	<p>Either the students' Ballet Uniform as listed above or an NVSDD T-shirt with Black leggings Jazz Shoes or Jazz Trainers or Socks with grips or Blochsox <i>(ABSOLUTELY NO Barefeet)</i> <i>Optional: NVSDD T shirt, shorts and/or hoodie/sweatshirt.</i></p>
<p>Acro</p> <p>(Hair should be in a tight ballet bun or french plaits)</p>	<p>Black /Silver Regulation NVSDD Acro Leotard (or Black Capezio Leotard C123) Black footless tights or shorts are optional. Ballet shoes or Socks with grips or Blochsox <i>(ABSOLUTELY NO Barefeet)</i> All ACRO students MUST bring their own Acro or Yoga Mat <i>Optional: NVSDD T shirt, shorts, leggings, vest and/or hoodie/sweatshirt.</i></p>

ISTD Modern Grade 4+ (Hair should be in a tight ballet bun or french plaits)	Either the students' Ballet Uniform as listed above or an NVSDD T-shirt with Black leggings Jazz Shoes or Jazz Trainers or Socks with grips or Blochsox (ABSOLUTELY NO Barefeet) <i>Optional: NVSDD T shirt, shorts, vest and/or hoodie/sweatshirt.</i>
Contemporary (Hair should be in a tight ballet bun or french plaits)	Black Strappy Leotard, Black Footless Tights. Ballet or Jazz Shoes or Socks with grips or Blochsox (ABSOLUTELY NO Barefeet) <i>Optional: NVSDD T shirt, shorts, vest and/or hoodie/sweatshirt.</i>
ISTD Tap Dance Primary – Grade 2 (Hair should be in a tight ballet bun or french plaits)	Either the students' Ballet Uniform as listed above or an NVSDD T-shirt with Black leggings Black Tap Shoes. (Heel Taps are compulsory from Grade 2) <i>Optional: NVSDD T shirt, leggings, shorts and/or hoodie/sweatshirt</i>
ISTD Tap Dance Grade 3+ (Hair should be in a tight ballet bun or french plaits)	Either the students' Ballet Uniform as listed above or an NVSDD T-shirt with Black leggings. Black Tap shoes. (From Grade 3 students should have Extreme Taps) <i>Optional: NVSDD T shirt, shorts and/or hoodie/sweatshirt.</i>
Jazz/Street Dance, Musical Theatre, Drama & Company 15, Limbering (Hair should be in a tight ballet bun or french plaits)	NVSDD T-shirt with Black leggings or Black Leotard & black footless tights/shorts Ballet or Jazz Shoes or Socks with grips or Blochsox (ABSOLUTELY NO Barefeet) <i>Optional: NVSDD T shirt, shorts, leggings, vest and/or hoodie/sweatshirt.</i>
GCSE Dance (Hair should be in a tight ballet bun or french plaits)	Black Strappy Leotard, Black Footless Tights. NVSDD Sweatshirt/Top Ballet or Jazz Shoes or Socks with grips or Blochsox (ABSOLUTELY NO Barefeet) <i>Optional: NVSDD T shirt, shorts, leggings, vest and/or hoodie/sweatshirt.</i>
Boys	NVSDD T-shirt with Black bottoms or shorts. Appropriate shoes.

Joggers and Personalised Onesies are also available to wear to/from class (but not during class, except in exceptional circumstances)

<http://www.thewardrobe.dance/>
<http://www.rockthedragon.co.uk/nvsdd>



Home of the NVSDD Dance Uniform Shop

Order ONLINE by 9.00am on Tuesday 8th
for Delivery to your Home on
Thursday 10th or Friday 11th September
OR

Order ONLINE and book an appointment to
collect from the Marist School Branch on
Saturday 12th September

www.thewardrobe.dance