

Corona protocol Alexander Techniek Nederland (version 1st March 2021)

The Dutch Society of Teachers in the Alexander Technique (NeVLAT) strives for safe working circumstances for teachers in the profession. It wants to provide for the need for a safe and responsible teaching environment for pupils. Good mental and physical health, being able to move without pain and injury are very important for people's wellbeing. Alexander Technique can play a very important role in achieving this. A safe and responsible teaching situation is very important for teachers and pupils alike.

This protocol has been composed by the Dutch professional society NeVLAT. It is based on protocols approved by the Dutch ministry of Economic Affairs and Climate meant for other contact professions, but this protocol has not been individually judged by the ministry.

1. These agreements apply to all teaching situations in the Alexander Technique and will be adhered to by everyone working in the field of Alexander Technique.
2. Starting point is all agreements are clear for all teachers and pupils.
3. Teachers, pupils and everyone in the teaching practice will stick to this protocol and the general guidelines of the RIVM.
4. In the teaching practices the agreements will be displayed clearly.
5. The agreements apply to the practice, including (if applicable) the entrance hall, the waiting room, the practice and the toilet.

Protocol items:

For the teachers:

- Display agreements in the practice.
- An appointment will have to be made for every lesson. Spread pupils over the day, so they will not have to encounter each other between lessons (or make sure they can keep at least 1,5m distance). Teacher and pupil will have to stick to the agreed times in order to make this possible.
- Make sure there is enough soap and/or disinfectant in a dispenser and state the need to wash hands properly. Also make sure there is enough hand creme in a dispenser.
- Wash your hands before and after every lesson.
- Put the guidelines for washing hands on display in the toilet.
- Wear a mask while teaching, preferably a KN95/FFP2 certified mask, and use it according to RIVM guidelines.
- Make clear to a pupil with any health issues, that he/she cannot come to the lesson. Make sure every pupil knows this.
- Cancel the lesson if you have any of the following issues: nose cold, running nose, sneezing, sore throat, mild coughing, raised temperature (up to 38 C°) or fever.
- Cancel the lesson if anyone in your household has fever (over 38 C°) and/or shortness of breath.
- Make sure when making appointments for lessons the health guidelines are discussed and make sure you ask for the pupil's health.

- Make clear appointments with the pupil about the use of hands in a lesson.
- Make sure the pupils wash their hands directly after entering. Provide a clean towel for every pupil or use disposable towels.
- Ventilate your practice well.
- Cough and sneeze in the inside of your elbow.
- Use paper tissues, use them only once and dispose of them immediately.
- Greet pupils without touch (no shaking hands).
- Let the pupils hang their own coats, don't do it for them.
- Use a clean cloth for under the head for every pupil, or use disposable cloths.
- Very regularly clean the following items with a desinfectant:
 - o door handles and banisters
 - o your telephone
 - o toilet and sink
 - o the table
 - o tool for card payments
- Use paper (coffee)cups, if no dishwashing machine is available.
- Don't put books or magazines on display for reading.
- The teacher can freely decide whether or not to use gloves. Use these in accordance to the guidelines of the RIVM.
- When there are any updates to these agreements, communicate them directly to all those involved.

For pupils and others present in the practice:

- Keep 1,5m distance in front of the practice and within the practice.
- Come alone. Children under 18 or people with disabilities can be accompanied to the practice by one adult.
- Stay home when you have any of the following issues: nose cold, running nose, sneezing, sore throat, mild coughing, raised temperature (up to 38 C°) or fever.
- Cancel the lesson if anyone in your household has fever (over 38 C°) and/or shortness of breath.
- Wash your hands directly upon entering the practice.
- It is recommended to wear a mask during the lesson, preferably a KN95/FFP2 certified mask. Use this according to RIVM guidelines.
- Always follow the teacher's instructions.
- Stick to the agreed lesson times, to avoid running into other pupils between lessons.
- Pay without contact if possible (invoice, PIN, mobile).

This way we trust you can have a safe and enjoyable lesson!